Water Rat Swimming

2019

SHORT COURSE

CHAMPIONSHIP

MEET PACKET

2019 Connecticut Swimming Championship Information

Meets and Dates:

- February 21-21: CT Swimming Course Senior Championships
  - Deadline to confirm entry with Ellen is Monday, February 11
  - Meet will be at Wesleyan University
- March 1-3: CT Regional Championships
  - Deadline to confirm entry with your coach is Monday, February 18
  - Site to be determined once all entries received by the CT Swimming Office
- March 7-10: Short Course Senior Invite
  - Deadline to confirm entry with Ellen is Friday, March 1
  - Meet will be at Wesleyan University
- March 14-17: CT Age Group Championships – 14 & Under
  - Deadline to confirm entry is Friday, March 1
  - Meet will be held at Chelsea Piers – Stamford.

General Info:

- If you have not committed TU, please do so immediately.
- Entry deadlines and events selected are firm.
- Attached are meet qualification – time standards – order of events.
  - Please read meet information thoroughly.
  - You may also check your meet eligibility on the Ct Swimming FAST system.
    - Here is the link: http://fast.ctswim.org/CTNet/DatabaseQuery.aspx?Opt=CQ

Meet Info:

I. CT Senior Championships at Wesleyan

Session	On Deck	Meet Starts
Thursday	315pm	5pm
Prelims: Friday, Saturday and Sunday	700am	900am
Finals: Friday, Saturday and Sunday	330pm	500pm

II. CT Regional Championships

- Times will be posted once site has been determined
- 13-18: Boys in the AM Girls in the PM

III. Short Course Senior Invite at Wesleyan

Session	On Deck	Meet Starts
Thursday	315pm	5pm
Prelims: Friday, Saturday and Sunday	700am	900am
Finals: Friday, Saturday and Sunday	330pm	500pm

IV. CT Age Group Championships at Chelsea Piers – Stamford

Session	On Deck	Meet Starts
Thursday	300pm	400pm
Prelims: Friday, Saturday and Sunday	615am	745am
Finals: Friday, Saturday and Sunday	415pm	530pm

2019 Senior Championship
ORDER OF EVENTS
February 21-24, 2019

WOMEN						MEN
NO.	**LCM**	**SCY**	**EVENT**	**SCY**	**LCM**	**NO**
THURSDAY, February 21, 2019						
1			200Y Freestyle Relay			2
3	19:02.39	18:24.19	1650Y Freestyle			
			1000Y Freestyle	10:41.79	9:36.99	4
			10 Minute Break			
5			400Y Medley Relay			6
FRIDAY, February 22, 2019						
7	29.29	25.49	50Y Freestyle	23.19	26.79	8
9	2:39.29	2:18.89	200Y Butterfly	2:11.59	2:29.59	10
11	1:21.69	1:11.99	100Y Breaststroke	1:05.39	1:18.99	12
13	2:16.39	1:59.59	200Y Freestyle	1:50.39	2:06.59	14
15	5:33.28	4:49.29	400Y IM	4:31.09	5:16.29	16
			10 Minute Break			
17			800Y Freestyle Relay(in Finals only)			18
SATURDAY, February 23, 2019						
19	1:09.59	1:01.09	100Y Butterfly	56.39	1:04.99	20
21	2:57.09	2:36.79	200Y Breaststroke	2:27.49	2:52.99	22
23	1:10.39	1:01.79	100Y Backstroke	57.69	1:08.99	24
25	4:48.17	5:17.89	500Y/400M Freestyle	4:58.79	4:35.99	26
			10 Minute Break			
27			400Y Freestyle Relay(in Finals only)			28
SUNDAY, February 24, 2019						
29	9:57.59	11:00.99	1000Y Freestyle			
			1650Y Freestyle	17.49.99	18:59.99	30
31	2:32.99	2:14.49	200Y Backstroke	2:06.49	2:29.59	32
33	1:02.89	55.19	100Y Freestyle	50.29	58.09	34
35	2:32.89	2:15.99	200Y IM	2:04.39	2:26.79	36
			10 Minute Break			
37			200Y Medley Relay(in Finals only)			38

NOTES: The above order of events is for finals sessions (Fri/Sat/Sun)

speedo

ORDER OF EVENTS
CONNECTICUT REGIONAL CHAMPIONSHIPS

FRIDAY EVENING, MARCH 1, 2019

Girls	LCM Max	LCM Min	SCM Max	SCM Min	SCY Max	SCY Min	Event	SCY Max	SCY Min	SCM Max	SCM Min	LCM Max	LCM Min	Boys
1	6:15.00	6:42.49	6:13.75	6:34.49	7:03.50	7:27.49	10/U 500Y Freestyle	7:05.00	7:39.99	6:15.10	6:42.24	6:26.00	6:56.24	2
3	2:32.00	2:59.99	2:26.00	2:55.99	2:11.50	2:36.74	12/U 200Y Freestyle	2:14.50	2:42.99	2:29.25	3:01.24	2:34.20	3:07.74	4
5	4:57.20	5:27.78	4:52.90	5:18.89	5:30.80	6:04.49	14/U 500Y/400M Freestyle	5:22.80	6:08.49	4:45.90	5:22.49	4:51.00	5:30.49	6
7	4:48.18	5:21.48	4:47.50	5:12.76	5:17.90	5:57.49	18/U 500Y/400M Freestyle	4:58.80	5:39.99	4:32.00	4:57.45	4:36.00	5:07.68	8
9	3:22.50	4:07.97	3:19.25	3:59.94	3:02.00	3:34.99	10/U 200Y IM	3:02.00	3:37.99	3:20.40	4:03.24	3:26.00	4:14.24	10
11	------	7:02.96	------	6:52.94	------	6:09.99	12/U 400Y IM	------	6:19.99	------	7:04.10	------	7:19.29	12
13	5:49.00	6:22.41	5:34.40	6:13.87	5:00.90	5:34.99	14/U 400Y IM	4:52.00	5:38.99	5:24.20	6:18.49	5:45.00	6:32.24	14
15	5:33.29	6:16.70	5:24.00	6:08.29	4:49.30	5:29.99	18/U 400Y IM	4:31.10	5:20.99	5:22.50	5:58.24	5:16.30	6:11.09	16

SATURDAY MORNING, MARCH 2, 2019

17	35.80	------	36.20	-------	32.60	------	10/U 50Y Freestyle							
18	31.60	------	31.00	-------	27.90	------	12/U 50Y Freestyle							
							14/U 200Y IM	2:14.60	2:42.49	2:29.90	3:01.35	2:35.80	3:09.60	19
							18/U 200Y IM	2:04.40	2:34.99	2:28.50	2:52.98	2:26.80	3:00.85	20
21	1:33.00	1:56.49	1:31.10	1:50.99	1:22.50	1:39.49	10/U 100Y Backstroke							
22	1:20.60	1:38.46	1:16.90	1:32.49	1:09.20	1:23.99	12/U 100Y Backstroke							
							14/U 100Y Breaststroke	1:11.30	-------	1:19.40	------	1:24.25	-------	23
							18/U 100Y Breaststroke	1:05.40	-------	1:18.00	------	1:19.00	-------	24
25	49.00	-------	48.25	-------	43.50	--------	10/U 50Y Breaststroke							
26	42.60	--------	40.75	-------	36.60	--------	12/U 50Y Breaststroke							
							14/U 200Y Butterfly	2:21.20	3:00.99	2:36.80	3:21.99	2:47.00	3:29.24	27
							18/U 200Y Butterfly	2:11.60	2:44.99	2:30.50	3:04.14	2:29.60	3:10.52	28
29	-------	--------	1:32.20	1:44.49	1:23.00	1:36.99	10/U 100Y IM							
30	2:54.00	3:27.60	2:48.16	3:20.88	2:31.50	2:59.99	12/U 200Y IM							
							14/U 100Y Freestyle	54.80	-------	1:01.20	--------	1:03.00	-------	31
							18/U 100Y Freestyle	50.30	-------	58.50	--------	58.10	-------	32
33	1:20.00	1:40.90	1:17.50	1:38.76	1:09.60	1:28.49	12/U 100Y Butterfly							
34	1:41.00	2:14.54	1:38.00	2:11.69	1:29.50	1:57.99	10/U 100Y Butterfly							
							14/U 200Y Backstroke	2:14.70	2:53.24	2:29.52	3:13.49	2:40.00	3:24.24	35
36	3:20.00	3:59.17	3:12.60	3:50.41	2:53.30	3:29.99	12/U 200Y Breaststroke							
							18/U 200Y Backstroke	2:06.50	2:38.99	2:29.00	2:57.49	2:29.60	3:07.49	37
38	-------	--------	-------	-------	-------	--------	11/12 200Y Free Relay							
39	-------	--------	-------	-------	-------	-------	10/U 200Y Free Relay							
							13/14 400Y Free Relay	--------	-------	--------	--------	-------	-------	40
							15/18 400Y Free Relay	--------	-------	--------	--------	-------	-------	41
42	-------	24:36.91	-------	23:55.68	-------	23:59.99	12/U 1650Y Freestyle							

ORDER OF EVENTS
CONNECTICUT REGIONAL CHAMPIONSHIPS

SATURDAY AFTERNOON, MARCH 2, 2019

Girls	LCM Max	LCM Min	SCM Max	SCM Min	SCY Max	SCY Min		Event	SCY Max	SCY Min	SCM Max	SCM Min	LCM Max	LCM Min	Boys
							10/U	50Y Freestyle	32.50	-------	36.10	------	36.00	-------	43
							12/U	50Y Freestyle	27.90	-------	31.00	-------	31.90	-------	44
45	2:42.10	3:04.53	2:35.40	2:58.56	2:19.60	2:39.99	14/U	200Y IM							
46	2:32.90	3:04.53	2:33.00	2:58.56	2:16.00	2:39.99	18/U	200Y IM							
							10/U	100Y Backstroke	1:23.00	1:43.99	1:31.60	1:55.99	1:34.30	2:04.49	47
							12/U	100Y Backstroke	1:10.40	1:29.99	1:18.25	1:40.44	1:22.50	1:47.77	48
49	1:26.70	------	1:22.20	------	1:14.00	-------	14/U	100Y Breaststroke							
50	1:21.70	-------	1:19.50	-------	1:12.00	-------	18/U	100Y Breaststroke							
							10/U	50Y Breaststroke	44.30	-------	49.20	-------	51.30	-------	51
							12/U	50Y Breaststroke	37.00	-------	41.10	-------	43.70	-------	52
53	2:53.00	3:24.30	2:42.10	3:20.88	2:25.60	2:59.99	14/U	200Y Butterfly							
54	2:39.30	3:12.95	2:35.00	3:09.72	2:18.90	2:49.99	18/U	200Y Butterfly							
							10/U	100Y IM	1:23.00	1:37.99	1:31.60	1:46.99	------	-------	55
							12/U	200Y IM	2:32.10	3:06.99	2:48.75	3:28.74	2:56.00	3:38.24	56
57	1:05.60	------	1:03.20	-------	56.70	-------	14/U	100Y Freestyle							
58	1:02.90	------	1:01.75	------	55.20	-------	18/U	100Y Freestyle							
							12/U	100Y Butterfly	1:12.20	1:39.99	1:20.10	1:51.60	1:24.50	1:55.20	59
							10/U	100Y Butterfly	1:29.50	2:02.99	1:37.70	2:17.24	1:44.00	2:21.49	60
61	2:44.75	3:10.77	2:34.00	3:02.47	2:18.60	2:43.49	14/U	200Y Backstroke							
							12/U	200Y Breaststroke	2:55.00	3:39.99	3:14.25	4:05.52	3:28.70	4:16.40	62
63	2:33.00	3:08.49	2:33.50	3:00.24	2:14.50	2:41 .49	18/U	200Y Backstroke							
							11/12	200Y Free Relay	--------	-------	--------	-------	-------	-------	64
							10/U	200Y Free Relay	--------	-------	--------	-------	-------	-------	65
66	------	----	-------	-------	-------	-------	13/14	400Y Free Relay							
67	------	------	-------	-------	-------	-------	15/18	400Y Free Relay							
							12/U	1650Y Freestyle	-------	24:59.99	------	24:55.50	-------	25:54.39	68

ORDER OF EVENTS
CONNECTICUT REGIONAL CHAMPIONSHIPS

SUNDAY MORNING, MARCH 3, 2019

Girls	LCM Max	LCM Min	SCM Max	SCM Min	SCY Max	SCY Min	Event	SCY Max	SCY Min	SCM Max	SCM Min	LCM Max	LCM Min	Boys
69	1:09.70	------	1:07.80	------	1:00.90	------	12/U 100Y Freestyle							
70	1:20.20	------	1:20.20	------	1:12.50	------	10/U 100Y Freestyle							
							14/U 200Y Breaststroke	2:36.10	3:12.99	2:53.50	3:35.49	3:03.70	3:44.99	71
72	3:10.20	3:50.41	2:59.90	3:50.41	2:42.00	3:22.99	12/U 200Y Butterfly							
							18/U 200Y Breaststroke	2:27.50	2:55.99	2:49.00	3:16.42	2:53.00	3:25.12	73
74	42.70	------	42.50	------	38.30	------	10/U 50Y Backstroke							
75	37.60	------	36.10	------	32.40	------	12/U 50Y Backstroke							
							14/U 50Y Freestyle	25.20	------	28.20	------	28.70	------	76
							18/U 50Y Freestyle	23.20	------	27.00	------	26.80	------	77
78	1:47.30	2:09.30	1:45.50	2:05.99	1:35.50	1:52.99	10/U 100Y Breaststroke							
79	1:32.40	1:52.06	1:28.60	1:48.81	1:19.60	1:37.49	12/U 100Y Breaststroke							
							14/U 100Y Butterfly	1:01.70	------	1:08.60	------	1:10.80	------	80
							18/U 100Y Butterfly	56.40	------	1:06.00	------	1:05.00	------	81
82	------	------	1:17.70	1:31.99	1:10.00	1:22.99	12/U 100Y IM							
83	2:56.00	3:33.95	2:56.50	3:28.69	2:40.30	3:06.99	10/U 200Y Freestyle							
							14/U 200Y Freestyle	1:59.10	------	2:12.50	------	2:18.50	------	84
							18/U 200Y Freestyle	1:50.40	------	2:03.60	------	2:06.60	------	85
86	34.60	------	34.50	------	30.90	------	12/U 50Y Butterfly							
87	41.40	------	41.40	------	37.25	------	10/U 50Y Butterfly							
							14/U 100Y Backstroke	1:02.90	------	1:10.10	------	1:14.20	------	88
							18/U 100Y Backstroke	57.70	------	1:09.50	------	1:09.00	------	89
90	2:55.70	3:39.36	2:48.75	3:29.81	2:31.80	3:07.99	12/U 200Y Backstroke							
91	------	------	------	------	------	------	10/U 200Y Medley Rel.							
92	------	------	------	------	------	------	11/12 200Y Medley Rel.							
							13/14 400Y Medley Rel.	------	------	------	------	------	------	93
							15/18 400Y Medley Rel.	------	------	------	------	------	------	94
95	5:55.00	5:59.70	5:13.90	5:49.95	5:22.20	6:39.99	12/U 500Y Freestyle							
							14/U 1650Y Freestyle	18:40.00	21:44.99	18:51.60	21:41.09	19:45.00	22:32.32	96
							18/U 1650Y Freestyle	17:50.00	20:54.99	18:15.00	20:51.24	19:00.00	21:40.51	97

ORDER OF EVENTS

REGIONAL CHAMPIONSHIPS
SUNDAY AFTERNOON, MARCH 3, 2019

Girls	LCM Max	LCM Min	SCM Max	SCM Min	SCY Max	SCY Min	Event	SCY Max	SCY Min	SCM Max	SCM Min	LCM Max	LCM Min	Boys
							12/U 100Y Freestyle	1:00.90	------	1:07.50	------	1:10.70	------	98
							10/U 100Y Freestyle	1:12.00	------	1:20.00	------	1:21.00	------	99
100	3:07.20	3:30.69	2:56.40	3:26.46	2:38.90	3:04.99	14/U 200Y Breaststroke							
							12/U 200Y Butterfly	2:44.10	3:29.99	3:02.10	3:54.36	3:22.10	4:02.48	101
102	2:57.10	3:30.69	2:51.50	3:26.46	2:36.80	3:04.99	18/U 200Y Breaststroke							
							10/U 50Y Backstroke	38.50	-------	42.75	-------	44.00	-------	103
							12/U 50Y Backstroke	32.70	-------	36.40	-------	38.00	-------	104
105	30.10	-------	29.20	-------	26.10	--------	14/U 50Y Freestyle							
106	29.30	-------	28.50	-------	25.50	--------	18/U 50Y Freestyle							
							10/U 100Y Breaststroke	1:38.80	2:02.49	1:43.00	2:16.71	1:51.90	2:23.10	107
							12/U 100Y Breaststroke	1:21.40	1:42.49	1:30.50	1:54.39	1:35.30	1:59.73	108
109	1:13.60	-------	1:11.10	-------	1:03.60	--------	14/U 100Y Butterfly							
110	1:09.60	-------	1:08.75	-------	1:01.10	--------	18/U 100Y Butterfly							
							10/U 200Y Freestyle	2:38.50	3:12.99	2:55.40	3:35.49	2:56.50	3:43.24	111
							12/U 100Y IM	1:11.30	1:30.99	1:19.09	1:37.99	-------	-------	112
113	2:22.70	------	2:16.60	------	2:02.90	------	14/U 200Y Freestyle							
114	2:16.40	------	2:14.25	------	1:59.60	------	18/U 200Y Freestyle							
							12/U 50Y Butterfly	31.50	--------	35.00	-------	36.00	-------	115
							10/U 50Y Butterfly	37.50	-------	41.70	-------	42.00	-------	116
117	1:15.50	-------	1:11.90	-------	1:04.60	--------	14/U 100Y Backstroke							
118	1:10.40	-------	1:10.00	-------	1:01.80	--------	18/U 100Y Backstroke							
							12/U 200Y Backstroke	2:32.20	3:19.99	2:49.00	3:43.20	2:59.00	3:55.56	119
							10/U 200Y Medley Rel.	-------	--------	-------	-------	-------	-------	120
							11/12 200Y Medley Rel.	-------	--------	-------	-------	-------	-------	121
122	-------	-------	-------	-------	--------	--------	13/14 400Y Medley Rel.							
123	-------	-------	-------	-------	--------	--------	15/18 400Y Medley Rel.							
							12/U 500Y/400M Freestyle	5:59.00	6:44.99	5:17.40	5:54.32	5:31.50	6:06.51	124
125	20:07.00	22:03.07	19:21.70	21:26.13	19:10.00	21:29.99	14/U 1650Y Freestyle							
126	19:02.40	21:24.61	18:30.00	20:48.74	18:24.20	20:52.49	18/U 1650Y Freestyle							

2019 SHORT COURSE SENIOR INVITE
TIME STANDARDS and ORDER OF EVENTS
March 7-10, 2019
Wesleyan University

WOMEN NO.	WOMEN SCY	EVENT	MEN SCY	MEN NO.
		THURSDAY, March 8, 2018		
1		200Y Freestyle Relay		2
3	19:12.89	1650Y Freestyle		
		1000Y Freestyle	10:58.09	4
		10 Minute Break		
5		400Y Medley Relay		6
		FRIDAY, March 9, 2018		
7	26.79	50Y Freestyle	24.69	8
9	2:19.79	200Y Butterfly	2:13.89	10
11	1:12.89	100Y Breaststroke	1:07.09	12
13	2:05.79	200Y Freestyle	1:57.49	14
15	5:00.49	400Y IM	4:42.99	16
		10 Minute Break		
17		800Y Freestyle Relay(in Finals only)		18
		SATURDAY, March 10, 2018		
19	1:03.19	100Y Butterfly	1:00.39	20
21	2:37.69	200Y Breaststroke	2:28.49	22
23	1:03.39	100Y Backstroke	1:00.79	24
25	5:36.29	500Y/400M Freestyle	5:17.59	26
		10 Minute Break		
27		400Y Freestyle Relay(in Finals only)		28
		SUNDAY, March 11, 2018		
29	11:31.59	1000Y Freestyle		
		1650Y Freestyle	18:30.49	30
31	2:17.39	200Y Backstroke	2:11.49	32
33	58.19	100Y Freestyle	53.89	34
35	2:20.89	200Y IM	2:11.39	36
		10 Minute Break		
37		200Y Medley Relay(in Finals only)		38

NOTES:
1. Please see the Relays section, for more details on Relay schedule
2. The above order of events is for finals sessions (Fri/Sat/Sun). See DISTANCE EVENTS section for information regarding the Preliminary session format.

CONNECTICUT SWIMMING
2019 SHORT COURSE AGE GROUP CHAMPIONSHIPS

10/UNDER TIME STANDARDS SHORT COURSE

GIRLS			BOYS	
SCY	LCM		LCM	SCY
32.59	35.79	50 Free	35.99	32.49
1:12.49	1:20.19	100 Free	1:20.99	1:11.99
2:40.29	2:55.99	200 Free	2:56.49	2:38.49
7:03.49	6:14.99	400/500	6:25.99	7:04.99
38.29	42.69	50 Back	43.99	38.49
1:22.49	1:32.99	100 Back	1:34.29	1:22.99
43.49	48.99	50 Breast	51.29	44.29
1:35.49	1:47.29	100 Breast	1:51.89	1:38.79
37.24	41.39	50 Fly	41.99	37.49
1:29.49	1:40.99	100 Fly	1:43.99	1:29.49
1:22.99	N/A	100 IM	N/A	1:22.99
3:01.99	3:22.49	200 IM	3:25.99	3:01.99

11/12 TIME STANDARDS SHORT COURSE

GIRLS			BOYS	
SCY	LCM		LCM	SCY
27.89	31.59	50 Free	31.89	27.89
1:00.89	1:09.69	100 Free	1:10.69	1:00.89
2:11.49	2:31.99	200 Free	2:34.19	2:14.49
5:54.99	5:22.19	400/500	5:31.49	5:58.99
32.39	37.59	50 Back	37.99	32.69
1:09.19	1:20.59	100 Back	1:22.49	1:10.39
2:31.79	2:55.69	200 Back	2:58.99	2:32.19
36.59	42.59	50 Breast	43.69	36.99
1:19.59	1:32.39	100 Breast	1:35.29	1:21.39
2:53.29	3:19.99	200 Breast	3:28.69	2:54.99
30.89	34.59	50 Fly	35.99	31.49
1:09.59	1:19.99	100 Fly	1:24.49	1:12.19
2:41.99	3:10.19	200 Fly	3:22.09	2:44.09
1:09.99	N/A	100 IM	N/A	1:11.29
2:31.49	2:53.99	200 IM	2:55.99	2:32.09

13/14 TIME STANDARDS SHORT COURSE

GIRLS			BOYS	
SCY	LCM		LCM	SCY
26.09	30.09	50 Free	28.69	25.19
56.69	1:05.59	100 Free	1:02.99	54.79
2:02.89	2:22.69	200 Free	2:18.49	1:59.09
5:30.79	4:57.19	400/500	4:50.99	5:22.79
11:37.29	10:25.99	800/1000	10:09.99	11:25.99
19:09.99	20:06.99	1500/1650	19:44.99	18:39.99
1:04.59	1:15.49	100 Back	1:14.19	1:02.89
2:18.59	2:44.74	200 Back	2:39.99	2:14.69
1:13.99	1:26.69	100 Breast	1:24.24	1:11.29
2:38.89	3:07.19	200 Breast	3:03.69	2:36.09
1:03.59	1:13.59	100 Fly	1:10.79	1:01.69
2:25.59	2:52.99	200 Fly	2:46.99	2:21.19
2:19.59	2:42.09	200 IM	2:35.79	2:14.59
5:00.89	5:48.99	400 IM	5:44.99	4:51.99