

**Town of Tonawanda Titans Swim Club**  
**hosts**  
**4th Annual Halloween**  
**Gold-Silver-Bronze Swim Meet**

October 26 & 28, 2007

**Sanction NI 0777**

Mixed 12 & Under, 13 + Over Format

- Location:** Town of Tonawanda Aquatic & Fitness Center  
Next to Sheridan Plaza on Sheridan Dr. between Delaware Rd. & Colvin Blvd.  
Enter on Pool Plaza from Delaware Rd. From I 90 take I 290 to Delaware South Exit.
- Facilities:** Meet will be conducted in an 8-lane 25-yard pool with Paddock continuous flow through lane lines and Paddock gutter system, Colorado Timing System, electronic scoreboard with 8 lane readout and computer scoring (HYTEK). Separate warm-up/Cool down facility will be available.
- Parking:** Parking lot adjacent to the building. Parking is **NOT PERMITTED** in the Sheridan Plaza "ABOVE" lots in near ALDI's, Sears, Firestone and First Niagara Bank. OFFENDERS WILL BE TOWED.
- Sessions:** **Day 1 Friday October 26** Warm up Begins at 4:30 Start 5:30  
**Day 2-Saturday October 27** Warm-up begins at **7:30 am** Start: **8:30 am**  
**Day 3-Sunday October 28** Warm-up begins at **7:30 am** Start: **8:30 am**
- | <b>Meet Personnel</b> | <b>Meet Director</b>  | <b>Meet Marshall</b> | <b>Meet Entries</b>   | <b>Meet Referee</b> |
|-----------------------|---|----------------------|---|---------------------|
|                       | Gary Kokolus<br>16 Gatesborough Ct<br>Getzville, NY 14068<br>716-639-0664<br><a href="mailto:gkokolus@aol.com">gkokolus@aol.com</a> | Debbie Gielowski     | Scott Vanderzell<br>318 Fairfield Ave<br>Buffalo, NY 14223<br>(716) 208-5372<br>sdv2@adelphia.net | Mike Puscer         |
- Officials:** Anyone interested in officiating at this meet is welcome.  
Please contact: **Pat Scherer @ patsev@aol.com** or at 716-523-9706
- Timers:** Timers will be supplied by the TTSC Titans with the following **exceptions:**  
Swimmers in the 1000 Freestyle will be requested to provide their own timer
- FORMAT:** Pre-seeded, Mixed-Events, Short Course-Yards .  
**POSITIVE CHECK-IN required for the 400 IM and the 500 &1000 Freestyle, one hour before the event.**  
**Only 500 & 1000 Freestyle will be swum fastest to slowest.**  
The meet director reserves the right to limit the # of heats for the 400 IM and 500/1000 Freestyle.
- Entries:**
1. All times must be submitted in short course times. This is a Timed Final Meet
  2. No swimmer may enter more than **4 individual** events plus **1 relay per day**.
  3. Age on the first day of the meet determines the swimmer's age for the remainder of the meet.
  4. No entry will be accepted without a current **U.S.A. or CSA Swimming number**.
  5. No **phone entries**.
  6. The signed Agreement & Release and Summary form must accompany all entries.

7. Meet Director reserves the right to return entries to control the size of the meet.
8. Breaks will be taken as required by Meet Personnel
9. To keep meet size manageable, entries will be limited to the 1<sup>st</sup> 325 registrants.

<b>Entry Fees:</b>	1. Deck Fee	\$4.00/Swimmer
	2. Individual Events	\$3.00
	3. Relay Events	\$10.00

Make checks payable to **Town of Tonawanda Titans Swim Club**  
**Club Checks Only Please! (No personal checks for entries – unless Unattached)**

**SEND TO:** Scott Vanderzell  
 318 Fairfield Ave  
 Buffalo, NY 14223  
 (716) 208-5372  
 Email to: sdv2@adelphia.net

**Deadline:** Entries must be RECEIVED no later than **6:00 PM, 20 October 2007.**  
 Waiver forms & fees must be RECEIVED no later than 6:00 PM, 25 October 2007.

**Computer Program:** **HYTEK Meet Manager. Entries by Commlink greatly appreciated.**

<b>Awards</b>	<b>Individual</b> <b>8 &amp; Under Gold/Silver/Bronze</b> <b>9 &amp; 10-Gold/Silver/Bronze</b> <b>11 &amp; 12 Gold/Silver/Bronze</b> <b>13 &amp; Over Gold/Silver/Bronze</b> <b>Medals-1<sup>st</sup> Place</b> <b>Ribbons-2<sup>nd</sup> – 8<sup>th</sup> Place</b> <b>Heat Ribbons-12 &amp; Under</b>	<b>Relays</b> <b>12 &amp; Under</b> <b>Ribbons-1<sup>st</sup>, 2<sup>nd</sup> &amp; 3rd Place</b> <b>13 &amp; 14</b> <b>Ribbons-1<sup>st</sup>, 2<sup>nd</sup> &amp; 3rd Place</b>	<b>Team Awards</b> <b>In lieu of team awards,</b> <b>additional Halloween</b> <b>Goodie bags will be</b> <b>provided. Large and</b> <b>Small team scoring will be</b> <b>for information only.</b>
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**Scoring:** Each age group to be scored separately and Team Scores will be based upon an accumulation of all points from each age group of Gold/Silver/Bronze awards. Points scored as follows:  
 Individual Events-9,7,6,5,4,3,2,1 for each segment of the event (G,S,B)  
 Relay Events-Points scored as follows- 18,14,12,10,8,6,4,2  
**Halloween Bell Ringer Goody bags to be provided in selected heats**  
 A coach or a designated club parent may pick up awards.  
**NO AWARDS WILL BE MAILED AT THE EXPENSE OF THE HOST TEAM**

**Programs:** Programs for the meet will be on sale

**Concessions:** Food & refreshments available throughout the meet on the patio in the food tent.

**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. No Exceptions!!**

**MEETINGS:**  
**COACHES:** Saturday at 8:15 am and as required.

**OFFICIALS:** Saturday and Sunday at 8:00 am.

**Hotel information is enclosed as follows:**

**Town of Tonawanda Titans  
2007 Halloween Meet  
Hotel Information**

Microtel Inn- Tonawanda  
1 Hospitality Centre Way  
Tonawanda, New York 14150-6325  
1-800-227-6346

Hampton Inn-Buffalo/Amherst  
10 Flint Road  
Amherst, New York 14226-4382  
716-689-4414

Marriott  
1340 Millersport Highway  
Amherst, New York 14221  
716-689-6900

**Order of Events**

## Friday

Warm-ups 4:30 P.M. Start 5:30 P.M

Event No.	Mixed	Event
1	12 & Under	200 Individual Medley
2	13 & Older	200 Individual Medley
3	12 & Under	500 Freestyle
4	13 & Older	500 Freestyle

## Saturday

Warm-ups 7:30 A.M. Start 8:30 A.M.

Event No.	Mixed	Event
5	12 & Under	50 Freestyle
6	13 & Older	50 Freestyle
7	12 & Under	100 Backstroke
8	13 & Older	100 Backstroke
9	12 & Under	100 IM
10	12 & Under	200 Butterfly
11	13 & Older	200 Butterfly
12	12 & Under	100 Breaststroke
13	13 & Older	100 Breaststroke
14	12 & Under	50 Butterfly
15	13 & Older	50 Butterfly
16	12 & Under	200 Freestyle
17	13 & Older	200 Freestyle
18	12 & Under-Male	200 Free Relay
19	12 & Under-Female	200 Free Relay
20	13 & Older-Male	400 Free Relay
21	13 & Older-Female	400 Free Relay

Positive Check-in required one hour in advance for 500 Freestyle

## Sunday

Warm-ups 7:30 A.M. Start 8:30 A.M.

Event No.	Mixed	Event
22	12 & Under	50 Backstroke
23	13 & Older	50 Backstroke
24	12 & Under	400 Individual Medley
25	13 & Older	400 Individual Medley
26	12 & Under	200 Backstroke
27	13 & Older	200 Backstroke
28	12 & Under	100 Freestyle
29	13 & Older	100 Freestyle
30	12 & Under	200 Breaststroke
31	13 & Older	200 Breaststroke
32	12 & Under	100 Butterfly
33	13 & Older	100 Butterfly
34	12 & Under	50 Breaststroke
35	13 & Older	50 Breaststroke
36	12 & Under-Female	200 Medley Relay
37	12 & Under-Male	200 Medley Relay
38	13 & Older-Female	400 Medley Relay
39	13 & Older-Male	400 Medley Relay
40	13 & Older	1000 Freestyle

Positive Check-in required one hour in advance for 400 Individual Medley and 1000 Freestyle

**Town of Tonawanda Titans Swim Club**  
**2007 Halloween Meet**

26- 28 October 2007

**Sanction NI0777**  
**ENTRY WAIVER**

We, the undersigned, hold harmless U.S.A. Swimming, Inc., Niagara Swimming, Inc., the Town of Tonawanda, and the Town of Tonawanda Titans Swim Club, Inc. and any of their agents for any expense or injury incurred as a result of participation in this meet. We recognize that we are swimming at our own risk.

Signature of Coach or Club Official \_\_\_\_\_

**ENTRY RECAPITULATION**

TEAM \_\_\_\_\_ TEAM CODE \_\_\_\_\_

COACH \_\_\_\_\_ TEL. NO. \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_ TEL NO \_\_\_\_\_

Women Individual Entries \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

Number of Women Swimmers \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

Men Individual Entries \_\_\_\_\_ x \$3.00 = \$ \_\_\_\_\_

Number of Men Swimmers \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_

Number of Relay Entries \_\_\_\_\_ x \$10.00 = \$ \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED** \$ \_\_\_\_\_

Make checks payable to **Town of Tonawanda Titans Swim Club**

**Club Checks Only Please! (No personal checks for entries – unless Unattached)**

\*\*\*\*\* THIS FORM MUST BE RETURNED WITH ENTRY FORMS \*\*\*\*\*  
TO BE CONSIDERED A COMPLETE ENTRY.

Entries must be RECEIVED no later than **6:00 PM, 20 October, 2007.**

Waiver forms & fees must be RECEIVED no later than 6:00 PM, 26 October 2006.

MAIL, POSTAL EXPRESS OR FED EXPRESS TO:

Scott Vanderzell  
318 Fairfield Ave  
Buffalo, NY 14223  
(716) 208-5372  
Email to: [sdv2@adelphia.net](mailto:sdv2@adelphia.net)

# 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 eight 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 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 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