

RUSH-HENRIETTA SWIM CLUB

RUSH-HENRIETTA SWIM CLUB PRESENTS:

LITTLE DISTANCE/BIG SPRINTS

GOLD/SILVER/BRONZE INVITATIONAL

SUNDAY, JANUARY 6TH, 2008

USA SWIMMING SANCTION # NI-0809

LOCATION: Rush-Henrietta High School
1799 Lehigh Station Rd.
Henrietta, NY 14467

TIME: Warm-ups: 8am-8:45am Session 1. Start 9am.
Seeding for first events at 8:45am.
Warm-ups for Session 2 will begin immediately
after the completion of Session 1, but no
earlier than 12:30pm. Session 2 will start no
earlier than 1:30pm.

FEATURES: Six lane, 25 yard pool with balcony seating.
Diving well for continuous warm-ups.
Electronic timing system and scoreboard.
Computer scoring. All swims are timed finals.
Cafeteria area for swimmers. Ample parking.

MEET DIRECTOR	MEET REFEREE	MEET MARSHAL
PHIL KIRCH pkirch@ocdus.jnj.com	PETE KOENIG pkkoenig@att.net	JIM GAY James.gay@midtownclubs.com

Volunteer officials from other clubs are welcome and appreciated!!

Please notify Meet Director if you are interested in officiating.

ENTRIES: *All entrants must be registered members of USAS.

*Age on the day of the meet applies.

*Entries must include USA Swimming number.

*Maximum number of events = 5 plus relays.

*Clerk of Course will seed entrants for Session 1 in
cafeteria using cards. Session 2 swimmers report
directly to their lanes.

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*Electronic Entries on Diskette are appreciated using
HY-TEK Commlink file!

ENTRIES: * 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: \$3 individual event, \$3 deck fee, \$10 relay event.
Make team checks payable to RHSC.

ENTRY DEADLINE: Thursday, January 4th 2008.
Mail Entries to: Rose Holloway
32 Shara Place
Pittsford, NY. 14534
Email: rholloway@rochester.rr.com

AWARDS: Individual Events: Heat Winner Ribbons Session 1
10& under Ribbons 1st-12th place (G/S/B)
Relays 1-6
All other Age Groups: Gold/Silver/Bronze 1st-6th
Relays 1st-3rd

SCORING: G/S/B awards will be determined at the conclusion of each eligible event (where G/S/B cuts apply).

- 1) Only swimmers entered with "G" times will be Eligible for "G" awards, if they equal or better the Niagara District Gold Age group time standards.
- 2) Only swimmers entered with "S" times will be Eligible for "S" awards, if they equal or better the Niagara District Silver Age group time standards.
- 3) Only swimmers entered with "B" times will be eligible for Bronze awards.

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An Achievement Pin will be awarded to all swimmers entered with “S” times who equal or better the “G” time standard for their Age group and to all swimmers entered with “B” times who equal or better the “S” time standard for their Age group.

CONDUCT: Parents and Coaches are responsible for the conduct of their swimmers in all areas throughout the duration of the meet. Vandalism, theft or dangerous behavior will be cause for exclusion from the meet. Cooperation with the requests of a Meet Marshal is expected.

DECK ID: Only swimmers, coaches, meet personnel and working officials are allowed on deck. Coaches must wear their current USA Swimming ID.

FOOD: The cafeteria will be available throughout the meet for concessions.

Safety Announcement for Niagara District 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.**

USA Swimming reminds all athletes and coaches to have a safe and successful meet.

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NIAGARA DISTRICT Warm-up procedures will be followed.

GENERAL WARM-UP PERIOD:

1. The first 30 minutes is for general warm up in all lanes.
2. There shall be no diving off the blocks or the edge of the pool.
3. Outside lanes- kicking only. Inside lanes- swimming and pulling only
4. No sprinting or pace work.

SPECIFIC WARM-UP PERIOD:

1. The last 30 minutes shall constitute the specific warm-up period.
2. Each lane will be scheduled as follows:
 - A) Lanes 2 and 5: Racing start only. Swim one length only. All swimmers begin at the racing end of the pool.
 - B) Lanes 1 and 6: Push off one to two lengths and back, beginning at the starting end of the pool. Circle swimming only. No diving.
 - C) Lanes 3 and 4 : General warm-up as above. No diving.

POINTS FOR WARM-UP PERIOD:

1. No diving in lanes other than those designated for diving.
2. Start all swimmers in 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. Coaches please remind swimmers that breaststrokers need more lead time than freestylers or flyers.
5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the block until the backstroker has executed his/her start.
6. Coaches should maintain as much contact with their swimmers as possible. Coaches have the same responsibility for supervision as when on deck at practice.
7. Marshals have authority through the meet director over the warm-up period. Swimmers should recognize this authority to ensure a safe warm-up period

STARTING PROCEDURES: Starts will follow the “Whistle Start” and “No False Start” recall procedures.

- *Whistle chirps from the referee signal swimmers to get behind the block and be ready to step up/in.
- *Long whistle from referee to step up/in (2nd whistle in backstroke to place feet).
- *Referee turns over to Starter with outstretched arm.
- *Starter indicates “Take Your Mark”
- *Upon observing swimmers motionless, starter gives start signal
- *If one or more swimmers leave early, NO RECALL signal is given
- *Swimmers are notified of DQs for False Starts at the end of the race.

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LITTLE DISTANCE/BIG SPRINTS

SUNDAY, JANUARY 6TH, 2008 @ R-H

SESSION 1: WARM UP @ 8AM, START 9AM

FEMALE	EVENT LIST	MALE
1	10 & under 200 BREAST	2
3	8 & under 50 FREE	4
5	10 & under 100 FREE	6
7	8 & under 50 BACK	8
9	10 & under 100 BACK	10
11	8 & under 200 MEDLEY RELAY	12
13	10 & under 200 MEDLEY RELAY	14
15	8 & under 50 BREAST	16
17	10 & under 100 BREAST	18
19	8 & under 50 FLY	20
21	10 & under 100 FLY	22
23	8 & under 100 FREE	24
25	10 & under 200 BACK	26
27	8 & under 200 FREE RELAY	28
29	10 & under 200 FREE RELAY	30

SESSION 2: WARM UP @ 12:30PM, START 1:30PM

FEMALE	EVENT LIST	MALE
31	12 & under 50 FREE	32
33	OPEN 50 FREE	34
35	12 & under 50 BACK	36
37	OPEN 50 BACK	38
38	OPEN 100 BACK	40
41	12 & under 200 MEDLEY RELAY	42
43	OPEN 200 MEDLEY RELAY	44
45	12 & under 100 FREE	46
47	OPEN 100 FREE	48
49	12 & under 50 BREAST	50
51	OPEN 50 BREAST	52
53	OPEN 100 BREAST	54
55	12 & under 50 fly	56
57	OPEN 50 FLY	58
59	12 & under 100 IM	60
61	OPEN 100 IM	62
63	OPEN 100 FREE RELAY	64

Event limit: 5 plus relays. Fees: \$3 deck, \$3 event, \$10 relays team

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ENTRY AND FINANCIAL FORM SUMMARY

LITTLE DISTANCE/BIG SPRINTS INVITATIONAL
SUNDAY, JANUARY 6TH, 2008

Held under the sanction of USA Swimming
Sanction Number NI-0809

Club Name: _____ Club Code: _____

Coaches Name/s: _____ Coaches Phone: _____

E-mail: _____

Person submitting entries: _____ Phone: _____

Email: _____

Total # of Individual Entries: _____ X \$3.00 = \$ _____

Total # of Swimmers: _____ X \$3.00 = \$ _____

Total # of Relay Entries: _____ X \$10.00 = \$ _____

Total Due: \$ _____

Make club checks payable to Rush-Henrietta Swim Club (RHSC)
Receipt of email entries will be acknowledged via email.

I/we enclose a total of \$ _____ covering fees for all events I/we have entered. In consideration of the acceptance of this entry, I/we waive and release all claims against Niagara Swimming, Rush Henrietta Swim Club and the Rush Henrietta School District for any/all injuries incurred at this meet or while on the road to and from this meet.

Club code

Signature of Club Official, Parent or Guardian