

2008 Niagara District Long Course JO's

Hosted By

Town of Tonawanda Titans

Swim Club

July 25-27, 2008

Held under the Sanction of U.S.A. Swimming

Sanction #NI0860

Alumni Arena Pool

University of Buffalo-Amherst Campus

OPEN TO ALL NIAGARA DISTRICT TEAMS

and SWIMMERS

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



FACILITIES:

50 Meter pool with Paddock continuous flow through lane lines and a separate warm-up, cool down area. Site of LC JO's in 2003, 2005 & 2006. UB uses a Colorado timing System and HyTek computer scoring. Ample seating and parking is available.

SESSIONS:

12 & under, 13-14's and 15 & Over will swim the Morning Sessions

MEET

PERSONNEL:

Meet Director:
Gary Kokolus

Meet Referee:
Jody English

Meet Entries:
Scott Vanderzell
sdv2@roadrunner.com

16 Gatesborough Ct
Getzville, NY 14068
716-639-0664

gkokolus@adelphia.net

Meet Operations
Tim Bennett

Meet Marshal
Debbie Gielowski

OFFICIALS:

Anyone interested in officiating at this meet is welcome.

Please contact Pat Scherer at Patsev@aol.com or @ 716-824-4053

TIMERS:

Participating Clubs will be asked to supply timers for Preliminaries and Finals.

Swimmers in the 400 IM and the 800 and 1500 Freestyle Events must provide their own Timers and Watches.

EVENTS:

TBD-Based upon info from Technical Planning

- 1) The meet will be swum in accordance with the accompanying schedule of events.
- 2) All 10 & Under events, the 11-12 400 Free/ 400IM, all 800 and 1500 freestyle events will be timed finals and will be swum fastest to slowest heats, alternating female and male heats.
- 3) The fastest heats of the following events will be swam in the applicable finals session: 800 free, 1500 free (multi-age seeding), 400 free/ 400IM for 12 & under (multi-age seeding), and the 200's of back, breast, and fly for the 11-12's, and the 200 free and 200 IM for the 10 & under. All of these events will be timed finals.
- 4) The fastest heat of all relays will swim in the finals session on the applicable day.
- 5) Top 2 Heat of 11-12 and Top 2 heat of 13-14 and 15 and over from Prelims will return with finals

ENTRY

RESTRICTIONS:

1. Swimmers may enter no more than three Individual Events and one relay per day.
Swimmers will be limited to 7 total individual events
2. NO late entries will be accepted and NO deck entries will be permitted.
3. Cut times will be "BB" for the 12 & Under age groups, and "A" for the 13 & Over

Converted times will NOT be accepted, but you may use qualifying Yard times (or SCM times) if they correspond to the A time (13&up) or BB time (12&under) standard for that event. Times must be designated as SCY or SCM as appropriate upon entry

4. No entries accepted without a current U.S.A. Swimming I.D. number.
5. Age of the swimmer on the 1st day of the meet determines eligibility.
6. Relay swimmers must be entered in an individual event.
7. Teams must submit proof of time with their entries. **No custom times or NT**
8. Payment of entry fees and original signed waiver for such entries must be submitted by the specified date(s).

BONUS Events 1. Bonus event eligibility will be as follows: Swimmers who have one cut time will be allowed 1 additional "bonus" event. Swimmers with more than one cut time are not allowed any bonus events. Entry times for bonus events must be faster than "BB" standards for 13 & Over, and "B" standards for 12 & Under.

ENTRY FEES:

1. Individual Events-	\$ 4.00	
2. Relay Events -	\$ 12.00	Make checks payable to: Town of Tonawanda Titans SC
3. Deck Fee -	\$ 5.00	Club Checks Only Please! (No individual entries)

Send entries with signature waiver to:
Scott Vanderzell
174 Oakridge Rd
Grand Island, NY 14072
(716) 208-5372 or e-mail sdv2@roadrunner.com

ENTRY

DEADLINE: Entry forms & fees must be received, if hand written, no later than **5 P.M., Wednesday 16 July 2008. Teams using HyTek Commlink (ONLY) can submit entries that must be received no later than 9 a.m. Sunday, 20 July 2008.**

*****DEADLINE(S) AND RESTRICTIONS WILL BE STRICTLY ENFORCED*****

WITH THE EXTENDED DEADLINE, IT IS THE COACH/ENTRY PERSON'S RESPONSIBILITY TO CHECK THE ACCURACY OF THEIR TEAM'S ENTRY. ENTRIES THAT DO NOT MEET THE DISTRICT TIME STANDARDS AS WELL AS ANY ENTRIES THAT EXCEED THE 3 PER DAY LIMIT, WILL BE DELETED WITHOUT NOTIFICATION!!!

***NOTE: Do not send entries by registered mail. Please include a stamped, self-addressed Envelope if you would like verification of entries received and accepted.**

STARTING TIMES:	Friday- AM	8:00AM Warm Up	9:00AM Start
	Friday- Finals	4:30PM Warm up	5:30PM Start
	Saturday AM	8:00AM Warm Up	9:00AM Start
	Saturday-Finals	4:30PM Warm up	5:30PM Start
	Sunday AM	8:00AM Warm Up	9:00AM Start
	Sunday -	4:30PM Warm up	5:30PM Start
	Finals		

COMPUTER PROGRAM:

HYTEK Meet Manager Please submit Entries by using Commlink

SEEDING:

Seeded order is: 1) LCM, 2) SCM, 3) SCY

The meet is Pre-Seeded. It is the swimmers responsibility to be at the blocks when their event and heat is called.

POSITIVE CHECK- IN WILL BE REQUIRED for the 400 IM, 400, 800 and 1500 Freestyle events. Failure to swim after positive check-in will result in disqualification from the meet.

Order of Events

2008 Niagara Long Course Championships 25-Jul-08 to 27-Jul-08 LC
Meters Session 1

Event #	Event				Qualification Times			Session
		SCY	LCM	SCM				
1	Women	10 & U	400	Free	7:39.49	6:55.79	6:42.09	1
2	Men	10 & U	400	Free	7:35.19	6:52.69	6:38.39	1
3	Women	11-12	100	Fly	1:20.59	1:30.79	1:29.09	1
4	Men	11-12	100	Fly	1:19.29	1:30.19	1:27.59	1
5	Women	13-14	100	Fly	1:08.09	1:17.29	1:15.19	1
6	Men	13-14	100	Fly	1:03.39	1:11.99	1:10.09	1
7	Women	15 & O	100	Fly	1:06.89	1:15.89	1:13.89	1
8	Men	15 & O	100	Fly	1:00.49	1:09.09	1:06.89	1
9	Women	10 & U	50	Fly	42.99	48.59	47.49	1
10	Men	10 & U	50	Fly	41.99	46.89	46.39	1
11	Women	11-12	50	Back	37.09	42.49	40.99	1
12	Men	11-12	50	Back	36.79	42.29	40.59	1
13	Women	13-14	200	Back	2:27.29	2:51.39	2:42.79	1
14	Men	13-14	200	Back	2:19.49	2:41.59	2:34.19	1
15	Women	15 & O	200	Back	2:25.89	2:47.29	2:41.19	1
16	Men	15 & O	200	Back	2:12.69	2:34.29	2:26.59	1
17	Women	10 & U	100	Breast	1:46.69	2:02.39	1:57.89	1
18	Men	10 & U	100	Breast	1:44.79	1:59.79	1:55.79	1
19	Women	11-12	200	Breast	3:12.49	3:40.59	3:32.69	1
20	Men	11-12	200	Breast	3:07.39	3:37.99	3:26.99	1
21	Women	13-14	200	IM	2:31.29	2:52.39	2:47.19	1
22	Men	13-14	200	IM	2:21.89	2:42.79	2:36.69	1
23	Women	15 & O	200	IM	2:28.39	2:48.09	2:43.89	1
24	Men	15 & O	200	IM	2:15.69	2:37.09	2:29.89	1
25	Women	10 & U	50	Free	36.19	40.89	39.99	1
26	Men	10 & U	50	Free	35.59	40.39	39.29	1
27	Women	11-12	50	Free	32.19	36.39	35.49	1
28	Men	11-12	50	Free	30.99	35.69	34.29	1
29	Women	13-14	100	Free	1:02.19	1:11.09	1:08.79	1
30	Men	13-14	100	Free	57.99	1:06.59	1:04.09	1
31	Women	15 & O	100	Free	1:01.09	1:09.59	1:07.49	1
32	Men	15 & O	100	Free	55.39	1:04.09	1:01.19	1
33	Women	10 & U	200	Free Relay				1
34	Men	10 & U	200	Free Relay				1
35	Women	12 and U	400	Free	6:40.09	6:00.09	5:50.09	1
36	Men	12 and U	400	Free	6:35.09	5:56.59	5:45.79	1
37	Women	14 and U	200	Medley Relay				1
38	Men	14 and U	200	Medley Relay				1
39	Women	15 & O	400	Medley Relay				1
40	Men	15 & O	400	Medley Relay				1
41	Women	11-12	200	Medley Relay				1
42	Men	11-12	200	Medley Relay				1
43A	Women	13-14	1500	Free	20:12.19	20:30.79	20:05.09	1

Session: 2 Friday Finals

Event

- 35 Girls 11-12 400 Freestyle
- 36 Boys 11-12 400 Freestyle
- 43 Girls 13 & Over 1500 Freestyle
- 44 Boys 13 & Over 800 Freestyle
- 3 Girls 11-12 100 Butterfly
- 4 Boys 11-12 100 Butterfly
- 5 Girls 13-14 100 Butterfly
- 6 Boys 13-14 100 Butterfly
- 7 Girls 15 & Over 100 Butterfly
- 8 Boys 15 & Over 100 Butterfly
- 11 Girls 11-12 50 Backstroke
- 12 Boys 11-12 50 Backstroke
- 13 Girls 13-14 200 Backstroke
- 14 Boys 13-14 200 Backstroke
- 15 Girls 15 & Over 200 Backstroke
- 16 Boys 15 & Over 200 Backstroke
- 19 Girls 11-12 200 Breaststroke
- 20 Boys 11-12 200 Breaststroke
- 21 Girls 13-14 200 IM
- 22 Boys 13-14 200 IM
- 23 Girls 15 & Over 200 IM
- 24 Boys 15 & Over 200 IM
- 27 Girls 11-12 50 Freestyle
- 28 Boys 11-12 50 Freestyle
- 29 Girls 13-14 100 Freestyle
- 30 Boys 13-14 100 Freestyle
- 31 Girls 15 & Over 100 Freestyle
- 32 Boys 15 & Over 100 Freestyle
- 41 Girls 12 and Under 200 Medley Relay
- 42 Boys 12 and Under 200 Medley Relay
- 37 Girls 14 and Under 200 Medley Relay
- 38 Boys 14 and Under 200 Medley Relay
- 39 Girls 15 & Over 400 Medley Relay
- 40 Boys 15 & Over 400 Medley Relay

Order of Events

2008 Niagara Long Course Championships 25-Jul-08 to 27-Jul-08 LC Meters Session 3

Event #		Event		SCY	LCM	SCM	Session
45	Women	13-14	200 Fly	2:28.59	2:49.49	2:44.19	3
46	Men	13-14	200 Fly	2:20.79	2:39.89	2:35.59	3
47	Women	15 & O	200 Fly	2:26.59	2:44.69	2:41.99	3
48	Men	15 & O	200 Fly	2:14.39	2:32.19	2:28.49	3
49	Women	10 & U	100 Free	1:22.09	1:32.99	1:30.69	3
50	Men	10 & U	100 Free	1:19.99	1:31.09	1:28.29	3
51	Women	11-12	200 Free	2:31.79	2:52.39	2:47.79	3
52	Men	11-12	200 Free	2:27.99	2:48.69	2:43.49	3
53	Women	13-14	400 Free	5:52.99	5:16.59	5:08.89	3
54	Men	13-14	400 Free	5:39.39	5:05.59	4:56.99	3
55	Women	15 & O	400 Free	5:48.39	5:12.19	5:04.89	3
56	Men	15 & O	400 Free	5:25.29	4:53.29	4:44.69	3
57	Women	10 & U	200 IM	3:19.39	3:47.29	3:40.29	3
58	Men	10 & U	200 IM	3:18.09	3:44.79	3:38.89	3
59	Women	11-12	50 Breast	41.09	45.59	45.49	3
60	Men	11-12	50 Breast	41.09	47.09	45.39	3
61	Women	13-14	100 Breast	1:17.99	1:29.09	1:26.19	3
62	Men	13-14	100 Breast	1:12.29	1:23.59	1:19.89	3
63	Women	15 & O	100 Breast	1:16.39	1:27.69	1:24.39	3
64	Men	15 & O	100 Breast	1:09.19	1:20.59	1:16.49	3
65	Women	10 & U	50 Back	43.49	49.89	48.09	3
66	Men	10 & U	50 Back	43.89	50.49	48.49	3
67	Women	11-12	100 Back	1:21.89	1:34.39	1:30.49	3
68	Men	11-12	100 Back	1:19.09	1:31.39	1:27.39	3
69	Women	10 & U	400 Free Relay				3
70	Men	10 & U	400 Free Relay				3
71	Women	13-14	400 IM	5:19.59	6:02.29	5:53.19	3
72	Men	13-14	400 IM	5:02.39	5:46.19	5:34.19	3
73	Women	11-12	50 Fly	35.39	39.69	39.09	3
74	Men	11-12	50 Fly	35.49	39.99	39.19	3
75	Women	15 & O	400 IM	5:14.09	5:56.59	5:47.09	3
76	Men	15 & O	400 IM	4:49.09	5:29.99	5:19.49	3
77	Women	12 and U	400 IM	6:06.19	6:59.79	6:44.69	3
78	Men	12 and U	400 IM	5:59.59	6:56.29	6:37.39	3
79	Women	14 and U	400 Free Relay				3
80	Men	14 and U	400 Free Relay				3
81	Women	15 & O	200 Free Relay				3

82	Men	15 & O	200	Free Relay	3
	Wome				
83	n	11-12	400	Free Relay	3
84	Men	11-12	400	Free Relay	3

Session: 4 Saturday Finals

Event

- 45 Girls 13-14 200 Butterfly**
- 46 Boys 13-14 200 Butterfly**
- 47 Girls 15 & Over 200 Butterfly**
- 48 Boys 15 & Over 200 Butterfly**
- 51 Girls 11-12 200 Freestyle**
- 52 Boys 11-12 200 Freestyle**
- 53 Girls 13-14 400 Freestyle**
- 54 Boys 13-14 400 Freestyle**
- 55 Girls 15 & Over 400 Freestyle**
- 56 Boys 15 & Over 400 Freestyle**
- 59 Girls 11-12 50 Breaststroke**
- 60 Boys 11-12 50 Breaststroke**
- 61 Girls 13-14 100 Breaststroke**
- 62 Boys 13-14 100 Breaststroke**
- 63 Girls 15 & Over 100 Breaststroke**
- 64 Boys 15 & Over 100 Breaststroke**
- 67 Girls 11-12 100 Backstroke**
- 68 Boys 11-12 100 Backstroke**
- 71 Girls 13-14 400 IM**
- 72 Boys 13-14 400 IM**
- 73 Girls 11-12 50 Butterfly**
- 74 Boys 11-12 50 Butterfly**
- 75 Girls 15 & Over 400 IM**
- 76 Boys 15 & Over 400 IM**
- 77 Girls 11-12 400 IM**
- 78 Boys 11-12 400 IM**
- 79 Girls 14 and Under 400 Freestyle Relay**
- 80 Boys 14 and Under 400 Freestyle Relay**
- 81 Girls 15 & Over 200 Freestyle Relay**
- 82 Boys 15 & Over 200 Freestyle Relay**
- 83 Girls 12 and Under 400 Freestyle Relay**
- 84 Boys 12 and Under 400 Freestyle Relay**

Order of Events

2008 Niagara Long Course Championships 25-Jul-08 to 27-Jul-08 LC Meters

Session 5

Event #	Event		SCY	LCM	SCM	Session
85 Women	10 & U	200 Free	2:58.29	3:23.79	3:16.99	5
86 Men	10 & U	200 Free	2:50.89	3:13.99	3:08.89	5
87 Women	11-12	200 Fly	2:52.99	3:17.79	3:11.19	5
88 Men	11-12	200 Fly	2:51.49	3:15.89	3:09.49	5
89 Women	13-14	200 Free	2:14.19	2:32.59	2:28.29	5
90 Men	13-14	200 Free	2:05.79	2:24.99	2:18.99	5
91 Women	15 & O	200 Free	2:11.49	2:29.39	2:25.29	5
92 Men	15 & O	200 Free	2:00.79	2:18.99	2:13.49	5
93 Women	10 & U	100 Back	1:33.99	1:48.89	1:43.79	5
94 Men	10 & U	100 Back	1:32.49	1:46.09	1:42.19	5
95 Women	11-12	200 Back	2:50.19	3:15.79	3:08.09	5
96 Men	11-12	200 Back	2:46.59	3:15.29	3:04.09	5
97 Women	13-14	200 Breast	2:47.99	3:11.99	3:05.69	5
98 Men	13-14	200 Breast	2:36.29	3:02.39	2:52.69	5
99 Women	15 & O	200 Breast	2:44.69	3:08.49	3:01.99	5
100 Men	15 & O	200 Breast	2:30.09	2:54.29	2:45.89	5
101 Women	10 & U	100 Fly	1:42.09	1:56.19	1:52.79	5
102 Men	10 & U	100 Fly	1:40.59	1:53.99	1:51.09	5
103 Women	11-12	100 Breast	1:29.29	1:41.89	1:38.69	5
104 Men	11-12	100 Breast	1:28.39	1:41.99	1:37.59	5
105 Women	13-14	100 Back	1:08.69	1:20.09	1:15.89	5
106 Men	13-14	100 Back	1:04.89	1:15.09	1:11.69	5
107 Women	15 & O	100 Back	1:07.69	1:18.29	1:14.79	5
108 Men	15 & O	100 Back	1:01.29	1:11.69	1:07.79	5
109 Women	10 & U	50 Breast	47.79	54.89	52.79	5
110 Men	10 & U	50 Breast	48.19	55.09	53.29	5
111 Women	11-12	100 Free	1:08.29	1:20.19	1:15.49	5
112 Men	11-12	100 Free	1:08.09	1:17.49	1:15.19	5
113 Women	13-14	50 Free	28.69	32.79	31.69	5
114 Men	13-14	50 Free	26.59	30.59	29.39	5
115 Women	15 & O	50 Free	28.19	32.29	31.19	5
116 Men	15 & O	50 Free	25.39	29.39	27.99	5
117 Women	10 & U	200 Medley Relay				5
118 Men	10 & U	200 Medley Relay				5
119 Women	11-12	200 IM	2:51.79	3:15.19	3:09.79	5
120 Men	11-12	200 IM	2:49.69	3:13.89	3:07.49	5
121 Women	14 and U	200 Free Relay				5
122 Men	14 and U	200 Free Relay				5
123 Women	15 & O	400 Free Relay				5
124 Men	15 & O	400 Free Relay				5
125 Women	12 and U	200 Free Relay				5
126 Men	12 and U	200 Free Relay				5
127A Women	13-14	800 Free	12:07.59	10:47.99	10:36.79	5
127B Women	15 & O	800 Free	11:55.89	10:41.89	10:26.49	5
128A Men	13-14	1500 Free	19:29.49	20:13.09	19:22.69	5
128B Men	15 & O	1500 Free	18:47.99	19:22.99	18:41.39	5

Session: 6 Sunday Finals Session

Event

- 123 Girls 15 & Over 400 Freestyle Relay**
- 124 Boys 15 & Over 400 Freestyle Relay**
- 121 Girls 14 and Under Freestyle Relay**
- 122 Boys 14 and Under 200 Freestyle Relay**
- 125 Girls 12 and Under 200 Freestyle Relay**
- 126 Boys 12 and Under 200 Freestyle Relay**
- 127 Girls 13 & Over 800 Freestyle**
- 128 Boys 13 & Over 1500 Freestyle**
- 87 Girls 11-12 200 Butterfly**
- 88 Boys 11-12 200 Butterfly**
- 89 Girls 13-14 200 Freestyle**
- 90 Boys 13-14 200 Freestyle**
- 91 Girls 15 & Over 200 Freestyle**
- 92 Boys 15 & Over 200 Freestyle**
- 95 Girls 11-12 200 Backstroke**
- 96 Boys 11-12 200 Backstroke**
- 97 Girls 13-14 200 Breaststroke**
- 98 Boys 13-14 200 Breaststroke**
- 99 Girls 15 & Over 200 Breaststroke**
- 100 Boys 15 & Over 200 Breaststroke**
- 103 Girls 11-12 100 Breaststroke**
- 104 Boys 11-12 100 Breaststroke**
- 105 Girls 13-14 100 Backstroke**
- 106 Boys 13-14 100 Backstroke**
- 107 Girls 15 & Over 100 Backstroke**
- 108 Boys 15 & Over 100 Backstroke**
- 111 Girls 11-12 100 Freestyle**
- 112 Boys 11-12 100 Freestyle**
- 113 Girls 13-14 50 Freestyle**
- 114 Boys 13-14 50 Freestyle**
- 115 Girls 15 & Over 50 Freestyle**
- 116 Boys 15 & Over 50 Freestyle**
- 119 Girls 11-12 200 IM**
- 120 Boys 11-12 200 IM**

- PROGRAMS:** Programs for the meet will be on sale for \$ 10.00. Finals programs - \$3.00.
- T-SHIRTS:** Souvenir T-shirts will be on sale Saturday and Sunday.
- CONDUCT:** Coaches, TTSC parents & Meet Marshals will enforce proper conduct at all times. Swimmers found in restricted areas will be disqualified from the remainder of the meet.
- DECK ID:** Only Swimmers, Coaches, Officials, and Meet Personal allowed on deck.
Coaches and Officials must wear their U.S.A. Swimming ID No Exceptions!!
- COACHES MEETING:** TBD Based upon Info from Technical planning. and as required.
- HOTELS:** Information attached.
- PARKING:** Plenty of Free parking is available at the UB Campus

Exception Reports

- Meet Directors must run the Exception Report and post it on the Niagara Website 5 days prior to the first day of the meet.
- Entering Clubs must check the website before going to the meet to see if any of their swimmers are on the report. Any swimmer listed on the Exception Report must show his current USA Swimming card to the person in charge of checking membership before the meet begins. If a swimmer doesn't have their card, they will not be allowed to swim. If a swimmer does swim without proof of membership the club will be fined \$100.
- Meet Directors must send the Exception Report along with all other reports to the Administrative Vice-Chair. The report should indicate who proved his or her membership, who didn't and if anyone swam who was not registered.
- Entry fees for swimmers without proof of membership will remain with the host club.

Officials and Meet Marshals

- Clubs hosting meets must adhere to Niagara recommended number of officials and meet marshal requirements or face the possibility of not receiving another sanction.

It is required that teams using Hy-tek's Team Manager bring (when not included with the team entries) their Meet Entries report (checking the "include proof of time" from "other options" - which lists the date and meet) or the Top Time Report (get there by: Reports-Performance-Top Times Report; DO NOT use the Top Times Spreadsheet) to the meet to prove over-swims. These reports can serve as a team's official log.

NIAGARA DISTRICT

- SCRATCH RULE:** Any swimmer qualifying for a Bonus, Consolation, or Championship Final heat in an individual event who fails to compete in said Bonus, Consolation, or Championship race shall be disqualified from further competition for the remainder of the meet except as noted. Exceptions for failure to compete - no penalty shall apply if:
1. The Referee is notified in the event of illness or injury and accepts proof there of.
 2. The swimmer qualifying for a Bonus, Consolation, or Championship Final heat based on the result of preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race, that he/she does not wish to compete in that specific Bonus, Consolation, or Championship Final heat.
 3. It is determined; by the Referee that failure to compete is caused by a circumstance beyond the control of the swimmer.
Penalty for Violation
 4. In addition to being barred from competition for the balance of the meet, a swimmer who fails to properly scratch from an event falling on the swimmers last day of the meet shall also pay a fine of \$ 25.00 for each such event.

NIAGARA DISTRICT

OVERSWIM RULE: *ALL TIMES SUBMITTED WITH BE CHECKED WITH THE SWIMS DATA BASE*

NIAGARA DISTRICT

UNREGISTERED

PARTICIPENT: Any club, which enters an unregistered athlete in a meet or permits an unregistered coach to represent that club at a meet, will be fined the sum of \$100.00 and no further entries will be accepted from that club until the fine has been paid. The fine will in each case be split between Niagara LSC and the club hosting the meet in question. The fine is not in lieu of other penalties that may be imposed by USA Swimming, Niagara LSC or the Board of Review in a given case.

PROOF OF TIME: Acceptable proof of time for over-swims include Official Meet Results, Sanctioned Time Trial results or the Official club log from the club timekeepers which list the date of meet, place, & times as follows:

1. Sanctioned USS Meets
2. Sanctioned Time Trials
3. Approved High School Meets are:
 - Sectional Championships
 - State Qualifier
 - State Championship Meet
4. Approved YMCA Meets are:
 - District Meets
 - New York State Championships

Note: Backstroke and Individual Medley times from High School and YMCA meets may be used only if the A Registered U.S.A. Swimming, Inc. Official observed race and a form signed by that Official.
No High School or YMCA dual meet times are acceptable.

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 breaststrokes need more lead-time than freestylers or butterfly Swimmers.
5. Backstrokes 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.

Entry & Financial Summary Form

Niagara District LC JO's

July 25-27, 2008

Held under the sanction of U.S.A. Swimming. Sanction #: NIXXXX
Please return with your entry grids, Commlink File, or HYTEK Disc.

Club Name: _____ Club Code: _____
Coach Name: _____ Coaches Phone: _____
Coaches e-mail: _____
Person submitting Entries: _____ Phone #: _____
E-mail: _____

Total # of 10 & Under Individual Entries _____ X \$ 4.00/Event = \$ _____
Total # of 11-12 Individual Entries _____ X \$ 4.00/Event = \$ _____
Total # of 13-14 Individual Entries _____ X \$ 4.00/Event = \$ _____
Total # of 13&O and 15&O Ind Entries _____ X \$ 4.00/Event = \$ _____
Total # of Swimmers _____ X \$ 4.00/ Swimmer (Deck Fee)= \$ _____
Total # of Relay Entries _____ X \$ 12.00/ Relay Event = \$ _____
Total Due \$ _____

Make Checks Payable to **Town of Tonawanda Titans Swim Club**

Club checks only please!

***** THIS FORM MUST BE RETURNED WITH ENTRY FORMS *****

AND PAYMENT, TO BE CONSIDERED A COMPLETE ENTRY.

MAIL, POSTAL EXPRESS OR FED EXPRESS TO:

DO NOT send entries by **REGISTERED MAIL** and/or **SIGNATURE FOR DELIVERY**.

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

Held under the sanction of U.S.A. Swimming. Sanction #: NIXXXX

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 Town of Tonawanda Titans Swim Club OR ANY MEET MANAGEMENT PERSONEL, U.S.A. Swimming, and University of Buffalo 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 athletics 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.

Additional Coaches (Name)

Additional Coaches (Name)

Signature of club official, parent or guardian Date

No entry is complete without this form completed and signed and the check is received.

**2008 Niagara District
LC JO's Hotel Information**

hosted by TTSC

Comfort Inn-University
1 Flint Road
Amherst , NY 14226
\$118.99 per night
716-688-0811

Newly Renovated 2005, Indoor Heated Pool, Fitness Room, Deluxe Continental Breakfast

15 Rooms will be held for each night. For the group rate please mention: Niagara District Long Course JO's hosted by the Town of Tonawanda Titans; Reservations to be made by June 25,2008

Courtyard Marriott
4100 Sheridan Drive
Amherst, NY 14221
\$169.00 per night
716-626-2300

Newly Renovated, Indoor Heated Pool, Fitness Room

Approx. 20 Rooms will be held - double rooms are hard to come by. For the group rate please mention: Niagara District Long Course JO's hosted by the Town of Tonawanda Titans.

ALSO:

Hampton Inn (Indigo)
10 Flint Road
Amherst, NY 14226
716-689-4414

\$149.00 per night

15 Rooms will be held for each night - Friday July 25, 2008 - Saturday July 26,2008 - Please make reservations by July 7, 2008

Mariott Inn

\$149.00 per night
1340 Millersport Highway
Amherst, NY 14226
716-689-6900

NIAGARA DISTRICT - RELAY ENTRY GRID

Niagara District LC JO's

July 25-27, 2008

	Name of Swimmer 1 (Optional)	Name of Swimmer 2 (Optional)	Name of Swimmer 3 (Optional)	Name of Swimmer 4 (Optional)
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				

Designator - e.g. A Team, B Team, C Team, etc.