

**Southern Tier Swim League  
Summer Championships 2008  
Saturday July 19, 2008  
Niagara District Sanction # NI10866**

Location: Elmira Free Academy Elmira, NY

Meet Director: Lucille Busch

Meet Marshall: Mary Magno

Clerk of Course: Colleen Hetrick

Entry Chair: Phyllis Michalski

Meet Referee: Phyllis Michalski

Facilities: Six (6) lane, 25 yard pool with a non-moveable bulkhead and non-turbulent lane dividers. The Omnisport 2000 (from Daktronics) timing and scoreboard system will be used. Locker rooms will be available for changing and showering.

Starts: Fly over starts will be used for all events except backstroke. Backstroke events will have a normal start. All 8 & under events will be started from the bulkhead.

Times: Session 1      9 & 10 and 11 & 12 Boys and Girls  
                                 Events 1-22  
                                 Warm-up: 8:00 am  
                                 Meet Starts: 9:00 am  
                                 Session 2      8 & under and 13 & over Boys and Girls  
                                 Events 23-40  
                                 Warm-up: 1:00 pm  
                                 Meet Starts: 2:00 pm  
                                 Session 3      8 & under and 13 & over Boys and Girls  
                                 Events 41-55  
                                 Warm-up: 4:00 pm (Please NOTE: if the number of entries warrant  
                                 a change in the warm-up time, to allow for proper running  
                                 of the meet, the coaches and athletes will be notified  
                                 Meet Starts: 4:30 pm or depending on the start of the session 3  
                                 warm-up period

\*\*\*Afternoon times are dependent on the number of entries and may be modified.  
Teams will be notified no later than 9:00 pm on July 13, 2008 if the afternoon sessions will be changed.

Warm-ups: The STSL warm-up policy will be in effect. The first 40 minutes all lanes will be open for circle swimming. All swimmers must enter the water feet first. Immediately following, lanes 2 and 5 will be open for 15 minutes for one-way sprints. All other lanes will remain open for circle swimming. During the last 5 minutes of

warm-ups all swimmers will be asked to exit the pool to allow for set up of the meet. NO horseplay will be allowed. Depending on the number of entries teams may be assigned lanes and times for warm-up in the competition pool. There will be at least one (1) lane open for 8 & under ONLY in the competition pool.

8 & Under races: All 25-yard races will start from the bulkhead. Swimmers will finish using the touch pads.

Coaches Meeting: Session 1: 8:30 am  
Session 2: 1:30 pm

Rules: 2008 USA swimming/Niagara District and STSL Rules and regulations will apply.

- All swimmers must be registered USA members and STSL members (NOTE: Any club that 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.
- All participants must have competed in at least two (2) events during the developmental spring-summer 2008 season. (Per STSL Rule #21)
- The “no false start” rule will be in effect.

Entries: **All entries must be made with Team Manager via e-mail.**

- Age of the swimmer on the day of the meet determines eligibility.
- Each swimmer is limited to three (3) events, including relays.
- No deck entries will be accepted.
- Teams may enter as many relays as they wish per age group, but only two (2) relays per age group will score. Relays may be co-ed.

Entry Fees:

- \$3.00 per Individual Event
- \$10.00 per relay
- \$2.00 Deck fee per swimmer
- ALL FEES must accompany the official entry and waiver forms.

**DEADLINE: ALL ENTRIES must be received by Friday July 11, 2008.  
NO late entries will be accepted.**

Make club checks payable to: Chenango Aquatics

Mail entries and waiver forms to:

Phyllis Michalski

163 Richards Road

Chenango Forks, NY 13746

E-mail entries to: JPx2M@aol.com

Scoring: Championship scoring will be used.

Individual Events: Places 1-18

22, 19, 18, 17, 16, 15, 14, 13, 12, 10, 8, 7, 6, 5, 4, 3, 2, 1

Relay Events: Place 1-18

44, 38, 36, 34, 32, 30, 28, 26, 24, 20, 16, 14, 12, 10, 8, 6, 4, 2

Awards: Medals for individual and relay events will be awarded for places 1<sup>st</sup> through 3<sup>rd</sup>. Ribbons for places 4<sup>th</sup> through 18<sup>th</sup>. Team trophies will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place.

Timers: Teams will be given lane assignments. (NOTE: Timers will be assigned based on the number of entries per team.)

Officials: Anyone interested in officiating please contact Phyllis Michalski at 607-648-6758 or [JPx2M@aol.com](mailto:JPx2M@aol.com). Meet Referee: Phyllis Michalski

Supervision: Coaches and parents are responsible for the conduct of swimmers and children at all times. Misconduct or vandalism may result in the swimmer being expelled from the meet. Each team will be expected to clean up their assigned area before they are given their awards at the end of the meet.

Extras: Programs, Champs T-shirts, Swim Apparel and Concession: Will be available the day of the meet.

Directions:

From West: take route 17/I86 east take exit 56 Elmira Church Street exit make right at top of ramp Church Street continue 2 miles make right on Hoffman Street Continue .8 miles pool is located directly behind Elmira Free Academy

From East: take route 17/I86 West to Elmira take exit 56 continue straight through the traffic signal make left on Church Street continue 2 miles make right on Hoffman Street Continue .8 miles pool is located directly behind Elmira Free Academy

From North: take route 13 South merge on Rt 17/ I86 in Horseheads, NY take route 17/I86 east take exit 56 Elmira Church Street exit make right at top of ramp Church Street continue 2 miles make right on Hoffman Street Continue .8 miles pool is located directly behind Elmira Free Academy

From South: take route 549 North merge on to Rt 328 North/East merge Clemens Center Parkway/ Rt 14 for 3.1 miles make left on Church Street continue .9 miles make right on Hoffman Street Continue .8 miles pool is located directly behind Elmira Free Academy

**STSL Summer Championship Events 2008**

**Session 1:** Warm-up: 8:00 am  
Start: 9:00am

- 1 Girls 11-12 100 IM
- 2 Boys 11-12 100 IM
- 3 Girls 9-10 100 IM
- 4 Boys 9-10 100 IM
- 5 Girls 11-12 50 Freestyle
- 6 Boys 11-12 50 Freestyle
- 7 Girls 9-10 50 Freestyle
- 8 Boys 9-10 50 Freestyle
- 9 Girls 11-12 50 Backstroke
- 10 Boys 11-12 50 Backstroke
- 11 Girls 9-10 50 Backstroke
- 12 Boys 9-10 50 Backstroke
- 13 Girls 11-12 50 Breaststroke
- 14 Boys 11-12 50 Breaststroke
- 15 Girls 9-10 50 Breaststroke
- 16 Boys 9-10 50 Breaststroke
- 17 Girls 11-12 50 Butterfly
- 18 Boys 11-12 50 Butterfly
- 19 Girls 9-10 50 Butterfly
- 20 Boys 9-10 50 Butterfly
- 21 Mixed 11-12 200 Free Relay
- 22 Mixed 9&10 200 Free Relay

**STSL Summer Championship Events 2008**

**Session 2:** Warm-up: 1:00 pm  
Start: 2:00 pm

- 23 Girls 8 & Under 100 IM
- 24 Boys 8 & Under 100 IM
- 25 Girls 200 IM
- 26 Boys 200 IM
- 27 Girls 13-14 200 IM
- 28 Boys 13-14 200 IM
- 29 Girls 8 & Under 25 Freestyle
- 30 Boys 8 & Under 25 Freestyle
- 31 Girls 100 Freestyle
- 32 Boys 100 Freestyle
- 33 Girls 13-14 100 Freestyle
- 34 Boys 13-14 100 Freestyle

- 35 Girls 8 & Under 25 Backstroke
- 36 Boys 8 & Under 25 Backstroke
- 37 Girls 100 Backstroke
- 38 Boys 100 Backstroke
- 39 Girls 13-14 100 Backstroke
- 40 Boys 13-14 100 Backstroke

**STSL Summer Championship Events 2008**

**Session 3:** Warm-up: 4:00 pm OR following the end of session 2  
Start: 4:30

- 41 Girls 8 & Under 25 Breaststroke
- 42 Boys 8 & Under 25 Breaststroke
- 43 Girls 100 Breaststroke
- 44 Boys 100 Breaststroke
- 45 Girls 13-14 100 Breaststroke
- 46 Boys 13-14 100 Breaststroke
- 47 Girls 8 & Under 25 Butterfly
- 48 Boys 8 & Under 25 Butterfly
- 49 Girls 100 Butterfly
- 50 Boys 100 Butterfly
- 51 Girls 13-14 100 Butterfly
- 52 Boys 13-14 100 Butterfly
- 53 Mixed 8 & Under 100 Free Relay
- 54 Mixed 200 Free Relay
- 55 Mixed 13-14 200 Free Relay

## **Safety Announcement for Niagara Sanctioned Meets**

1. Safety of the 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 marshal 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.

***Entry & Financial Summary Form***

STSL Summer Championships 2008

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*Please return with Liability waiver and Club Check*

**Team Name:** \_\_\_\_\_ **Code:** \_\_\_\_\_

**Team Contact:** \_\_\_\_\_ **Phone:** \_\_\_\_\_

**E-Mail:** \_\_\_\_\_

**Coach:** \_\_\_\_\_ **Phone** \_\_\_\_\_

**Entries:**

Total # Girl's Individual Entries: \_\_\_\_\_ X \$3.00 = \$ \_\_\_\_\_

Total # Boy's Individual Entries: \_\_\_\_\_ X \$3.00 = \$ \_\_\_\_\_

Total # Relay Entries: \_\_\_\_\_ X \$10.00 = \$ \_\_\_\_\_

Deck Fee:

Total # Swimmers \_\_\_\_\_ X \$2.00 = \$ \_\_\_\_\_

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

***Please make checks payable to Chenango Aquatics***

**Club Checks Only!**

Phyllis Michalski  
163 Richards Road  
Chenango Forks, NY 13746  
607-648-6758  
**E-Mail:** [JPx2M@aol.com](mailto:JPx2M@aol.com)

***Liability Waiver***  
***And***  
***USA Swimming Membership Form***  
STSL Summer Championships 2008  
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Enclosed is payment of the entry and deck fees for all events 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 Chenango Aquatics Swim Team and Chemung Sail Fish Swim Team, USA Swimming, Niagara Swimming, and the Elmira Free Academy School District for injuries and/or expenses incurred by us at this meet or while on the road to and from this meet. We are bona-fide amateur athletes and are eligible to participate in all events entered.

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

The following coaches are members of USA Swimming

Coaches Name

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Date

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Signature of Club Official

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Club Name