

SEAS Presents the 33rd Annual Westside Invitational G-S-B

2008 Westside Invitational G-S-B
Feb 29, March 1 & 2, 2008
USA Swimming Sanction #NI0825

Location: Churchville - Chili High School
5786 Buffalo Road
Churchville, New York 14428

Facilities: 6-lane 25-yard pool with non-turbulent lane dividers. Diving well available during distance events for cool downs. Electronic timing system with six-lane scoreboard readout. Ample spectator seating. Concessions at a modest cost & eating area available. Swim shop selling caps, goggles, swimsuits, T- Shirts and other swimming related items. Ample parking.

Sessions:	Age Groups	Warm Up Time	Meet Start Time
Friday 1	All	5:15 pm	6:00 pm
Saturday 2	12&U, Open	8:00 am	9:00 am
Saturday 3	Open	11:30 am	12:00 pm
Saturday 4	8&U, 10&U	1:15 pm	2:00 pm
Sunday 5	12&U, Open	8:00 am	9:00 am
Sunday 6	Open	11:00 am	11:30 am
Sunday 7	8U, 10U	1:15 pm	2:00 pm

Meet Director:	Tim Sullivan 34 Toni Ter. Rochester, N.Y. 14624 585-247-9517 Email: tim@bikerider.com	Meet Marshall:	Michele Kettinger
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Officials: Officials from other clubs are welcome and the help is appreciated. Please contact Tim Sullivan to volunteer.

Counters, Timers & Circle-in: Swimmers in the 500, 1000 and 1650 Freestyle must provide their own lap counters. Swimmers in the 1000 and 1650 must also supply their own timer. Swimmers in the 400 IM, 500, 1000 and 1650 Freestyle must circle in 30 minutes before the start of the appropriate session.

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

Entry Rules:

1. Swimmers may enter and swim no more than 5 individual events per day plus relays.
2. No entries will be accepted without a current USA Swimming number.
3. Age on the first day of the meet determines eligibility.
4. Entries will be limited at the discretion of the meet director to keep the timing of the meet reasonable.
5. Please enter swimmers with a coaches watch time if no official time is available.
6. Time Standards for 8 & U are not Niagara District time standards. They have been simulated for scoring and award 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: \$3.00 per event
Relay events: \$10.00 per relay team entry
Deck Fee: \$3.00 per swimmer

Entry Information:

- Entries by Email are preferred. Entries through Team Manager should be sent as a Commlink II file.
- If submitting electronic entries, please sign and send the attached entry summary and waiver form. No entries will be accepted without the payment of fees and signed waiver sheet.
- Late and or phone entries will be accepted only at the discretion of the Meet Director and may not appear in the meet program. Clubs will be notified by Email or postcard only if entries are not accepted.
- Make checks payable to **SEAS, Inc.** Club checks only, please!

Entry Deadline: Entries Due By: Friday February 22th
Email entries to: Mail Checks and Waivers to:
rodneyc@frontiernet.net Rodney Champagne
585-637-9128
185 Ladue Road
Brockport, NY 14420

Seeding & Clerk-of-Course: This is a pre-seeded meet with the exception of the 500, 1000 and 1650 Freestyle and the 400 IM. Deck entries will be taken by the Clerk-of-Course, only if an open lane exists. No heats will be added to accommodate deck entries. Clerk-of-Course will seed swimmers for afternoon sessions for 10&U swimmers only. Swimmers in all other events will be expected to be at the starting blocks in time for their event.

Scoring: Individual Events (G - S - B): 7 - 5 - 4 - 3 - 2 - 1
Relays: 14 - 10 - 8 - 6 - 4 - 2

Awards: Custom ribbons will be awarded for individual places 1 through 6 at each level: Gold, Silver and Bronze in age groups 8&U, 10&U, 12&U and Open. **Entry times do not affect awards eligibility.** Heat ribbons will be awarded for 8U and 10U events. Relays will be awarded 1st through 6th, with no award division.

Award Distribution: Each team must designate a representative to pick up awards for their team. No awards will be mailed.

Conduct: Coaches, SEAS parents and 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 personnel are allowed on deck. Coaches and officials must wear their USA Swimming ID. **NO EXCEPTIONS.**

Coaches Meeting: Coaches meetings will be held on Saturday at 8:15 am. Additional meetings will be held if necessary.

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Events Listing

Friday pm, February 29
SESSION#1 Warm up: 5:15 p.m. Start: 6:00 p.m.

Event #	Girls	Event	Boys	Event #
1		13&O 200 Breast		2
3		12U 200 Breast		4
5		13&O 50 Breast		6
7		12U 200 Back		8
9		13&O 50 Back		10
11		12U 200 Fly		12
13		13&O 50 Fly		14
15		11&O 500 Free*		16

* Swimmers in the 500 Free must circle in by 5:30 pm.

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Saturday am March 1
SESSION #2 Warm up: 8:00 a.m. Start: 9:00 a.m.

Event #	Girls	Event	Boys	Event #
17		12U 200 Free		18
19		13&O 200 Fly		20
21		12U 50 Breast		22
23		Open 100 Breast		24
25		12U 50 Free		26
27		Open 50 Free		28
29		12U 100 I. M.		30
31		13&O 200 I. M.		32
33		12U 200 M. R.		34
35		Open 400 M. R.		36

Saturday am March 1
SESSION #3 Warm up: not before 11:30 a.m.; Start not before 12:00 p.m.

Event #	Girls	Event	Boys	Event #
37		Open 1000 Free*		38

* Swimmers must circle in by 11:30 am.

Saturday pm March 1
SESSION #4 Warm up: not before 1:15 p.m.; Start not before 2:00 p.m.

Event #	Girls	Event	Boys	Event #
39		10U 200 Free		40
41		8U 25 Fly		42
43		10U 50 Fly		44
45		8U 25 Free		46
47		10U 50 Free		48
49		8U 100 I.M.		50
51		10U 200 I.M.		52
53		8U 100 M. R.		54
55		10U 200 M. R.		56

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Sunday am March 2
SESSION #5 Warm up: 8:00 a.m.; Start 9:00 a.m.

Event #	Girls	Event	Boys	Event #
57		Open 400 I.M.*		58
59		12&U 200 IM		60
61		13&O 200 Back		62
63		12U 100 Free		64
65		Open 200 Free		66
67		12U 50 Back		68
69		Open 100 Back		70
71		12U 50 Fly		72
73		Open 100 Fly		74
75		Open 100 Free		76
77		12U 200 F. R.		78
79		Open 200 F. R.		80

* Swimmers in the 400 IM must circle in by 8:30 am.

Sunday am March 2
SESSION #6 Warm up: not before 11:00 a.m. Start: not before 11:30 a.m.

Event #	Girls	Event	Boys	Event #
81		Open 1650 Free*		82

* Swimmers must circle in by 11:00 am.

Sunday pm March 2
SESSION #7 Warm up: not before 1:15 p.m.; Start not before 2:00 p.m.

Event #	Girls	Event	Boys	Event #
83		10U 500 Free*		84
85		8U 50 Free		86
87		10U 100 Free		88
89		8U 25 Back		90
91		10U 50 Back		92
93		10U 100 I. M.		94
95		8U 25 Breast		96
97		10U 50 Breast		98
99		8U 100 F. R.		100
101		10U 200 F. R.		102

* Swimmers must circle in by 1:30 pm.

Niagara Swimming Inc.

Warm-up Procedures for all Sanctioned Meets in 6 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 a six-lane pool, each lane shall be scheduled as follows:
 - a. Lanes 1 & 6 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
 - b. Lanes 2 & 5 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 - c. Lanes 3 & 4 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 backstroker 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 be modified by the meet Referee according to the needs of the meet.

Safety Announcement for Niagara Sanctioned Meets

- 1.Safety of athletes, officials, coaches and volunteers is of paramount importance to USA Swimming. Please use safe procedures in and out of the pool.
- 2.Please cooperate with safety marshals and officials. They are here for your safety and protection.
- 3.Absolutely no parents or other individuals including officials who are not officiating are allowed on deck unless volunteering for timing or other approved meet duties. Any failure to comply will result in possible fines of up to \$100 per incident.
- 4.USA Swimming reminds all athletes and coaches: Have a **successful** and **safe** meet.

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Entry Summary

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

Sanction Number – NI0825

Club Name: _____	Club Code: _____
Coaches Name/s: _____	Coaches Phone: _____
_____	E-mail: _____
Person submitting entries: _____	Phone: _____
	E-mail: _____

Total # of Individual Entries	_____	X \$3.00/Event	=	\$ _____
Total # of Swimmers	_____	X \$3.00/Swimmer (Deck Fee)	=	\$ _____
Total # of Relays Entries	_____	X \$10.00/Entry	=	\$ _____
		TOTAL DUE		\$ _____

Make checks payable to **SEAS, Inc.** Club checks only please!

Mail to:
Rodney Champagne
185 Ladue Road
Brockport, NY 14420

Enclosed is payment of the entry fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators and assigns waive and release any and all claims against Niagara Swimming, Sharks & Eagles Aquatic Sports, Inc., Meet Management personal, Churchville-Chili School District or United States Swimming, Inc. for injuries and/or expenses accrued by us at this meet or while on the road to and from the meet. We are bona-fide amateur athletes and eligible in all events we have entered.

Signature of Club Official, Parent or Guardian