

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE
30 Realty Drive, Cheshire, CT 06410

2012 GIRLS SWIMMING AND DIVING CHAMPIONSHIPS



CIAC Committee Chairman
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Enfield

CIAC Coaches Committee Chairman
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Tournament Director
John O'Connor
H (203) 488-5683

IMPORTANT DATES

First Practice Date	August 25, 2012
Date of First Contest	September 11, 2012
Last Date to Count	November 3, 2012
Date all Entry Information Due	November 5, 2012
Diving Proof Sheets Faxed to CIAC By 4:00 p.m.	November 5, 2012

SWIMMING AND DIVING TOURNAMENT INFORMATION IS ARRANGED IN 12 SECTIONS

- 1.0 Alert Page
- 2.0 National Federation Rule Changes
- 3.0 Tournament Rules and Procedures
- 4.0 Team Entry Fees / Admission Fees
- 5.0 Scoring / Awards
- 6.0 Officials
- 7.0 Protests
- 8.0 Entry Procedures
- 9.0 Divisions
- 10.0 Qualifying Standards
- 11.0 Dates / Sites / Times / Meet Directors

Appendix A – Conversion Factors

Appendix B – Concussion Management and Return to Play Requirements

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2012 CIAC GIRLS SWIMMING & DIVING CHAMPIONSHIPS

1.0 SWIMMING ALERTS

- 1.1 **Scrimmages:** Teams must have a minimum of three (3) days of practice prior to scheduling a full team scrimmage. In football five (5) days of conditioning practice plus three (3) days of practice in full pads is required before a full team scrimmage.
- 1.2 Scoring for Divisional Championships / Open has been altered.
- 1.3 At all meets (Diving, Trials, Divisional Finals and Open) team members who are not participants, are expected to pay an admission fee in order to be a spectator.
- 1.4 Admission will be charged for all tournament meets including diving.
- 1.5 In diving the twenty-four (24) top divers plus any divers in the top three (3) of each Divisional Championships not already included in the top twenty-four (24) will automatically qualify for the State Open Championship Meet.
- 1.6 The signed diving sheet (diver, coach, official) that proves the diving score and D.D. must be faxed to CIAC by 4:00 p.m. on Monday, November 5, 2012. Schools will be fined \$50 for each diving proof sheet not faxed on time to CIAC (203) 250-1345. Under no circumstances will divers be allowed to dive until the proof sheets are provided to officials.
- 1.7 There will be one length of swim down after each heat of an event during all tournament meet trials, finals and Open except that there will be no swim down after the 50 free and relays.
- 1.8 Entry fees will be returned for individuals not accepted into the meet.
- 1.9 Coaches should bring proof of swimming entry times to the swimming trials. The proof may be requested at the discretion of the meet referee or meet committee.

2.0 NATIONAL FEDERATION RULE CHANGES

- 3-3-2 Clarifies the penalties for a swimmer or diver wearing illegal attire such as an illegal cap and separates these penalties from the penalty for illegal construction of a swimming suite.
- 3-3-4 Tape is permitted to treat a documented medical condition providing the meet referee is presented with signed documentation from an appropriate health care professional prior to the start of competition.
- 8-2-1f The initiation of the turning action in the backstroke may be initiated by an upward or downward, underwater movement of the head.
- 8-2-2c On the start or turn, the initiation of the arm stroke shall be accomplished by a discernible horizontal separation of the hands.
- 9-2-2 The order of divers in a championship meet is determined by the meet director using a seeding method based on scores or by lot. With no action from the meet director, the default method for determining the order of diving in a championship meet is by lot.

2012-13 Major Editorial Changes

- 3-3-3c Changed the Note regarding the wearing of a suit with the FINA mark to a part of the rule.
- 9-5-2 Additional steps, hops, leaps and/or jumps may occur during the diver's initial steps and before the culminating hurdle in the forward approach.

Appendix B – Suggested protocol for electronic relay judging equipment specifies when the relay takeoff judge's observation shall be considered to confirm a disqualification.

2012-13 Editorial Changes

- 3-3-3a
- 3-5-3
- 4-1-4
- 9-4

2012-13 Points of Emphasis

1. Shaving on site and sports hygiene
2. Suits with FINA barcode
3. Relay team attire may be adjusted to become legal

3.0 TOURNAMENT RULES AND PROCEDURES

- 3.1 **Rules** – All meets shall be governed by the 2012-13 National Federation Swimming and Diving Rules. (Exceptions – State Open Meet where participants are not locked into heats and scoring system for Divisional Finals and Open.)
- 3.2 **Coaches** – An individual or team may not compete in the championships unless accompanied by the coach or an authorized certified coach as noted on the principal's or his/her designee's written authorization. (The written authorization must be presented to the meet director upon arrival.) This rule applies to Diving and Swimming Trials, Finals and Open.
- 3.3 **Trials, Finals, Open One Meet** – The championships are one (1) meet from the Trials through the Open Meet. A declared false start may be taken during Trials, Finals or Open. A competitor does not gain further eligibility once they have competed at any level of competition (rule 3-2-1). A competitor who declares a false start is considered to have participated in that event for the duration of the championship meets.
- 3.4 **Declared False Starts** – Declared false starts are permitted in Trials, Finals and Open. At Finals or Open when there is a declared false start or scratch the alternate will be added and the event will be re-seeded. When possible, meet directors should be advised prior to the seed meeting that a swimmer, diver or relay will not compete in order to enter alternates at Finals and Open.
- 3.5 **CIAC Swimming Committee** – The decision of the CIAC Swimming Committee relative to the operation of the Championships shall be final.
- 3.6 **Ineligible Competitor** – When it is discovered that an ineligible competitor participates in a CIAC individual type tournament / meet / match, the competitor will be disqualified from the competition and his/her last opponent will advance in his/her place. Teammates of the ineligible competitor, except relay teammates remain in the competition and score points for their team. Team points earned by the ineligible competitor will be subtracted from the team's total score. Team rankings will be readjusted if warranted. Opponents eliminated prior to the last competition may not re-enter the tournament. This applies to the following CIAC sports: swimming, wrestling, indoor track, outdoor track, tennis, cross country, golf.

- 3.7 **Coach Ejection** – When a member school’s coach is ejected from a meet for an infraction as prescribed by the rules, the school may not continue until the member school replaces the ejected coach with a certified coach. If this cannot be accomplished within 15 minutes after the ejection, the official in charge will declare the school disqualified.
- 3.8 **Coaches Meeting** – At least one coach from each school must attend the coaches meeting which will be held 30 minutes before the scheduled start of the meet.
- 3.9 **Warm-up Procedure for All CIAC Meets** – Teams will be assigned by the meet director to specific lanes at specific times depending on the number of participants in the meet and the number of lanes available. Every attempt will be made to follow the National Federation Guidelines for warm-ups.
- 3.10 **Swim Down** -- There will be one length of swim down after each heat of an event during all tournament meet trials, finals and Open except that there will be no swim down after the 50 free and relays.
- 3.11 **Breaks** – At all state meets (Divisional Trials, Finals and Open) there will be a fifteen (15) minute break between events #4 and #6 and a ten (10) minute break between events #8 and #9.
- 3.12 **Shaving Down** – Shaving down at the meet sites is prohibited during regular season meets and CIAC Championship Meets. Violators will be disqualified from the meet. Application of substances to the body is never to be done on the pool deck. Meet directors will designate the only area where such substances may be applied. Substances applied must be dry before swimmer may leave the application area.
- 3.13 **Participation in “Outside” Meets** – Swimmers of member schools may participate as “unattached” individuals (not representing the school or outside team), in a maximum of four (4) “outside” meets per season (AAU, U.S., Boys & Girls Clubs, YMCA, etc.) Choice of such outside meets to be made by swimmers with approval of the swimmers school administration. Present weekly swimming limitation will be maintained (three meets per week except for first and last week of the season one of which may be one of the four allowable “outside” meets).
- 3.14 **Inclement Weather** – In case of inclement weather check the CIAC web site – www.casciac.org – to find out if the event has been postponed.
- 3.15 **Spectator Expectations** – All electronic sound equipment such as radios, stereos and tape players are prohibited at all times. Also, no noisemakers are permitted at any CIAC tournament event.
- 3.16 **Designated Areas** – Coaches and athletes entered in the meet are to remain in the area designated for them by meet management or referee. Violators are subject to disqualification or ejection. This rule will be rigidly enforced.

4.0 ENTRY FEES AND ADMISSION FEES

- 4.1 **Entry Fee** – \$75 per team, plus \$7 per entry (including relays) to a maximum of \$250 made payable to CIAC.
- 4.2 **Admission Fee** – Diving Meets, Qualifying Meets**
- Free -- Children five (5) and under
 - \$5.00 -- Senior Citizens (Age 65 and older)
 - \$5.00 -- Students (Grades 1-12)
 - \$8.00 -- Adults (All others not in the above categories)

Admission Fee – Championship Finals Meets, Open Meet **

- \$10.00 – Adults
- \$5.00 Students (grades 1-12) and Senior Citizens (age 65 and older)

** Subject to change depending on venue

- 4.3 **Passes** – During the championships only the following passes will be honored at each site.
- Principal (or designee) of participating schools with CAS membership card.
 - Press Card
 - CIAC **Swimming** Officials membership card.
- 4.4 **Team Members** – Team members not participating in a meet (Trials, Finals or Open) must pay an admission fee.
- 4.5 **Supervision** – Team coaches (limit of three), athletic director and administrative personnel assigned to supervisory responsibilities will be allowed free admission.

5.0 SCORING AND AWARDS

- 5.1 **Scoring – Divisional Championships** – At the divisional championships there will be three (3) heats of eight (8) swimmers in the finals. Swimmers will be “locked” in their heats for the divisional finals. Relay points are double the individual points awarded.

1 st place – 30 points	9 th place – 19 points	17 th place – 9 points
2 nd place – 27 points	10 th place – 17 points	18 th place – 7 points
3 rd place – 26 points	11 th place – 16 points	19 th place – 6 points
4 th place – 25 points	12 th place – 15 points	20 th place – 5 points
5 th place – 24 points	13 th place – 14 points	21 st place – 4 points
6 th place – 23 points	14 th place – 13 points	22 nd place – 3 points
7 th place – 22 points	15 th place – 12 points	23 rd place – 2 points
8 th place – 21 points	16 th place – 11 points	24 th place – 1 point

- 5.2 **Scoring – Open Championships** – The top 24 individual finishers may move up or down the 24 places and will be awarded the following points. Relay points will be double the individual points.

1 st place – 28 points	9 th place – 18 points	17 th place – 8 points
2 nd place – 25 points	10 th place – 17 points	18 th place – 7 points
3 rd place – 24 points	11 th place – 16 points	19 th place – 6 points
4 th place – 23 points	12 th place – 15 points	20 th place – 5 points
5 th place – 22 points	13 th place – 13 points	21 st place – 4 points
6 th place – 21 points	14 th place – 11 points	22 nd place – 3 points
7 th place – 20 points	15 th place – 10 points	23 rd place – 2 points
8 th place – 19 points	16 th place – 9 points	24 th place – 1 point

5.3 **Awards**

- Divisional Championships Meets** – Medals awarded for first six (6) places.
- Open Meet** – Medals awarded for first six (6) places.
- Team Award** – CIAC plaques will be given to each Divisional and Open Meet champion and runner-up.

6.0 OFFICIALS

- 6.1 **Selection of Officials** – Coaches may recommend officials for both the swimming championships and the diving championships. Coaches may recommend up to ten (10) officials for swimming championships and five (5) officials for the diving championships. Each coach may also list two (2) officials for the swimming championships and two (2) officials for the diving championships that they do not recommend to work those events. Those names may be filed on the CIAC Online Eligibility Center starting three weeks before the competition begins. Those recommendations along with

recommendations from various swimming boards will be utilized in the assignment of officials for the championships. The officials assigner will provide the listing of officials one week prior to the meet director.

4

- 6.2 **Meet Directors** – Meet directors are responsible for assigning timers, scorers and computer operators, etc., in accordance with the number and types listed in the most current CIAC Handbook.
- 6.3 **Meet Committee** – A meet committee and a meet director shall assume responsibility for all aspects of meet management. The meet committee shall make decisions on matters not specifically covered by the rules or on the misapplication of a rule during the meet. Judgment calls are not subject to review by the committee. The decision of the meet committee is final.
- 6.4 **Timers** – In a meet where six lanes are used every team with a 400 yd. free relay team must supply a qualified timer for the entire meet. In a meet where eight lanes are used each team with three relays competing must supply a second qualified timer for the entire meet. The qualified timers with a watch must report 15 minutes before the scheduled start of the meet. The meet director may assign teams to a specific lane.
- 6.5 **CIAC Rules Interpreter** – Questions on swimming or diving rules should be referred to the CIAC rules interpreter – Dr. Jim Agli (203) 758-5873 – Email – gymagli@yahoo.com

7.0 PROTESTS

- 7.1 **Tournament** – On the eve of a tournament when there is not sufficient time for normal administrative procedures and Board of Control hearings, if a question of interpretation of tournament regulations or the operation of the tournament arises, the Chairman of the CIAC Board of Control, the Executive Director of the CIAC and the Chairman of the Tournament Committee in question, in consultation with the CIAC Swimming/Diving Interpreter will make an appropriate ad hoc decision in consideration of the best interest of the tournament as a whole.
- 7.2 **Decisions by Game Officials** – Protests arising from judgment calls by officials during the contests will not be allowed. Protests arising from misinterpretation or misapplication of the National Federation or CIAC rules by officials or others will be considered. The record of the official scorekeeper at the conclusion of the contest is final unless an administrative error is discovered. Such errors will be corrected as covered by specific contest rules.

8.0 ENTRY PROCEDURES

- 8.1 **Entry Form** – Entry form must be submitted via the password protected online eligibility center by 4:00 p.m. on Monday, November 5, 2012. Anyone not listed cannot compete. All problems must be resolved before the entry deadline. Late entries will not be accepted. Schools may put their entries on at any time before the deadline and do not have to wait until the deadline.
- 8.2 **Seeding and Event Sheet** – The seeding and event sheet must be presented before entries become official. It must indicate what events each swimmer is entered in and the seeding time and date for each event or highest score for diving. It must also insure that no swimmer is in more than two (2) individual events. (Diving is an individual event.) No swimmer may actually swim in more than four (4) events, no more than two of which may be individual events. No more than three (3) of which may be relay events.
- Trials, Finals and Open are considered one meet. Only names on the seeding and event sheet may compete. All names on the entry form must comply with the rules and regulations of the CIAC.
- 8.3 **Diving Entries** – All diving entries will be done electronically via the password protected online eligibility center. The diving information must be put on the diving score sheet. The diving form must be at CIAC headquarters by 4:00 p.m. on Monday, November 5, 2012. Confer with National Federation rule 9-4-1 for order of dives and DD requirement. Proof forms for diving must be faxed to the CIAC office by Monday, November 5. **The signature of the coach and diver certifies that the diver can perform all the dives listed on the diving entry score sheet and confirms the accuracy of the entry score sheet submitted. The diving entry form must have a minimum 10.8 D.D. for the six optional**

dives.

5

- 8.4 **Names on Relays** – Names of the four competing swimmers, designating the lead-off swimmer, must be on a 3 x 5 card and turned in at the start of the specific relay event. (Prior to the first heat.) An individual does not become a relay participant until they swim in the event.
- 8.5 **CIAC Late Entry Policy** – No tournament entries will be accepted after the scheduled deadline except those approved by the CIAC Board of Control. Corrections requested by a school to an entry form that was submitted by the established deadline but prior to seeding/pairing data being published on the web site, will be assessed \$50 per correction to a maximum of \$250. All requests for corrections must be submitted on a support ticket via the online eligibility center. No phone requests will be considered. Diving proof sheets that arrive after the Monday, November 5, 2012, 4:00 p.m. deadline will be assessed a \$50 fine.
- 8.6 **Tournament Regulation Violations** – If a school fails to comply with tournament regulations and such failure to comply requires the CIAC Board of Control to redo any portion of the tournament pairings or such non-compliance adversely impacts the management of the tournament, an administrative violation of \$500 will be imposed upon the school before entry into the tournament will be allowed.

9.0 DIVISIONS

- 9.1 **Placement** – Only institutional members of the Conference may enter the tournament which will be in four (4) divisions. Placement of schools has been based on the 2011-12 enrollments in grades 9-12.

LL – 751 and over
L – 619 - 750

M – 484 - 618
S – Up to 483

Note: “One person” teams will be automatically placed into their respective divisions. If you have a team and are not listed or if you have a team listed and no longer compete in girls swimming please notify the central office.

One Person Teams

Clinton - Morgan	262 (S)
Colchester - Bacon Ac.	526 (M)
Cromwell	276 (S)
Deep River - Valley Reg.	320 (S)
East Hampton	281 (S)
Guilford	579 (M)
North Branford	336 (S)
Old Saybrook	284 (S)
Waterbury - Wilby	637 (L)
Westbrook	144 (S)
Wolcott	436 (S)

2012 CIAC GIRLS SWIMMING DIVISIONS

LL Division – 751 and Over (22)

Cheshire	772
Danbury	1418
East Hartford	812
Fairfield Ludlowe	840
Glastonbury	1105
Greenwich	1294
Hamden	849
Hartford - Bulkeley /Public/Classical *	993
Manchester	871
New Milford	754
Newtown	852
Norwalk / Brien McMahon *	1326
Norwich Free Academy	1250
Ridgefield	865
Shelton	792
Southington	1022
Stamford - Westhill / Stamford *	1537
Trumbull	1138
W. Hartford - Wm. Hall	770
West Haven	751
Westport - Staples	936
Woodbridge - Amity Reg.	807

M Division – 484 - 618 (21)

Berlin	494
Branford	566
Bristol Eastern	609
Brookfield	511
East Lyme	587
Groton - Fitch	608
Hamden - Sacred Heart Academy	507
Ledyard	484
Meriden - Platt	536
Milford - Foran	490
New Fairfield	519
Redding - Joel Barlow	517
Storrs - E.O. Smith	615
Stratford	496
Stratford - Bunnell	572
Torrington	525
Watertown	484
Wethersfield	553
Windsor	605
Windham / Lyman Memorial *	506
Windsor Locks / Ellington *	513

S Division – Up to 483 (20)

L Division – 619 - 750 (20)

Bristol Central	651
Darien	686
Fermi / Enfield / Somers *	723
Fairfield Warde	673
Farmington	624
Madison - Daniel Hand	644
Meriden - Maloney	619
Middletown	655
Middletown - Mercy	651
Monroe - Masuk	621
Naugatuck	666
New Canaan	676
Newington	702
North Haven	624
Southbury - Pomperaug	623
South Windsor	680
Wallingford - Lyman Hall	633
Waterbury - Kennedy	664
West Hartford - Conard	719
Wilton	620

Beacon Falls – Woodland Reg.	378
Bristol - St. Paul	176
East Haven	439
Higganum - Haddam/Killingworth	323
Manchester - East Catholic	361
Milford - Jonathan Law	470
Milford - Luralton Hall	462
Old Lyme	191
Oxford	295
Plainville	383
Rocky Hill	389
Seymour	296
Suffield	458
Tolland	442
Trumbull - St. Joseph	393
Wallingford - Sheehan	475
Waterbury - Holy Cross	323
Waterbury - Sacred Heart	164
Waterford	422
Weston	372

* Cooperative Team

10.0 QUALIFYING STANDARDS

10.1 **CIAC Member Schools** – In order to qualify, individuals must be members of a team which has had a minimum of four (4) dual meets with CIAC member schools and in addition must meet the following minimum standards. The last date to count is Saturday, November 3, 2012. All times indicated on entry forms must show times to the hundredths of a second and be times from CIAC or National Federation sanctioned meets. **The number of entries per school per event must be in accordance with National Federation Rules.**

10.2 Automatic Qualifying Times	LL	L	M	S
200 Yd. Medley Relay	Automatic			
200 Yd. Freestyle	2:08.93	2:09.61	2:12.71	2:16.68
200 Yd. I.M.	2:27.19	2:30.59	2:30.14	2:38.91
50 Yd. Freestyle	27.02	27.02	27.38	28.76
Diving – All Divisions –	Minimum 6 dive score of 160 and D.D. of 8.8 on 5 optional dives Minimum 11 dive score of 240 and D.D. of 10.8 on 6 optional dives			
100 Yd. Butterfly	1:07.00	1:08.00	1:09.59	1:12.00
100 Yd. Freestyle	59.17	59.17	59.98	1:04.35
500 Yd. Freestyle	5:41.43	5:50.45	5:58.68	6:15.03
200 Yd. Freestyle Relay	Automatic			
100 Yd. Backstroke	1:09.00	1:09.00	1:10.533	1:13.86
100 Yd. Breaststroke	1:14.98	1:15.44	1:21.56	1:22.60
400 Yd. Freestyle Relay	Automatic			

Coaches may submit swimmers in a maximum of two individual events. Any swimmer entered in an individual event that does not make the top 36 seeding will be allowed to swim in up to three relay events.

Divers must have achieved the required score and D.D. at the same meet. For safety reasons only divers that have achieved the minimum score and D.D. will be allowed to dive.

10.3 **Relays** – Each team is allowed one entry in each relay event without regard to qualifying time.

10.4 **Swimmers that Do Not Meet Automatic Qualifying Times** – Coaches should submit four swimmers with times for each event including times that do not make the automatic qualifying times. Swimmers will be added after the automatic qualifiers until the 36th time is reached. The top 36 times in each swimming event qualify to swim at Trials including any ties for 36th place. Only those in the top 36 will be charged an entry fee.

10.5 **Number of Events Per Swimmer** – Coaches may submit swimmers / divers in a maximum of two individual events. Any swimmer/diver entered in an individual event that does not make the top 36 seeding in an event will be allowed to swim in up to three relay events. If a swimmer does make the top 36 seeding then they may not compete in more than two relays at Trials, Finals or Open.

10.6 **Divers Qualifying** – For safety reasons, divers may not compete unless they have met the minimum six dive score of 160 and D.D. of 8.8 or the minimum eleven dive score of 240 and a D.D. of 10.8 on the six optional dives.

10.7 **Proof of Swimming Times** – Coaches must bring proof of the submitted swimming qualifying times to the swimming trials. The meet referee or meet committee may request this proof at these meets.

10.8 **Qualifying for Divisional Meet** – The best twenty-four (24) performances in each swimming event at the trials will qualify for Divisional Championships. In Divisional Championships all heats are locked.

- 10.9 **Open Championships** – The best twenty-four (24) performances in each event from the Divisional Championships combined will qualify for the Open Championship Meet. Any of the twenty-four (24) finalists can advance in the finals. (Alternates will be added when vacancies exist due to scratches or declared false starts.)
- 10.10 **Open Diving Championships** – In diving the twenty-four (24) top divers plus any divers in the top three (3) of each Divisional Championships not already included in the top twenty-four (24) will automatically qualify for the State Open Championship Meet.
- 10.11 **Alternates** – There will be two alternates for each Divisional and Open Championship Meet. There will be no alternates for the top 36 at Trials.

11.0 DATES / SITES / TIMES / MEET DIRECTORS

- 11.1 Member schools may start practice on but not before, Saturday, August 25, 2012
- 11.2 Member schools may hold the first meet on but not before Tuesday, September 11, 2012
- 11.3 Weekly limitations – Teams may schedule three (3) contests in a week during the regular season excluding the first and last weeks.
- 11.4 Last date to count for the tournament – Saturday, November 3, 2012
- 11.5 **Swimming Qualifying Meets** – Saturday, November 10, 2012

<u>Meet</u>	<u>Site</u>	<u>Meet Director</u>	<u>Site Director</u>
M	East Hartford High School East Hartford, CT	Scott Butler (203) 488-8317 E-mail: scbutler@branford.k12.ct.us	Jillian Piedescalzo piedescalzo.jg@easthartford.org
Warm-up -- 10:00 - 11:25 a.m. / Swimming -- 11:30 a.m.			
L	Cornerstone Pool West Hartford, CT	John Smachetti C - (860) 712-8824 E-mail: johnsmachetti@gmail.com	John Smachetti Cell (860) 712-8824 johnsmachetti@gmail.com
Warm-up -- 5:10 - 6:15 p.m. / Swimming -- 6:15 p.m.			
LL	East Hartford High School East Hartford, CT	Rick Lewis W - (203) 977-4696 H - (203) 698-1281 E-mail: lewisshark@aol.com	Jillian Piedescalzo East Hartford HS (203) 980-8194 piedescalzo.jg@easthartford.org
Warm-up -- 4:30 - 5:55 p.m. / Swimming -- 6:00 p.m.			
S	Plainville High School 47 Robert Holcomb Way Plainville, CT 06062 (860) 793-3220	Randy Doucette Plainville High School W - (860) 793-3220	Randy Doucette
Warm-up -- 12:30 - 1:55 p.m. / Swimming -- 2:00 p.m.			

11.6 **Diving Trials and Championships**

FOR ALL DIVISIONS – DIVING WARM-UP – 4:00 - 5:25 P.M. / DIVING – 5:30 P.M.

S Division – Wednesday, November 7 Plainville High School
M Division – Thursday, November 8 Plainville High School

Meet Director Randy Doucette
 Plainville High School
 S - (860) 793-3220

LL Division -- Wednesday, November 7 Hamden High School
L Division – Thursday, November 8 Hamden High School

Meet Director Gil Cyr
 Hamden High School
 S - (203) 407-2040 / H - (203) 288-2967

11.7 **Divisional Swimming Championships**

TUESDAY, NOVEMBER 13, 2012 -- DIVISIONAL SWIMMING CHAMPIONSHIPS

	<u>Meet</u>	<u>Site</u>	<u>Meet Director</u>	<u>Times</u>
M	Wesleyan University Freeman Athletic Center Middletown, CT 06457		Scott Butler W - (203) 488-8317	Warm-ups -- 6:00 - 6:55 p.m. Swimming -- 7:00 p.m.
S	Southern CT State University Moore Field House 125 Wintergreen Avenue New Haven, CT 06515		Randy Doucette W - (860) 793-3220	Warm-ups -- 5:00 - 5:55 p.m. Swimming -- 6:00 p.m.

WEDNESDAY, NOVEMBER 14, 2012 --DIVISIONAL SWIMMING CHAMPIONSHIPS

LL	Wesleyan University Freeman Athletic Center Middletown, CT 06457		Rick Lewis W - (203) 977-4696	Warm-ups – 6:00 - 6:55 p.m. Swimming – 7:00 p.m.
L	Southern CT State University Moore Field House 125 Wintergreen Avenue New Haven, CT 06515		John Smachetti C - (860) 712-8824	Warm-ups -- 5:00 - 5:55 p.m. Swimming -- 6:00 p.m.

11.8 **Open Diving Championships – Friday, November 16, 2012**

	<u>Site</u>	<u>Meet Director</u>	<u>Times</u>
	Hamden High School Hamden, CT	Gil Cyr S - (203) 407-2040 H - (203) 288-2967	Warm-ups -- 4:00 - 5:25 p.m. Diving -- 5:30 p.m.

11.9 Open Swimming Championships – Saturday, November 17, 2012

<u>Site</u>	<u>Meet Director</u>	<u>Times</u>
Yale University New Haven, CT	Rick Lewis W - (203) 977-4696 H - (203) 698-1281 C - (203) 912-9385 E-mail – lewisshark@aol.com	Warm-ups -- 10:00- 11:55 a.m. Swimming -- 12:00 p.m.

APPENDIX A

25 YARD-METER AND 25 METER-YARD CONVERSION FACTORS

MEN

	Yard-Meter	Meter-Yard
200 Medley Relay	1.115	0.8969
200 Freestyle	1.108	0.9025
200 Ind. Medley	1.111	0.9001
50 Freestyle	1.119	0.8937
100 Butterfly	1.114	0.8977
100 Freestyle	1.111	0.9001
500 Yd/400 M Freestyle	0.8780	1.1391
500 Yd/500M Freestyle	1.100	0.9091
200 Free Relay	1.116	0.8961
100 Backstroke	1.111	0.9001
100 Breaststroke	1.110	0.9009
400 Freestyle Relay	1.114	0.8977

WOMEN

200 Medley Relay	1.116	0.8961
200 Freestyle	1.108	0.9025
200 Ind. Medley	1.110	0.9009
50 Freestyle	1.115	0.8969
100 Butterfly	1.111	0.9001
100 Freestyle	1.112	0.8993
500 Yd/400 M Freestyle	0.877	1.1406
500 Yd/500 M Freestyle	1.100	0.9091
200 Free Relay	1.117	0.8953
100 Backstroke	1.111	0.9001
100 Breaststroke	1.112	0.8993
400 Freestyle Relay	1.114	0.8977

APPENDIX B

CONNECTICUT INTERSCHOLASTIC ATHLETIC CONFERENCE

CONCUSSION MANAGEMENT AND RETURN TO PLAY REQUIREMENTS

“WHEN IN DOUBT – SIT IT OUT”

A concussion is a type of traumatic brain injury or (TBI), “that changes how the cells in the brain normally work. A concussion is caused by a blow to the head or body that causes the brain to move rapidly inside the skull. Even a “ding,” “getting your bell rung,” or what seems to be a mild bump or blow to the head can be serious. Concussions can also result from a fall or from players colliding with each other or with obstacles, such as a goalpost” (Centers for Disease Control and Prevention, 2009).

PART I -- SIGNS AND SYMPTOMS OF A CONCUSSION

– A concussion should be suspected if any one or more of the following signs or symptoms are present, or if the coach/evaluator is unsure.

1. Signs of a concussion may include (what the athlete looks like):

- Confusion / disorientation / irritability
- Trouble resting / getting comfortable
- Lack of concentration
- Slow response / drowsiness
- Incoherent / slurred speech
- Slow / clumsy movements
- Loss of consciousness
- Amnesia / memory problems
- Act silly / combative / aggressive
- Repeatedly ask same questions
- Dazed appearance
- Restless / irritable
- Constant attempts to return to play
- Constant motion
- Disproportionate / inappropriate reactions
- Balance problems

2. Symptoms of a concussion may include (what the athlete reports):

- Headache or dizziness
- Nausea or vomiting
- Blurred or double vision
- Over sensitivity to sound / light / touch
- Ringing in ears
- Feeling foggy or groggy

Note: Public Act No. 10-62 requires that a coach MUST immediately remove a student-athlete from participating in any intramural or interscholastic athletic activity who (A) is observed to exhibit signs, symptoms or behaviors consistent with a concussion following a suspected blow to the head or body, or (B) is diagnosed with a concussion, regardless of when such concussion or head injury may have occurred.

PART II – RETURN TO PARTICIPATION (RTP)

– Currently, it is impossible to accurately predict how long concussions will last. There must be full recovery before someone is allowed to return to participation. Connecticut Law now requires that no athlete may resume participation until they have received written medical clearance from a licensed health care professional (Physician, Physician Assistant, Advanced practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

Concussion management requirements:

1. No athlete SHALL return to participation (RTP) on the same day of concussion.
2. Any loss of consciousness, vomiting or seizures the athlete MUST be immediately transported to the hospital.
3. Close observation of an athlete MUST continue following a concussion. This should be monitored for an appropriate amount of time following the injury to ensure that there is no escalation of symptoms.
4. Any athlete with signs or symptoms related to a concussion MUST be evaluated from a licensed health care professional (Physician, Physicians Assistant, Advanced Practice Registered Nurse, Athletic Trainer) trained in the evaluation and management of concussions.

5. The athlete MUST obtain written clearance from one of the licensed health care professionals mentioned above directing them into a well defined RTP stepped protocol similar to one outlined below. If at any time signs or symptoms should return during the RTP progression the athlete should cease activity*.
6. After the RTP protocol has been successfully administered (no longer exhibits any signs or symptoms or behaviors consistent with concussions), final written medical clearance is required by one of the licensed health care professionals mentioned above for them to fully return to unrestricted participation in practices and competitions.

Medical Clearance RTP Protocol (Recommended one full day between steps)

Rehabilitation stage	Functional exercise at each stage of rehabilitation	Objective of each stage
1. No activity	Complete physical and cognitive rest until asymptomatic. School may need to be modified.	Recovery
2. Light aerobic activity	Walking, swimming or stationary cycling keeping intensity, <70% of maximal exertion; no resistance training	Increase Heart Rate
3. Sport Specific Exercise	Skating drills in ice hockey, running drills in soccer; no head impact activities	Add Movement
4. Non-contact training drills	Progression to more complex training drills, i.e., passing drills in football and ice hockey; may start progressive resistance training	Exercise, coordination and cognitive load
5. Full Contact Practice	Following medical clearance, participate in normal training activities	Restore confidence and assess functional skills by coaching staff

* If at any time symptoms should return during the RTP progression the athlete should stop activity that day. If the athlete's symptoms are gone the next day, s/he may resume the RTP progression at the last step completed in which no symptoms were present. If symptoms return and don't resolve, the athlete should be referred back to their medical provider.

References:

1. NFHS. Concussions. 2008 NFHS Sports Medicine Handbook (Third Edition). 2008: 77-82. <http://www.nfhs.org>
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3. Centers for Disease Control and Prevention. *Heads Up: Concussion in High School Sports*. http://www.cdc.gov/NCIPC/tbi/Coaches_Tool_Kit.htm.
4. U.S. Department of Health and Human Services Centers for Disease Control and Prevention. *A Fact Sheet for Coaches*. (2009). Retrieved on June 16, 2010. [Http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf](http://www.cdc.gov/concussion/pdf/coaches_Engl.pdf)

Resources:

- Centers for Disease Control and Prevention. *Injury Prevention & Control: Traumatic Brain Injury*. Retrieved on June 16, 2010. <http://www.cdc.gov/TraumaticBrainInjury/index.html>
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