



Dolphins Gold-Silver-Bronze
Sunday February 3, 2008
USA Sanction #NI0811

LOCATION: Nottingham HS, 3100 East Genesee Street Syracuse, NY 13224

TIME: Session 1
Warm-up: 7:45 AM
Meet begins: 8:45 AM

Session 2
*Warm-up begins 15 minutes after conclusion of morning session, but no earlier than 1:00 PM. Meet begins 1 hour after warm ups, but no earlier than 2:00 PM.

FACILITY: 8-lane Short Course yards pool with flow-through lane dividers. An additional 8 lane pool is available for continuous warm-up and warm-down. Electronic starting and timing system with scoreboard read-out for all lanes will be in use.

MEET PERSONNEL: Meet Director:
Rich Anderson
8127 George Taylor Rd.
Fayetteville, NY 13066
Dewittswimclub@aol.com
315-637-2414

Meet Marshall:
Carol Farchione
Carfar2001@aol.com

OFFICIALS: USA registered officials who would like to help with this meet, please contact the meet director.

ENTRIES: Entries are preferred in electronic format compatible Hy-Tek Meet Manager program, and may be submitted via e-mail or on disc. Handwritten entries may be submitted on the attached grid sheets. All entrants must be registered members of USA Swimming. Swimmer's age on the day of the meet applies. **A maximum of 5 individual entries and 1 relay per swimmer.** Entries may be limited by the meet director to control the length of the meet

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:**

Entry fee is \$3.00 per individual event and \$10 per relay team. There is a \$3.00 deck fee per swimmer. Please make checks (club check only, please) payable to DeWitt Swim Club: Mail entries/checks to:

Kristen Robinson
8190 Salt Springs Road
Manlius, NY 13104
e-mail: Dewittdolphins@twcny.rr.com
315-637-5502

DEADLINE:

All mailed entries are due by **January 22rd, 2008**. E-mailed entries are due by **Thursday, January 24th, 2008**. No late entries will be accepted.

AWARDS:

Medals first place, ribbons second through 8 for each Division (G/S/B)
Relays Ribbons first through third place. No G/S/B categories. High point awards for each age group will be awarded.

RULES:

The meet will be conducted in accordance with the rules of USA Swimming and Niagara District.
Niagara District guidelines for warm-up procedures in an eight-lane pool will apply.

DECK ID:

Only swimmers, coaches, officials and meet personnel are allowed on deck. Coaches must wear the USAS ID, no exceptions.

CONDUCT:

We are fortunate to be permitted to use the facilities of Nottingham High School. Proper conduct on the part of all swimmers and spectators is expected at all times.

No glass containers are allowed in the pool and locker room areas.

PARKING:

Please use parking lots in front or around back side of school.

DIRECTIONS:

Nottingham HS, 3100 East Genesee Street Syracuse, NY 13224
Convenient access from Exit 34A on Interstate 90 (N.Y.S. Thruway) to Exit 3W on Interstate 481. Take right off exit onto East Genesee Street for 2miles. School on left.

PROGRAMS:

Programs for the meet will be on sale at front entrance

Girls	Session 1 Warm Up @ 7:45 Start @ 8:45	Boys
1	10 and under 100 IM	2
3	11-12 100 IM	4
5	10 and under 50 Freestyle	6
7	11-12 50 Freestyle	8
9	10 and under 50 Breaststroke	10
11	11-12 50 Breaststroke	12
13	10 and under 200 Freestyle Relay	14
15	11-12 200 Freestyle Relay	16
17	10 and under 50 Butterfly	18
19	11-12 50 Butterfly	20
21	10 and under 50 Backstroke	22
23	11-12 50 Backstroke	24
25	10 and under 100 Freestyle	26
27	11-12 100 Freestyle	28

*Session 2 Warm Up @ 1:00 Start @ 2:00		
29	8 and under 100 IM	30
31	13-14 200 IM	32
33	Open 200 IM	34
35	8 and under 25 Freestyle	36
37	13-14 50 Freestyle	38
39	Open 50 Freestyle	40
41	8 and under 25 Breaststroke	42
43	13-14 100 Breaststroke	44
45	Open 100 Breaststroke	46
47	8 and under 100 Freestyle Relay	48
49	13-14 200 Freestyle Relay	50
51	Open 200 Freestyle Relay	52
53	8 and under 25 Butterfly	54
55	13-14 100 Butterfly	56
57	Open 100 Butterfly	58
59	8 and under 25 Backstroke	60
61	13-14 100 Backstroke	62
63	Open 100 Backstroke	64
65	8 and under 50 Freestyle	66
67	13-14 100 Freestyle	68
69	Open 100 Freestyle	70

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 8 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 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 modified by the meet Referee according to the needs of the meet.

DWSC

Entry Summary Sheet and Waiver

Club Name _____ Club Code _____

Coaches Name _____ Phone _____

E-mail _____

Person submitting Entry _____ Phone _____

E-mail _____

Total number of individual entries _____ @ \$3.00 \$ _____

Total number of relay entries _____ @ \$10.00 \$ _____

Deck Fee _____ @ \$3.00

Total Due: \$ _____

Make checks payable to ***Dewitt Swim Club***---Team checks only please !!

Send to:

Kristen Robinson
8190 Salt Springs Road
Manlius, NY 13104

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 the Dewitt Swim Club, Niagara Swimming, USA Swimming, and Nottingham Schools 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.

Signature of club official

Date

