

MEXICO TIGER SHARKS, Inc.
SUPER SPRINT MEET
October 28, 2007
NIAGARA DISTRICT
Sanction # NI-0776

Location: Mexico Academy and Central School
3338 Main St.
Mexico, N.Y. 13114

Time: Session 1 – 10 & under; 11 & 12: SUNDAY, Oct 28

Warm-up: 7:45 a.m.

Meet begins: 8:45 a.m.

Session 2 – 8 & under, 13 & 14, Open: SUNDAY, Oct 28

Warm-up: 12:45 p.m. (or 15 minutes after the end of session 1, whichever is later).

Meet begins: 1:45 p.m. (or after 1-hour warm-up).

Facility: Six-lane, 25-yard pool with non-turbulent lane dividers and International Sports Timing system. The starting blocks are in the deep end of the pool. Gym and locker rooms will be available for swimmers. A balcony seats 171 spectators. Programs will be available for sale. Refreshments will be available throughout the day. Parking will be available in the school lot and other designated areas.

Entries: Entries are preferred on disc or by e-mail. Entry summary, waiver, and fees must be enclosed with entries or, for e-mailed entries, under separate cover. All entrants must be registered members of USA Swimming. USAS registration numbers must appear on the entry form. Swimmer's age on the day of the meet determines age group. Limit of 5 individual events plus 1 relay per swimmer on Sunday. No deck entries will be accepted.

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.

“No time” (NT) entries will not be accepted. If a swimmer does not have a time, **please approximate.**

The meet director may limit the number of entries to ensure that each session is in compliance with the USAS 4-hour rule.

Entry Fees: \$3 per individual event and \$10 per relay and \$2 deck fee. Make checks payable to **Mexico Tiger Sharks**. Mail all entries to:

Janice Hartwell
P. O. Box 505
Mexico, N.Y. 13114

(315) 963-8424
E-Mail: tripod2@verizon.net

Meet Director: Bethanne Brennan
P O Box 505
Mexico, NY 13114

(315) 298-3512
E-Mail: bbrennan4@twcny.rr.com

Deadline: **Handwritten entries must be received by October 14, 2007.**
E-mailed entries due by October 18, 2007.

- Supervision: Coaches and parents are responsible for the conduct of their swimmers at all times. An adult should be in the gym with the swimmers to ensure proper behavior. Swimmers misbehaving will be barred from further competition at this meet.
- Insurance: All coaches and officials must display their USAS registration cards while on deck to ensure insurance coverage.
- Seeding: The meet will be preseeded. Swimmers must check in and pick up cards from Clerk of Course or be scratched. Swimmers will be escorted from the gym to the pool.
- Awards: 8 & Under: Medals first place, ribbons 2-12 each Gold, Silver and Bronze division.
All others: Medals first place, ribbons 2-6 each G-S-B
Relays: Medals first place, ribbons 2-6
Heat Ribbons will be awarded on deck at end of heat. Swimmers will not be allowed to pick up awards. Each team must designate a representative to pick up all awards for their team. **Team trophies** will be awarded to the highest scoring large team and small team. Trophies will be awarded to the **individual high point winner** in each age group and gender.
- Coaches' Meetings: Coaches' meetings will start at 8:30 a.m. and 12:30 p.m. on the pool deck outside coaches' office. Hospitality for officials and coaches will be available throughout the meet.
- Meet Marshal: Gina Lee & Aaron Lee
- Travel Directions: See attached directions.
- Sport Vendor: *The Deep End*. Goggles, suits, caps, sandals, etc. If you need a special item, call and it can be brought to the meet. Phone number is (585) 637-7930.

This meet is an open, age group, timed final competition.

This Meet is held under the sanction of USA Swimming.

WARM-UP PROCEDURES

In the interest of safety, the following warm-up procedures will apply in this Niagara LSC sanctioned meet.

Pre-meet Warm-up

- Control/supervise: Key words for safe warm-ups.
- Marshals will be actively supervising the warm-ups to ensure that proper procedures are followed.

General Warm-up Period

- The first 30-45 minutes are for general warm-ups in all lanes.
- There shall be **NO DIVING** off the blocks or the edge of the pool at this time.
- Outside lanes – kicking and swimming.
- Inside lanes – swimming and pulling only; no paddles.
- No sprinting or pace work.

Specific Warm-up Period

- Last 30-45 minutes of pre-meet warm-up period.
- Each lane will be scheduled as follows:
 - Lanes 1 & 6 push off one or two lengths, beginning at the starting end of the pool. Circle swimming only.
 - Lanes 2 & 5 racing starts only. Swim one length only. All swimmers begin at the starting end of the pool.
 - Lanes 3 & 4 general warm-up only (as above) **NO DIVING**.

IMPORTANT POINTS FOR SPECIFIC WARM-UP PERIOD

- No diving in lanes other than those designated for racing dives. The blocks will be marked.
- Start all swimmers in all lanes at the starting end of the pool.
- Coaches should stand at the starting end of the pool when verbally starting swimmers.
- Swimmers should be reminded by coaches that breaststrokes need more lead-time.
- Backstrokes should be reminded of the danger of leaving simultaneously with someone on the block. No one will be allowed on the starting block until the backstroke start is executed.
- The announcer will announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
- Coaches should maintain as much contact with their swimmers as possible – verbal and visual – throughout the warm-up period.
- The coaches should understand that responsibility for supervision of their swimmers is the same at this meet as when on deck at practice.
- Marshals have the authority over the warm-up. A swimmer or coach may be removed from the deck for interfering with the marshal.
- When the number of participants for a session cannot be safely accommodated during the same warm-up period, the warm-up sessions will be split to provide a safe and adequate warm-up time for all.
- The meet referee shall have responsibility for establishing and enforcing rules for safe conduct within the pool area during the swimming competition.
- The meet safety committee will have responsibility for safety rules in all other areas during competition and will assist the meet referee in the pool if necessary.
- The meet safety committee shall have any person deliberately violating safety rules removed from the meet facility.
- There shall be at least one marshal at each end of the pool to ensure the warm-up procedures will be followed.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition. 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.

Mexico Tiger Sharks, Inc.
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ENTRY SUMMARY SHEET

Person submitting entries: _____

Complete mailing address: _____

Telephone: Home _____ Work _____

All entry forms must be completed and **received by October 14, 2007. E-mailed entries due by October 18, 2007.**

Mail entries to: Janice Hartwell
P. O. Box 505
Mexico, NY 13114 Telephone: (315) 963-8424

E-Mail: tripod2@verizon.net

Payment: Make checks payable to **Mexico Tiger Sharks.**
CLUB CHECKS ONLY.

Entry Fees: _____ Girls' Individual Entries @ \$3.00 \$ _____

_____ Boys' Individual Entries @ \$3.00 \$ _____

_____ Relay Entries @ \$10.00 \$ _____

_____ Deck Fee @ \$2.00 \$ _____

Total \$ _____

I/We enclose a total of \$ _____ covering fees for all events I/we have entered. In consideration of this entry, I/we waive and release any and all claims against Niagara Swimming, Inc., USA Swimming, Mexico School District and the Mexico Tiger Sharks Swim Club for injuries incurred at this meet or while traveling to and from the meet. I/We are bonafide amateur athlete(s) and eligible in all events I/we have entered.

Signature of Club Official, Parent or Guardian

Official Team Name: _____ Code: _____

Head Coach: _____

Telephone: Home _____ Work _____

Assistant Coaches: _____

Address to send results: _____

Mexico Tiger Sharks, Inc

Schedule of Events for Sunday October 28, 2007

Girls	Session 1-Warm Up @ 7:45 AM Start- @ 8:45 AM		Boys
1	10 & Under	100 Individual Medley	2
3	11 & 12	100 Individual Medley	4
5	10 & Under	50 Freestyle	6
7	11 & 12	50 Freestyle	8
9	10 & Under	50 Backstroke	10
11	11 & 12	50 Backstroke	12
10 MINUTE BREAK			
13	10 & Under	50 Butterfly	14
15	11 & 12	50 Butterfly	16
17	10 & Under	100 Freestyle	18
19	11 & 12	100 Freestyle	20
21	10 & Under	50 Breaststroke	22
23	11 & 12	50 Breaststroke	24
25	10 & Under	200 Mixed Medley Relay	25
26	11 & 12	200 Mixed Medley Relay	26

Session 2 – Warm Up @ 12:45 PM — Start @ 1:45 PM			
27	8 & Under	100 Individual Medley	28
29	13 & 14	100 Individual Medley	30
31	Open	100 Individual Medley	32
33	Open	200 Individual Medley	34
35	8 & Under	25 Freestyle	36
37	13 & 14	50 Freestyle	38
39	Open	50 Freestyle	40
41	8 & Under	25 Backstroke	42
43	13 & 14	50 Backstroke	44
45	Open	50 Backstroke	46
10 MINUTE BREAK			
47	8 & Under	25 Breaststroke	48
49	13 & 14	50 Breaststroke	50
51	Open	50 Breaststroke	52
53	8 & Under	50 Freestyle	54
55	13 & 14	100 Freestyle	56
57	Open	100 Freestyle	58
59	8 & Under	25 Butterfly	60
61	13 & 14	50 Butterfly	62
63	Open	50 Butterfly	64
65	8 & Under	100 Mixed Freestyle Relay	65
66	13 & 14	200 Mixed Medley Relay	66
67	Open	200 Mixed Medley Relay	67

8 & Under mixed relay teams may consist of any combination of boys and/or girls.
 9 & 10, 11 & 12, 13 & 14 and Open relays must have at least one boy and one girl.

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MEET ENTRY SHEETS

RELAY

RELAY

Club: _____

Code: _____

Coach: _____

Please Print Clearly

Event Number _____

Event _____

Relay A, B, C _____

Club Name: _____

Club Code: _____

Event Number _____

Event _____

Relay A, B, C _____

Club Name: _____

Club Code: _____

	Last Name, First Name	Age	USAS ID No.
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

	Last Name, First Name	Age	USAS ID No.
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

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MEET ENTRY SHEETS

**MIXED MEDLEY
RELAY**

**MIXED MEDLEY
RELAY**

Club: _____

Code: _____

Coach: _____

Please Print Clearly

Event Number _____

Event _____

Relay A, B, C _____

Club Name: _____

Club Code: _____

Event Number _____

Event _____

Relay A, B, C _____

Club Name: _____

Club Code: _____

	Last Name, First Name	Age	USAS ID No.
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

	Last Name, First Name	Age	USAS ID No.
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

