



# 2008 Long Course Invitational



## Town of Tonawanda Titans Swim Club

Sanction # NI0839

May 16-18, 2008

10 & UNDER, 11-12, 13-14, and 15 & Over

Town of Tonawanda Aquatic & Fitness Center

Next to Sheridan Plaza on Sheridan Dr. between Delaware Rd. & Colvin Blvd.

Enter on Pool Plaza from Delaware Rd. From I 90 take I 290 to Delaware South Exit.

**FACILITIES:** There is one 8 lane 50 meter pool with Paddock continuous flow through lane lines and Paddock gutter system, Colorado Timing System, electronic scoreboard with an 8 lane readout and computer scoring (HYTEK). Ample seating.

**PARKING:** Parking lot adjacent to the building. **PARKING IS NOT PERMITTED IN THE "ABOVE" LOTS NEAR ALDI's, SEARS, FIRESTONE AND FIRST NIAGARA BANK. OFFENDERS WILL BE TOWED.**

**SESSIONS:** All age groups will swim Friday evening  
10 & Under and 11-12 will swim in the A.M. session  
13 -14 and Senior will swim in the P.M. session.

**MEET PERSONNEL:**

**MEET DIRECTOR:**

Gary Kokolus  
16 Gatesborough Ct  
Getzville, N Y 14068  
Phone #: (716) 639-0664

**MEET MARSHALL:**

Debbie Gielowski  
Sue Shea

**MEET ENTRIES:**

Scott Vanderzell

**MEET REFEREE:**

Mike Pucser

**MEET OPERATIONS:**

Sue Shea/Tim Bennett

**OFFICIALS:** Anyone interested in officiating at this meet is welcome.  
Please contact Pat Scherer at [Patsev@aol.com](mailto:Patsev@aol.com) or @ 716-824-4053

**TIMERS:** **Timers will be supplied by the TTSC Titans with the following exceptions:**  
**Swimmers in the 400, 800 and 1500 Free Events must provide their own timers.**

**FORMAT:** Pre-seeded, Long Course, 50 Meter Timed Finals. No clerk-of-course.  
**POSITIVE CHECK-IN - required for the 400IM and 400, 800 and 1500 Freestyles, one hour before the event.**

The 800 & 1500 will be swum fastest to slowest, alternating Girls and Boys heats.

The meet director reserves the right to limit the # of heats for the 800 and 1500 Free.

The meet director reserves the right to combine Male/Female heats for the 800 and 1500 Free to control the length of the meet

The meet director reserves the right to combine the slowest heat of the 800 with the slowest heat of the

1500 to fill empty lanes.

Recorded 800 split times swum during the 1500 will be made available upon request.

**Places, Awards, and Posted Results for the 13 & Over events, will be scored by age group.**

**ENTRIES:**

1. All times must be submitted in **long course meters** or short course converted times.
2. No swimmer may enter more than **4 individual** events plus **2 relays per day**.
3. Age on the first day of the meet determines the swimmer's age for the remainder of the meet.
4. No entry will be accepted without a current **U.S.A. or CSA Swimming number**.

5. No **phone** or **deck entries**.
6. The signed Agreement & Release and Summary form must accompany all entries.
7. Meet Director reserves the right to return entries to control the size of the meet and to comply with USA swimming 4-hour rule.

- ENTRY FEES:**
- |                      |                     |
|----------------------|---------------------|
| 1. Deck Fee          | \$4.00 U.S./Swimmer |
| 2. Individual Events | \$3.00 U.S.         |
| 3. Relay Events      | \$10.00 U.S         |

Make checks payable to **Town of Tonawanda Titans Swim Club**  
**Club Checks Only Please! (No personal checks for entries – unless Unattached)**

**SEND TO:** Scott Vanderzell  
174 Oakridge RD  
Grand Island, NY 14072  
(716) 775-5049 or e-mail sdv2@roadrunner.com

**DEADLINE:** Entries must be **RECEIVED** no later than **6:00PM, Friday, May 9, 2008.**  
Waiver forms & fees must be **RECEIVED** no later than 6:00PM, May 15, 2008.

**COMPUTER PROGRAM:** **HYTEK Meet Manager. Entries by Commlink greatly appreciated.**

**SCORING:** Individual Events 9-7-6-5-4-3-2-1  
Relay Events 18-14-12-10-8-6-4-2 **As per the 2007 U.S.A. Swimming Rulebook**

**START TIMES:**

Friday	3:30 P.M. Warm-up	4:15 P.M. Start
Saturday & Sunday AM	7:00 A.M. Warm-up	8:00 A.M. Start
Saturday & Sunday PM	Approx. 11:45 Warm-up	Approx. 12:30 P.M Start

**AWARDS:**

<b>INDIVIDUAL</b>	<b>RELAYS</b>
Medals 1 <sup>st</sup> -3 <sup>rd</sup> Place	Medals 1 <sup>st</sup> Place
Ribbons 4 <sup>th</sup> -8 <sup>th</sup> Place	Ribbons 2 <sup>nd</sup> -4 <sup>th</sup> Place

**Awards may be picked up by a coach or a designated club parent.**  
**NO AWARDS WILL BE MAILED AT THE EXPENSE OF THE HOST TEAM**

**PROGRAMS:** Programs for the meet will be on sale (AM & PM sessions).

**CONCESSIONS:** Food & refreshments available throughout the meet in the appropriate concessions area.

**CONDUCT:** Coaches & parents are responsible for the conduct of their swimmers. Swimmers found in restricted areas or causing damage to the facility will be barred from the meet at the discretion of the meet director. **Expenses for damages will be billed to the club/s of the swimmer/s responsible.**

**DECK ID:** Only Swimmers, Coaches, Officials, and Meet Personnel allowed on deck.  
**Coaches & Officials must wear their U.S.A. Swimming ID. No Exceptions!!**

**MEETINGS:**

**COACHES:** Friday at 4:00 PM (if required), Saturday at 7:45 and as required.

**OFFICIALS:** Friday at 3:45 PM, otherwise 30 minutes prior to start of each session.

**Town of Tonawanda Titans  
2008 Long Course Meet  
Hotel Information**

**Holiday Inn-Grand Island**

100 Whitehaven Road

Grand Island, New York 14072

716-773-1111

Reserve by 1 May 2008 and mention Town of Tonawanda Titans Swim Club

**Holiday Inn-Buffalo**

620 Delaware Avenue

Buffalo, New York 14202

716-886-2121

Reserve by 1 May 2008 and mention Town of Tonawanda Titans Swim Club

**Microtel Inn- Tonawanda**

1 Hospitality Centre Way

Tonawanda, New York 14150-6325

716-693-8100

Reserve by 1 May 2008 and mention Town of Tonawanda Titans Swim Club

**Marriott**

1340 Millersport Highway

Amherst, New York 14221

716-689-6900

Reserve by 1 May 2008 and mention Town of Tonawanda Titans Swim Club

## Order of Events

Friday

Warm-ups 3:30 P.M. Start 4:15 P.M.

Female		Event	Male
1	10 & Under	200 Individual Medley	2
3	11 - 12	200 Individual Medley	4
5	13 & Over	400 Individual Medley	6
7	10 & Under	200 Freestyle	8
9	11 - 12	200 Freestyle	10
		10 MINUTE BREAK	
11	13 & Over	800 Freestyle	12
13	13 & Over	1500 Freestyle	14

**POSITIVE CHECK-IN is required for the 400 IM, 800 and 1500 Freestyles, one hour before the event.**

The 800 & 1500 will be swum fastest to slowest, alternating Girls and Boys heats.

Places, Awards, and Posted Results for the 13 & Over will be scored by age group.

## Order of Events

### 12 & UNDER

Saturday

Warm-ups 7:00 A.M. Start 8:00 A.M.

Female		Event	Male
15	10 & Under	50 Freestyle	16
17	11 - 12	50 Freestyle	18
19	10 & Under	50 Backstroke	20
21	11 - 12	50 Backstroke	22
23	10 & Under	100 Breaststroke	24
25	11 - 12	100 Breaststroke	26
27	10 & Under	200 Medley Relay	28
29	11 - 12	200 Medley Relay	30
31	10 & Under	100 Butterfly	32
33	11 - 12	100 Butterfly	34
		10 MINUTE BREAK	
35	11 - 12	400 Freestyle	36

**POSITIVE CHECK-IN is required for the 400 Freestyle, one hour before the event.**

Sunday

Warm-ups 7:00 A.M. Start 8:00 A.M.

Female		Event	Male
59	10 & Under	100 Backstroke	60
61	11 - 12	100 Backstroke	62
63	10 & Under	100 Freestyle	64
65	11 - 12	100 Freestyle	66
67	10 & Under	200 Free Relay	68
69	11 - 12	200 Free Relay	70
71	10 & Under	50 Breaststroke	72
73	11 - 12	50 Breaststroke	74
75	10 & Under	50 Butterfly	76
77	11 - 12	50 Butterfly	78

# Order of Events

## 13 & OVER

### Saturday

A 45-minute warm up period begins immediately following AM session (@ approximately 11:45)

Start time of PM Session begins @ approximately 12:30 PM

Female		Event	Male
37	13 - 14	100 Breaststroke	38
39	15 & Over	100 Breaststroke	40
41	13 - 14	200 Backstroke	42
43	15 & Over	200 Backstroke	44
45	13 - 14	100 Freestyle	46
47	15 & Over	100 Freestyle	48
49	13 - 14	400 Medley Relay	50
51	OPEN	400 Medley Relay	52
		10 MINUTE BREAK	
53	13 - 14	200 Butterfly	54
55	15 & Over	200 Butterfly	56
		5 MINUTE BREAK	
57	13 & Over	400 Free	58

**POSITIVE CHECK- IN is required for the 400 Freestyle, one hour before the event.**

**Places, Awards, and Posted Results for the 13 & Over will be scored by age group.**

### Sunday

A 45-minute warm up period begins immediately following AM session (@ approximately 11:45)

Start time of PM Session begins @ approximately 12:30 PM

Female		Event	Male
79	13 - 14	50 Free	80
81	15 & Over	50 Free	82
83	13 - 14	200 Individual Medley	84
85	15 & Over	200 Individual Medley	86
87	13 - 14	100 Backstroke	88
89	15 & Over	100 Backstroke	90
91	13 - 14	200 Freestyle	92
93	15 & Over	200 Freestyle	94
95	13 - 14	400 Free Relay	96
97	OPEN	400 Free Relay	98
		10 MINUTE BREAK	
99	13 - 14	200 Breaststroke	100
101	15 & Over	200 Breaststroke	102
103	13 - 14	100 Butterfly	104
105	15 & Over	100 Butterfly	106

**Town of Tonawanda Titans Swim Club  
LONG COURSE INVITATIONAL**

May 16-18, 2008  
Sanction # NI0839

**ENTRY WAIVER**

We, the undersigned, hold harmless U.S.A. Swimming, Inc., Niagara Swimming, Inc., the Town of Tonawanda, and the Town of Tonawanda Titans Swim Club, Inc. and any of their agents for any expense or injury incurred as a result of participation in this meet. We recognize that we are swimming at our own risk.

Signature of Coach or Club Official \_\_\_\_\_

**ENTRY RECAPITULATION**

TEAM \_\_\_\_\_ TEAM CODE \_\_\_\_\_  
COACH \_\_\_\_\_ TEL. NO. \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
E-MAIL ADDRESS \_\_\_\_\_  
CONTACT PERSON \_\_\_\_\_ TEL NO \_\_\_\_\_

Women Individual Entries	_____ x \$3.00	= \$ _____
Number of Women Swimmers	_____ x \$4.00	= \$ _____
Men Individual Entries	_____ x \$3.00	= \$ _____
Number of Men Swimmers	_____ x \$4.00	= \$ _____
Number of Relay Entries	_____ x \$10.00	= \$ _____
<b>TOTAL AMOUNT ENCLOSED</b>		\$ _____

Make checks payable to **Town of Tonawanda Titans Swim Club**  
**Club Checks Only Please! (No personal checks for entries – unless Unattached)**

\*\*\*\*\* THIS FORM MUST BE RETURNED WITH ENTRY FORMS \*\*\*\*\*  
TO BE CONSIDERED A COMPLETE ENTRY.

Entries must be **RECEIVED** no later than **6:00PM, Friday, May 9, 2008.**  
**Waiver forms & fees must be RECEIVED no later than 6:00PM, May 15, 2008.**

MAIL, POSTAL EXPRESS OR FED EXPRESS TO:

**Scott Vanderzell**

174 Oakridge RD

Grand Island, NY 14072

(716) 775-5049 or e-mail [sdv2@roadrunner.com](mailto:sdv2@roadrunner.com)

\*\*\*\*\*ENTRIES CLOSE 6:00PM, Friday, May 9, 2008\*\*\*\*\*

**Enter early as the meet closed out last year!**

# Niagara Swimming Inc.

## Warm-up Procedures for all Sanctioned Meets in 8 Lane Pools

### I. Pre-Meet warm-up period

- A. Control/Supervise - Key words for safe warm-ups.
- B. Marshals should be actively supervising the warm-ups to ensure that proper procedures are followed.

### II. General warm-up period

- A. The first 30-45 minutes are for general warm-ups in all lanes.
- B. There shall be **NO DIVING** off the blocks or the edge of the pool at this time.
- C. Outside Lanes - Kicking only.
- D. Inside Lanes - Swimming and pulling only ; no paddles.
- E. No sprinting or pace work.

### III. Specific warm-up period

- A. Last 30-45 minutes of pre-meet warm-up period.
- B. In an eight lane pool, each lane shall be scheduled as follows:
  - a. Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
  - b. Lanes 2 & 7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
  - c. Lanes 3,4,5, & 6 general warm-up only ( as above ) **NO DIVING**.

## Important Points For Specific Warm - Up Period

1. No diving in lanes other than those designated for racing dives. The blocks should be marked to remind swimmers that they should not dive.
2. Start all swimmers in all lanes at the starting end of the pool.
3. Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.
4. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestylers or butterfly swimmers.
5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the starting block until the backstroke has executed his/her start.
6. The announcer should announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
7. Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm-up period.
8. The Coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
9. Marshals have the authority through the Meet Director over the warm-up. A swimmer and/or Coach may be removed from the deck for interfering with the Marshals.
10. When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm up sessions should be split to provide a safe and adequate warm-up time for all.
11. The meet Referee shall have responsibility to establish and enforce rules for safe conduct within the competitive pool during the duration of the swimming competition.
12. The meet Safety Committee shall have responsibility for safety rules in all other areas during competition and shall assist the meet Referee in the competition pool if necessary.
13. The meet Safety Committee shall have any person deliberately violating safety rules removed from the meet facility.
14. There shall be at least one Marshal at each end of the pool to ensure the warm-up procedures will be followed.
15. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
16. Discretion and common sense must be used when establishing procedures. The above procedures may modified by the meet Referee according to the needs of the meet