

***Olympians Rachel Komisarz, Josh Davis, & Mark  
Gangloff are Coming...  
Niagara District "Go the Distance" Meet  
Application Attached, & on Website***

***www.niagaraswim.org***

Hosted By

***The Fairport Area Swim Team***

Friday and Saturday, January 25 & 26, 2008  
Held under the Sanction of U.S.A. Swimming, Inc.  
Sanction # NI 0803

Webster Aquatic Center  
875 Ridge Road (Rt. 404) Webster-Schroeder High School Webster, New York

OPEN TO ALL NIAGARA DISTRICT TEAMS and  
SWIMMERS 9-10, 11-12  
**No 8 & Unders**

**FACILITIES:** The Webster Aquatic Center will be a ten lane 25 yard pool with a ten lane print out and display with a separate warm down pool.

**MEET DIRECTOR / MEET MANGEMENT**

Dan Holden  
585-388-8459  
dholden@rochester.rr.com  
Melissa Peters

Deborah Burke  
[dburke1@rochester.rr.com](mailto:dburke1@rochester.rr.com)

Marci Callan  
[marci\\_callan@fairport.monroe.edu](mailto:marci_callan@fairport.monroe.edu)

**OFFICIALS:** Pete Koenig, [pkkoenig@att.net](mailto:pkkoenig@att.net)

***\*\*Please direct all correspondence or questions to Deborah Burke or Marci Callan.  
Please direct questions regarding OFFICIATING ONLY to Pete Koenig\*\****

**OFFICIALS:** Anyone interested in officiating at this meet is welcome. Please contact Pete Koenig @ [pkkoenig@att.net](mailto:pkkoenig@att.net).

**TIMERS:** **Participating Clubs will be required to supply timers. Swimmers in the 1650, 500 & 1000 Free events must provide their own Timers, Watches, & Counters.**

**EVENTS:** The meet will be swum in accordance with the accompanying schedule of events.

**ENTRY  
RESTRICTIONS:**

1. No swimmer may enter more than five (5) individual events.
2. **No late entries will be accepted.**
3. **No Deck** entries will be permitted.
4. No entries accepted without a current U.S.S. number.
5. Age of swimmer on the day of the meet determines eligibility.

**6. No Time (NT) will not be accepted!**

**7. Entries in the 1650 Freestyle are limited to swimmers aged 11 and up, and to the top 20 swimmers by entry time. Male and female will be seeded together, but separated by age and gender for awards purposes.**

Any club which enters an athlete in a meet, who is not duly registered through that club at the time of entry, will be fined the sum of \$100 per athlete, per such meet. The fine applies either when the athlete is unregistered or has not properly transferred registration.

**ENTRY FEES:**

- Individual Events - \$4.00.
- Deck Fee – \$5.00/swimmer.
- Note: No check, no waiver, no swim. Payment of entry fees and original signed waiver for such entries must be submitted by entry deadline. Swimmers whose entry fees are unpaid will be barred from competition at the meet.

Make checks payable to: Fairport Area Swim Team. **Club Checks Only Please!** (No individual entries). **No registered or certified mail!** Send entries to:

**Mark Matheson**  
**E-mail: [mmatheson@vmware.com](mailto:mmatheson@vmware.com)**  
**6913 Jillian Rise**  
**Victor, NY 14564**

**ENTRY DEADLINE:** Entry forms & fees are due **Midnight, Friday, January 18<sup>th</sup>, 2008. No late entries will be accepted.**

<b>STARTING TIMES:</b>		<b>Warm-ups</b>	<b>Start</b>
	Friday PM Session I	4:00 PM	4:45 PM
	Saturday AM Session II	7:30 AM	8:15 AM
	(Subject to change)		

**COMPUTER PROGRAM:** **HY-TEK Meet Manager Please submit Entries by using Commlink/Hy-Tek Team Manager entry file.**

**SEEDING:** The meet is Pre-Seeded. It is the swimmers responsibility to be at the blocks when their event and heat is called by the Referee.  
**POSITIVE CHECK-IN WILL BE REQUIRED FOR THE 12 & under 1650 FREE, 500 FREE, 400 IM, 1000. Failure to swim after positive check-in will result in disqualification from the meet.**

**AWARDS:** Individual Events: Ribbons 1<sup>st</sup> – 12<sup>th</sup> places.

**PROGRAMS & SHIRTS:** Programs & Shirts for the meet will be on sale.

**CONDUCT:** Proper conduct at all times will be enforced by Coaches, FAST parents, & Meet Marshals. Swimmers found in restricted areas will be disqualified from the remainder of the meet.

**DECK ID:** Only Swimmers, Coaches, Officials, and Meet Personnel are allowed on deck. **Coaches must wear their USA Swimming. ID No Exceptions!!**

**COACHES MEETING:** Friday, January 25, 2008 @ 4:15 PM and as required.

### **ORDER OF EVENTS FOR SESSION I (NO 8 & UNDERS)**

<b>Friday Jan. 25 Warm-up 4:00 Warm-up, 4:45 Start</b>		
<b>Women</b>	<b>Event</b>	<b>Men</b>
1	11 – 12 1650 Freestyle	2
3	9 – 10 100 Backstroke	4
5	9-12 200 Breaststroke	6
7	9-12 200 Backstroke	8
9	9-12 400 IM	10
11	9-12 500 Freestyle	12

### **ORDER OF EVENTS FOR SESSION II**

<b>Saturday Jan. 26 Warm-up 7:30 am/Start 8:15 am</b>		
<b>Women</b>	<b>Event</b>	<b>Men</b>
13	9-10 200 IM	14
15	11-12 200 IM	16
17	9-10 100 Breaststroke	18
19	9-12 200 Butterfly	20
21	9-10 100 Butterfly	22
23	11-12 1000 Freestyle	24

## HOTELS

Fairfield Inn – Webster  
915 Hard Rd. (585) 671-1500  
2 minutes from pool

Marriott Courtyard - Penfield  
1000 Linden Park (585) 385-8620  
12-15 minutes from pool  
Meeting room available for team meals

Double Tree Inn – Henrietta  
1111 Jefferson Rd. (585) 475-1510  
15-20 minutes to pool  
Restaurant in hotel

Holiday Inn Express - Irondequoit  
Irondequoit Mall (585) 342-0430

Super 8 – Limited rooms available  
2450 Empire Boulevard  
Webster 585-671-6990  
Some breakfast items

**Entry & Financial Summary Form**  
**Niagara District "Go the Distance" Meet**

January 25<sup>th</sup> & 26<sup>th</sup>, 2008

Held under the sanction of U.S.A Swimming, Sanction #NI 0803

Club Name: \_\_\_\_\_ Club Code: \_\_\_\_\_

Coach's Name: \_\_\_\_\_ Coach's phone: \_\_\_\_\_

Coach's e-mail: \_\_\_\_\_

Person submitting Entries: \_\_\_\_\_ Phone: \_\_\_\_\_

e-mail: \_\_\_\_\_

Total # of Entries \_\_\_\_\_ X \$ 4.00/Event = \$ \_\_\_\_\_

Total # of Swimmers \_\_\_\_\_ X \$ 5.00/Swimmer (Deck Fee) = \$ \_\_\_\_\_

*Total Due:* \$ \_\_\_\_\_

Make checks payable to **Fairport Area Swim Team**

**Club Checks only please!**

No entry is complete without both sides of this form completed and signed

**Swimmer Application**  
**2008 “Go the Distance” and Sr. IMX Meet Clinic with**  
**Olympians Rachel Komisarz, Mark Gangloff, and Josh Davis**

**This year’s event, in combination with the “Go the Distance” and Sr. IMX meets offers swimmers the chance learn from some of the best in the U.S.A.!**

**Olympic Medalist Josh Davis, who has offered clinics in Western New York several times in the past returns with Rachel Komisarz and Buffalo native Mark Gangloff for this year’s Swimming Festival at the Webster Aquatic Center. There will also be a special training session with these special athletes for eligible Niagara Swimmers – see criteria below.**

Friday, January 25<sup>th</sup> – **Special Training Session** with Josh, Rachel, and Mark. Held at Fairport High School from 5:30 – 7:30 (time could change due to the travel schedule of Josh, Rachel, and Mark). Eligible athletes are those swimmers who are: (1) entered in the Sr. IMX Meet and (2) have achieved Speedo cut times or above, with first preference given to Niagara swimmers with Jr. National and above cut times. Includes “in-water” training sessions led by Josh, Rachel, and Mark. Fee = \$25. Space is limited.

Saturday, January 26<sup>th</sup> – **Clinic Sessions** with Rachel, Josh, and Mark. Session for swimmers aged 13 & Over is scheduled for 12:00 – 1:45, and session for swimmers aged 12 & Under is scheduled for 2:00 – 3:30. Times are approximate, and will be finalized to fit in between the sessions of the “Go the Distance” and Sr. IMX meets. Fee = \$25. Space is limited, and filled on a “first pay, first in” basis. Eligible athletes are all Niagara Swimmers entered in either the “Go the Distance” or Sr. IMX meets, & 13-14 year old swimmers who do not qualify for the Sr. IMX Meet. Includes “Goody Bags” t-shirts, and photo opportunities!

*Here’s How You Apply: Fill out this form, enclose payment, and mail to:*

*Deborah Burke  
7 Columbia Court  
Fairport, NY 14450.*

*Make checks payable to FAST. E-mail applications will not be accepted. You will receive e-mail confirmation of receipt of your application/payment upon as they arrive. Remember, you must also enter the applicable meet (i.e. “Go the Distance” or the Sr. IMX Meet) to participate. Specific details will be sent via e-mail, so make sure you provide your current e-mail address.*

Swimmer’s Name: \_\_\_\_\_

Club: \_\_\_\_\_ Swimmer’s Age: \_\_\_\_\_

Best E-mail address to contact you: \_\_\_\_\_

*Please write very neatly!*

- Applying for:**  Training Session, Friday January 25, 2008 (must enter the Sr. IMX Meet)
- Clinic Session, 13 & Over, Saturday January 26, 2008 (must enter the Sr. IMX Meet)
- Clinic Session, 12 & Under, Saturday, January 26, 2008 (must enter the Go the Distance Meet)

# Liability Waiver and U.S.A Swimming Membership Meet Entry Form

Niagara District "Go the Distance" Meet  
January 25<sup>th</sup> & 26<sup>th</sup>, 2008

Sanction #NI 0803

Enclosed is payment of the entry fees and deck fees for all events we have entered. In consideration of the acceptance of this entry, we hereby for ourselves, our heirs, administrators, and assignees, waive and release any and all claims against the Fairport Area Swim Team, U.S.A. Swimming, and the Webster Aquatic Center for injuries and/or expenses incurred by us at this meet or while on the road to and from the meet. We are bona-fide amateur athletes eligible to participate in all events entered.

Further the undersigned team representative certifies by his/her signature that all athletes participating for or entered by the team in this sanctioned swim meet are currently member athletes of U.S.A. Swimming. The undersigned further certifies that any person appearing on deck in the capacity of coach is currently a coach member of U.S.A. Swimming.

The following coaches are coach members of U.S.A. Swimming and will be on-deck supervising \_\_\_\_\_  
(name of team) swimmers at all times.

Coaches Name

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\_\_\_\_\_  
Signature of club official

\_\_\_\_\_  
Date