

IRONDEQUOIT SWIM CLUB (GATORS)

SWIM YOUR AGE INVITATIONAL

Sanction NI-0781

Sunday, November 11, 2007

Irondequoit High School

260 Cooper Road

Irondequoit, NY 14617

DIRECTIONS: From Route 104, take Hudson Ave. North to the end. Turn right onto Titus Ave. Proceed to traffic light and turn left on Cooper Rd. The Irondequoit High School is approx. ½ mile on the right. The pool is in the Northeast corner (right-rear). [Irondequoit High School](#)

PARKING: Ample parking in front, north side, and rear of High School.

FACILITY: 5 - lane 25-yard pool with Colorado Electronic Timing System
Full 5-lane Digital time display
Computer scoring with HY-TEK® Meet Manager
Ample spectator seating - Cafeteria adjacent to pool for concessions
Gymnasium adjacent to pool -Clerk of course seeding & sleeping bags
Swim gear for sale by The Deep End

SESSIONS: 6 - 10 year olds A.M. session
11 + older P.M. session

START TIMES: Sunday AM Session 8:00 AM Warm-up **9:00 AM Start**
Sunday PM Session 12:30 PM Warm-up **1:30 PM Start**

MEET PERSONNEL:	<u>MEET DIRECTOR</u> Colleen Spaker 25 Endicar Dr. Rochester, NY 14622 (585) 323-1615 Cps317@aol.com	<u>MEET REFEREE</u> Nancy Herbrand 64 Mt. Airy Dr Rochester, NY 14617 (585) 338-3014 nherbran@frontiernet.net
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OFFICIALS: Anyone interested in officiating at this meet is welcome.
Please contact the MEET REFEREE.

TIMERS: The Irondequoit Swim Club will supply lane timers.

REGISTRATION: *The Meet Director will work directly with the Guest Swim Clubs to ensure that no swimmer is entered in the Meet that would violate Niagara District rule 302.4.*

AWARDS:	INDIVIDUAL Ribbons 1 st - 12 th Place	RELAYS Ribbons 1 st - 6 th Place
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HIGH POINTS TROPHY Awarded to one boy and one girl of each age.

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High point calculation does not include 200 yd "choice of stroke" events.

A coach or designated club parent may pick up awards after the meet.

FORMAT: This meet will be run with the no recall start procedure.
Places, Awards, and Posted Results will be separated by age group.

ENTRY REQUIREMENTS:

1. All times must be submitted in short course yards.
2. No swimmer may enter more than 5 events.
3. Age on the day of the meet determines the swimmer's age for the meet.
4. No entry will be accepted without a current U.S.A. Swimming number.
5. No deck entries (except relays) will be allowed.
6. The signed Entry Waiver and Summary form must accompany all entries.
7. Meet Director reserves the right to return entries to control the size of meet.

ENTRY FEES:

1. Individual Events	\$3.00 / event
2. Deck Fee	\$4.00 / swimmer
3. Relay Events	\$10.00 / relay

Make checks payable to **Irondequoit Swim Club** or **IRON**

- Club Checks Preferred

DEADLINE: Entry forms & fees must be RECEIVED
no later than **Friday, November 2nd, 2007.**

SEND TO: Irondequoit Swim Club
Colleen Spaker
25 Endicar Dr.
Rochester, NY 14622
(585) 323-1615
(do not require signature for delivery)

COMPUTER PROGRAM: **HY-TEK[®] Meet Manager.** Entries by Commlink greatly appreciated. Email to: cps317@aol.com

PROGRAMS: Programs for the meet will be on sale (AM & PM sessions).

CONCESSIONS: Food & refreshments available throughout the meet in the cafeteria.

CONDUCT: Coaches & parents are responsible for the conduct of their swimmers. Swimmers found in restricted areas or causing damage to the facility will be barred from the meet at the discretion of the meet director. Expenses for damages will be billed to the club/s of the swimmer/s responsible.

DECK ID: Only Swimmers, Coaches, Officials, and Meet Personnel allowed on deck. **Coaches & Officials must wear their U.S.A. Swimming ID.**
Niagara rules allow for no exceptions

MIXED RELAY: Mixed Relay must include at least one girl, and one boy swimmer.

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GIRLS EVENT #	SESSION # 1	BOYS EVENT #
1	6 & Under 25 yd. Freestyle	2
3	7 Year Old 25 yd. Freestyle	4
5	8 Year Old 25 yd. Freestyle	6
7	9 Year Old 50 yd. Freestyle	8
9	10 Year Old 50 yd. Freestyle	10
11	6 & Under 25 yd. Breaststroke	12
13	7 Year Old 25 yd. Breaststroke	14
15	8 Year Old 25 yd. Breaststroke	16
17	9 Year Old 50 yd. Breaststroke	18
19	10 Year Old 50 yd. Breaststroke	20
21	6 & Under 25 yd. Backstroke	22
23	7 Year Old 25 yd. Backstroke	24
25	8 Year Old 25 yd. Backstroke	26
27	9 Year Old 50 yd. Backstroke	28
29	10 Year Old 50 yd. Backstroke	30
31	6 & Under 25 yd. Butterfly	32
33	7 Year Old 25 yd. Butterfly	34
35	8 Year Old 25 yd. Butterfly	36
37	9 Year Old 50 yd. Butterfly	38
39	10 Year Old 50 yd. Butterfly	40
41	8 & Under 100 yd. Mixed Freestyle Relay	
42	9 & 10 200 yd. Mixed Freestyle Relay	
GIRLS EVENT #	SESSION # 2	BOYS EVENT #
43	11 Year Old 100 yd. Freestyle	44
45	12 Year Old 100 yd. Freestyle	46
47	13 + Year Olds 100 yd. Freestyle	48
49	11 Year Old 50 yd. Breaststroke	50
51	12 Year Old 50 yd. Breaststroke	52
53	13 + Year Olds 100 yd. Breaststroke	54
55	11 Year Old 100 yd. Backstroke	56
57	12 Year Old 100 yd. Backstroke	58
59	13 + Year Olds 100 yd. Backstroke	60
61	11 Year Old 50 yd. Butterfly	62
63	12 Year Old 50 yd. Butterfly	64
65	13 + Year Olds 100 yd. Butterfly	66
67	11 Year Old 200 yd. Freestyle	68
69	11 + Year Old 200 yd. Breaststroke	70
71	11 + Year Old 200 yd. Backstroke	72
73	11 + Year Old 200 yd. Butterfly	74
75	11 + Year Old 200 yd. IM	76
77	11 & 12 200 yd. Mixed Freestyle Relay	
78	13 + 200 yd. Mixed Freestyle Relay	

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ENTRY WAIVER

In consideration of the acceptance of this entry, we intend for ourselves, our heirs, administrators and assigns, to be legally bound to forfeit and discharge any and all rights and claims for damages against USA Swimming Inc., Niagara Swimming Inc., the Irondequoit Swim Club, Inc., the West Irondequoit School District, the Town of Irondequoit, the County of Monroe, and all officials concerned, their respective officers, agents, successors, and/or assigns, for any and all damages which may be sustained or suffered by members of our team in connection with or entry in and/or arising out of our travel to or from and participation in the above meet. We certify that we are bona fide amateur athletes currently registered with USA Swimming. We also recognize that we are swimming at our own risk.

Signed _____ Title _____
(Signature of Coach or Club Official)

ENTRY SUMMARY

TEAM _____ TEAM CODE _____
COACH _____ TEL. NO. _____
ADDRESS _____ CITY _____
STATE _____ ZIP _____ E-MAIL ADDRESS _____
CONTACT PERSON _____ TEL NO _____

Number of Women Individual Entries _____ x \$3.00 = \$ _____
Number of Women Swimmers _____ x \$3.00 = \$ _____
Number of Men Individual Entries _____ x \$3.00 = \$ _____
Number of Men Swimmers _____ x \$3.00 = \$ _____
Number of Relay Entries _____ x \$10.00 = \$ _____
TOTAL AMOUNT ENCLOSED \$ _____

Make checks payable to **Irondequoit Swim Club** or **IRON**

***** THIS FORM **MUST BE SIGNED AND RETURNED** WITH ENTRY FORMS *****
TO BE CONSIDERED A COMPLETE ENTRY.
MAIL, POSTAL EXPRESS OR FED EXPRESS TO:

Colleen Spaker
25 Endicar Dr.
Rochester, NY 14622
cps317@aol.com

ENTRIES CLOSE **Friday November 2nd, 2007**

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Warm-up Procedures for Sanctioned Meets (5 Lane Pool)

- 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 20-30 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 20-30 minutes of pre-meet warm-up period.
 - B. In a five lane pool, each lane shall be scheduled as follows:
 - a. Lanes 1 & 5 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
 - b. Lane 3 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 - c. Lanes 2, & 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 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 be modified by the meet Referee according to the needs of the meet

