



The Connecticut Senior Games are organized by:

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Special thanks to Manchester High School for hosting the Swimming Championships

# **2010 Connecticut Senior Games Swimming**

**Coordinator:** Mel Siebold

**Date of Competition:** Sunday, May 23<sup>rd</sup>

**Location:** Manchester High School Pool

**Time:** 11:00 a.m. Warm-ups  
12:00 p.m. Start

**Event Order:** 50 YD Back  
100 YD Breast  
200 YD Fly  
50 YD Free  
200 YD IM  
**Awards Break**  
500 YD Free  
200 YD Back  
50 YD Breast  
100 YD Fly  
200 YD Free  
**Awards Break**  
100 YD IM  
100 YD Back  
200 YD Breast  
50 YD Fly  
100 YD Free

## **Swim Meet Info:**

The Manchester High School Pool is an six lane, short course pool. The MHS pool is equipped with a Colorado Timing System and Touch pads that will be used along with the Meet Manager Software to conduct the 2010 Connecticut Senior Games Swim Meet. The Pool is 25 yards long and the average temperature of the water is 80 degrees. All swimming events will be timed finals. Warm-up time will be available. Swimmers will be allowed to compete in up to SIX events, keep in mind there are not many heats of each event when choosing. Awards will be presented for 1st through 3rd place for each event within each age group. This meet will be conducted in accordance with United States Masters Swimming rules, except as modified herein.

## **Age Groups:**

50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

## **Age Cut off Date:**

Your age division / group will be determined by your age as of December 31, 2010. If

you are turning 50 in the calendar year of 2010, you are eligible to compete in the 2010 Connecticut Senior Games!

**Qualifying Rules:**

1. All first-, second-, third- and fourth-place winners as well as athletes meeting this sport's NSGA minimum performance standards in competition at the 2010 Connecticut Senior Games will qualify for the 2011 Summer National Senior Games.
2. All swimming events will be times finals.

**Directions – Manchester High School – Manchester, CT**

Manchester High School 134 East Middle Turnpike Manchester, CT 06040

**Traveling WEST:**

On route 84, take Exit 63 (which says South Windsor).

As you follow the exit, stay to the right through the yield sign.

At the second light, take a right onto Oakland Street.

After going through the second light and over the railroad tracks, this becomes Summit Street.

Go straight through three stop signs.

When you reach the traffic light, take a left onto East Middle Turnpike.

Make a right onto Brookfield St.

MHS parking will be on the right.

**Traveling EAST:**

On route 84, take Exit 63.

At the light, go straight through to Oakland Street.

After going through the second light and over the railroad tracks, this becomes Summit Street.

Go straight through three stop signs.

When you reach the traffic light, take a left onto East Middle Turnpike.

Make a right onto Brookfield St.

MHS parking will be on the right.

**National Senior Games – Houston, TX:**

The 2010 Connecticut Senior Games are a qualifier event for the National Senior Games which will take place June 16<sup>th</sup> – 30<sup>th</sup>, 2011 in Houston, TX.