

# NIAGARA LONG COURSE CLASSIC

July 10th - 12th, 2009

Hosted by Niagara Swimming, Inc. of USA Swimming



Held under the Sanction of USA Swimming

Niagara LSC Sanction NI-0809-079S - Niagara LSC Time Trial Sanction NI-0809-080S



**DATES:** Friday, July 10<sup>th</sup> through Sunday, July 12<sup>th</sup>, 2009

**LOCATION:** Alumni Hall  
University at Buffalo, Amherst Campus  
Buffalo, New York



**FACILITIES:** Eight lane pool with Paddock continuous flow through lane lines and a separate warm-up, cool down area. The University at Buffalo uses a Colorado timing System and Hy-Tek computer scoring. Ample seating is available.

<u>SESSIONS:</u>	<u>Day and Name</u>	<u>Warm-up Time</u>	<u>Meet Start Time</u>
1	Friday – Preliminaries	7:30am	9:00am
2	Friday – Time Trials		2:00pm
3	Friday – Finals	5:00pm	6:00pm
4	Saturday – Preliminaries	7:30am	9:00am
5	Saturday – Time Trials		2:00pm
6	Saturday – Finals	5:00pm	6:00pm
7	Sunday – Preliminaries	7:30am	9:00am
8	Sunday – Time Trials		2:00pm
9	Sunday – Finals	4:00pm	5:00pm

**EVENTS:** The meet will be swum in accordance with the accompanying schedule of events. This is a “no recall” meet. “Fly Over” starts will be used during the preliminary heats at the discretion of the meet management.

**TIME TRIALS:** Time Trials will be conducted for swimmers entered in the meet between the end of the preliminary session and the start of warm-ups for the final session. They will be conducted in accordance with current USA Swimming rules and regulations and the accompanying schedule of events. No Time Trials will be offered for the 800 and 1500 meter events. Any swimmer requesting a Time Trial must submit their request to the Meet Director by 10:00 am each day.

## MEET

### PERSONNEL:

Meet Director  
[Rodney Champagne](#)  
585 – 637 – 9128

Meet Referee  
[Dinesh Tyagi](#)  
585 – 223 - 8244

Meet Operations  
[Jim Bowen](#)  
607 – 564 - 9298

Meet Marshal Coordinator  
[Barb Paradis](#)  
315 – 446 – 8575

**OFFICIALS:** This meet has been approved by USA Swimming as an Officials Qualifying Meet for N2 and N3 certifications [QM09-005]. Anyone interested in officiating at this meet is welcome. Please contact [Rodney Champagne](#)

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## MARSHALS

**TIMERS:** Participating Niagara LSC clubs will be required to assist with marshaling and lane timing. Schedules will be provided in the Meet Program and posted at the pool.

Swimmers must provide their own timers and counters for the 800 and 1500 freestyle events.

**FORMAT:** The events will be competed in championship meet format. The top 24 preliminary qualifiers will come back for bonus finals, consolation finals and championship finals; with the following exceptions.

The top 8 preliminary qualifiers from the 50 meter freestyle will compete in the evening's championship final session in a 'Shoot-Out' format. In the shoot-out, the top eight qualifiers swim four one-on-one heats, with the winners meeting in two semi-final heats, then the winners of those semi-final heats competing in the 'Shoot-Out' final.

The 800 and 1500 meter freestyle events will be competed on a timed final basis, swimming fastest to slowest, alternating women-men. The fastest heat will compete in the evening championship final sessions. All relays will be competed on a timed final basis during the preliminary sessions, swimming fastest to slowest

A 'ready room' and athlete's parade with introductions will be used in finals.

**SCORING:** Championship scoring will be in effect for this meet.

Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, and 1

Relay events: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, and 2

**SEEDING:** The meet will be pre-seeded with the exception of the 400 meter Individual Medley and the 400, 800 and 1500 meter freestyle events. These events will be deck seeded with positive check-in required by 8:30 am each day. **The 400, 800 and 1500 meter freestyle events will be seeded fastest to slowest, alternating women and men.**

The seeding order is:

1. Long course meters
2. Short course meters
3. Short course yards

It is the swimmer's responsibility to be at the blocks when their event and heat is called. Failure to swim after positive check-in will result in disqualification from the meet.

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AWARDS: Meet cap for all participants.

High Point Award gift cards [merchandise only] for Top 8 Male and Female athletes:

First	\$150.00
Second	\$100.00
Third	\$75.00
Forth	\$50.00
Fifth	\$25.00
Sixth	\$25.00
Seventh	\$25.00
Eighth	\$25.00

'Shoot-Out' Award gift cards [merchandise only] for Male and Female athletes:

First	\$100.00
Second	\$50.00

ENTRIES:

1. Swimmers must be current athlete members of USA Swimming or their FINA member association.
2. A swimmer may only compete in three (3) individual events (including Time Trials) and one (1) relay per day. A swimmer may enter any number of individual events in which the qualifying time standard has been met. All entry times must be proven.
3. Relay swimmers must be qualified, entered and swim in at least one (1) individual event in the meet.
4. The qualifying period for this meet is January 1, 2008 through the entry deadline.
5. Entry times must be equal to or faster than the applicable National Age Group Motivational Time Standards shown in the accompanying schedule of events.
6. All individual entry times must be achieved within the qualifying period and be proven for that event through the SWIMS Database. No swimmer will be permitted to swim without said proof. The entry time should be the swimmer's best long course meter time. If the swimmer does not have an LCM qualifying time but is otherwise qualified to swim the event, then the entered time should be the swimmer's best SCY or SCM time.
7. No late entries will be accepted.
8. No deck entries will be permitted.
9. No entries will be accepted without a swimmer's current USA number or equivalent international athlete identification number.
10. Payment of entry fees and original signed waiver for such entries must be submitted by the entry deadline. Swimmers whose entry fees are unpaid will be barred from competition at the meet.

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## SWIMMERS WITH

A DISABILITY: Entries for swimmers with a disability should be handled in the following manner:

1. Enter the swimmer in the Hy-Tek database entry file.
2. List in the email accompanying the Hy-Tek entry file the name of the swimmer, the events that they wish to swim and the manner in which they prefer to be seeded (with a longer distance or with a different age group),
3. Provide any information about special accommodations needed by the swimmer. The final determination of seeding will be made by the Meet Referee after consultation with the swimmer and his/her coach.

## ENTRY

FEEES:                   \$ 7.50 per individual event  
                              \$ 10.00 per Time Trial event  
                              \$ 15.00 per relay event  
                              \$ 20.00 per Time Trial relay event  
                              \$ 5.00 surcharge per athlete

Club checks only – no personal checks

Checks should be made payable to:     **Niagara Swimming, Inc.**

## COMPUTER

ENTRIES:           The Niagara LSC has standardized on Hy-Tek's **Team Manager** and **Meet Manager** software. You must submit your entry file via e-mail. Be sure to include your name, email address and phone number. Live meet results will be posted on the Niagara web site during the course of the meet, with downloadable result files available upon conclusion of the meet.

## ENTRY

DEADLINE:       Hy-Tek 'Proof of Time' entry reports along with payment and signed Meet Entry Summary/Waiver form must be received no later than 6:00 pm on Friday, July 3, 2009. Mail or deliver entries to:

Mr. James Bowen  
586 Van Kirk Road  
Newfield, NY 14867

phone: 607 – 564 – 9298  
e-mail: [jl6@cornell.edu](mailto:jl6@cornell.edu)

**Please waive all signature delivery requirements**

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**RULES:** The meet will be conducted in accordance with the rules of USA Swimming and the Niagara LSC applicable to a pre-seeded, championship meet format. Niagara LSC guidelines for warm-up procedures in an eight-lane pool will apply.

**SCRATCH RULE:** Any swimmer qualifying for a Bonus, Consolation or Championship Final heat in an individual event who fails to compete in said Bonus, Consolation or Championship race shall be disqualified from further competition for the remainder of the meet except as noted below

1. The Referee is notified in the event of illness or injury and accepts proof thereof.
2. The swimmer qualifying for a Bonus, Consolation or Championship Final heat based on the result of preliminaries notifies the Referee within thirty (30) minutes after announcement of the qualifiers for that race, that he/she does not wish to compete in that specific Bonus, Consolation or Championship Final heat.
3. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.
4. In addition to being barred from competition for the balance of the meet, a swimmer who fails to properly scratch from an event falling on the swimmer's last day of the meet shall also pay a fine of \$25.00 for each such event.

**DECK ID:** Only swimmers, coaches, officials and meet personnel are allowed on deck. Coaches must wear their USAS or international equivalent ID, no exceptions.

**CONDUCT:** We are fortunate to be permitted to use the facilities of the University at Buffalo. Proper conduct on the part of all swimmers and spectators is expected at all times, and will be enforced by coaches, meet marshals, college officials and college security at all times. The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway and balcony area. Any swimmer found in an area designated out-of-bounds will be barred from participating in the remainder of the meet.

No food or glass containers are allowed in the pool and locker room areas. Misbehavior, vandalism and theft will not be tolerated and can result in being barred from participation in the meet. Swimmers may not dive off or swim under the bulkheads of the pool.

**PARKING:** Please use the designated parking lots of the University at Buffalo.

**DIRECTIONS:** Take I-90 west to I-290 west. Proceed **west on the I-290** (Youngmann Expressway) until **exit 5B, Millersport Highway north**. When you exit onto Millersport Highway, proceed through one traffic light (Flint Road intersection), past the Maple Road exit, and continue to either of the next two exits, the **Flint Entrance** or **Coventry Entrance** to University at Buffalo's North Campus.

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

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**HOTELS:** Mention the 'Niagara Long Course Classic' when making your reservation.

Courtyard Marriott  
4100 Sheridan Drive  
Amherst, NY 14221  
716-626-2300  
[Click here for their website](#)

Comfort Inn  
1 Flint Road  
Amherst, NY 14226  
716-688-0811  
[Click here for their website](#)

Hotel Indigo [formerly the Hampton Inn]  
10 Flint Road  
Amherst, NY 14226  
716-689-4414  
[Click here for their website](#)

Holiday Inn  
1881 Niagara Falls Blvd  
Amherst, NY 14428  
716-691-8181  
[Click here for their website](#)

Marriott Inn  
1340 Millersport Highway  
Amherst, NY 14226  
716-689-6900  
[Click here for their website](#)

Ramada Hotel [formerly the University Inn]  
2402 N. Forest Road  
Amherst, NY 14226  
716-636-7500  
[Click here for their website](#)

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## Order of Events for Friday

Friday Morning Preliminaries										
Female	LCM	SCM	SCY	Event Description		SCY	SCM	LCM	Male	
1	1:26.69	1:23.59	1:15.69	Open	100 Breaststroke	1:08.89	1:16.09	1:19.69	2	
3	2:27.19	2:23.99	2:10.39	Open	200 Freestyle	2:00.09	2:12.69	2:17.19	4	
5	1:14.19	1:13.29	1:06.29	Open	100 Butterfly	1:00.09	1:06.39	1:07.69	6	
7	2:47.29	2:42.49	2:26.99	Open	200 Individual Medley	2:15.09	2:29.29	2:35.89	8	
9	---	---	---	Open	800 Freestyle Relay	---	---	---	10	
11	10:37.09	10:26.49	11:55.89	Open	800 Freestyle	11:12.19	9:48.29	10:01.89	12	

Friday Afternoon Time Trials			
Female	Event Description		Male
101	Open	100 Breaststroke	102
103	Open	50 Breaststroke	104
105	Open	200 Freestyle	106
107	Open	100 Butterfly	108
109	Open	50 Butterfly	110
111	Open	200 Individual Medley	112
113	Open	800 Freestyle Relay	114
115	Open	400 Individual Medley	116
117	Open	50 Freestyle	118
119	Open	200 Breaststroke	120
121	Open	100 Backstroke	122
123	Open	50 Backstroke	124
125	Open	400 Freestyle	126
127	Open	400 Medley Relay	128
129	Open	200 Backstroke	130
131	Open	100 Freestyle	132
133	Open	200 Butterfly	134
135	Open	400 Freestyle Relay	136

Friday Evening Championship Finals										
Female	Event Description		Male							
11	10:37.09	10:26.49	11:55.89	Open	800 Freestyle	11:12.19	9:48.29	10:01.89	12	
1				Open	100 Breaststroke				2	
3				Open	200 Freestyle				4	
5				Open	100 Butterfly				6	
7				Open	200 Individual Medley				8	

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## Order of Events for Saturday

Saturday Morning Preliminaries									
Female	LCM	SCM	SCY	Event Description		SCY	SCM	LCM	Male
13	5:50.59	5:42.39	5:09.89	Open	400 Individual Medley	4:47.79	5:18.09	5:27.09	14
15	31.79	30.99	27.99	Open	50 Freestyle	25.29	27.99	28.79	16
17	3:05.69	2:59.89	2:42.79	Open	200 Breaststroke	2:30.09	2:45.89	2:54.29	18
19	1:16.29	1:13.59	1:06.59	Open	100 Backstroke	1:01.09	1:07.49	1:10.59	20
21	5:08.89	5:03.99	5:47.39	Open	400 Freestyle	5:24.29	4:43.79	4:50.19	22
23	---	---	---	Open	400 Medley Relay	---	---	---	24

Saturday Afternoon Time Trials		
Female	Event Description	Male
201	Open 400 Individual Medley	202
203	Open 50 Freestyle	204
205	Open 200 Breaststroke	206
207	Open 100 Backstroke	208
209	Open 50 Backstroke	210
211	Open 400 Freestyle	212
213	Open 400 Medley Relay	214
215	Open 200 Backstroke	216
217	Open 100 Freestyle	218
219	Open 200 Butterfly	220
221	Open 400 Freestyle Relay	222
223	Open 100 Breaststroke	224
225	Open 50 Breaststroke	226
227	Open 200 Freestyle	228
229	Open 100 Butterfly	230
231	Open 50 Butterfly	232
233	Open 200 Individual Medley	234
235	Open 800 Freestyle Relay	236

Saturday Evening Championship Finals				
Female	Event Description	Male		
13	Open 400 Individual Medley	14		
15	'Shoot Out' Quarter Finals	16		
17	Open 200 Breaststroke	18		
19	Open 100 Backstroke	20		
15	'Shoot Out' Semi Finals	16		
21	Open 400 Freestyle	22		
15	'Shoot Out' Finals	16		

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## Order of Events for Sunday

Sunday Morning Preliminaries									
Female	LCM	SCM	SCY	Event Description		SCY	SCM	LCM	Male
25	2:44.29	2:38.99	2:23.89	Open	200 Backstroke	2:12.39	2:26.29	2:31.29	26
27	1:08.59	1:07.09	1:00.79	Open	100 Freestyle	55.19	1:00.99	1:03.09	28
29	2:42.69	2:39.59	2:24.49	Open	200 Butterfly	2:13.39	2:27.39	2:30.59	30
31	---	---	---	Open	400 Freestyle Relay	---	---	---	32
33	20:28.39	19:51.99	19:58.89	Open	1500 Freestyle	18:47.99	18:41.39	19:13.39	34

Sunday Afternoon Time Trials									
Female	Event Description								Male
301	Open 200 Backstroke								302
303	Open 100 Freestyle								304
305	Open 200 Butterfly								306
307	Open 400 Freestyle Relay								308
309	Open 100 Breaststroke								310
311	Open 50 Breaststroke								312
313	Open 200 Freestyle								314
315	Open 100 Butterfly								316
317	Open 50 Butterfly								318
319	Open 200 Individual Medley								320
321	Open 800 Freestyle Relay								322
323	Open 400 Individual Medley								324
325	Open 50 Freestyle								326
327	Open 200 Breaststroke								328
329	Open 100 Backstroke								330
331	Open 50 Backstroke								332
333	Open 400 Freestyle								334
335	Open 400 Medley Relay								336

Sunday Evening Championship Finals									
Female	Event Description								Male
33	20:28.39	19:51.99	19:58.89	Open	1500 Freestyle	18:47.99	18:41.39	19:13.39	34
25	Open 200 Backstroke								26
27	Open 100 Freestyle								28
29	Open 200 Butterfly								30

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## 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 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 be modified by the meet Referee according to the needs of the meet.

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## Meet Entry Summary

Club Name \_\_\_\_\_ Club Code \_\_\_\_\_

Coaches Name \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Person submitting Entry \_\_\_\_\_ Phone \_\_\_\_\_

E-mail \_\_\_\_\_

Total Individual entries \_\_\_\_\_ X \$ 7.50 = \$ \_\_\_\_\_

Total Relay entries \_\_\_\_\_ X \$ 15.00 = \$ \_\_\_\_\_

Total Athlete Surcharge \_\_\_\_\_ X \$ 5.00 = \$ \_\_\_\_\_

Total Due \$ \_\_\_\_\_

Make checks payable to **Niagara Swimming, Inc.**

**Team checks only please !!**

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 Niagara Swimming, Inc., USA Swimming, and the University at Buffalo 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, parent or guardian

\_\_\_\_\_  
Date

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## Niagara Long Course Classic Records

1	Women 100 Breast	1:13.20	7/5/2008	Julie Calvert	Devilrays
2	Men 100 Breast	1:08.53	7/5/2008	Jake Fisher	FAST-NI
3	Women 200 Free	2:03.45	7/6/2007	Rachel Komisarz	LAK-KY
4	Men 200 Free	1:58.95	7/5/2008	Dan O'Connor	SYCH-NI
5	Women 100 Fly	1:01.13	7/6/2007	Rachel Komisarz	LAK-KY
6	Men 100 Fly	55.65	7/6/2007	Luke Weniger	UN-SE
7	Women 200 IM	2:23.54	7/5/2008	Sinead Russell	Dolphin Swimming
8	Men 200 IM	2:13.45	7/5/2008	Dan O'Connor	SYCH-NI
9	Women 4x200 Free Relay	8:44.38	7/5/2008	Dolphin Swimming J Baillie, M Biasutto, I Nat, S Russell	
10	Men 4x200 Free Relay	8:20.11	7/6/2007	Fairport Area Swim Team P Henahan, J Wood, R Henahan, T Winchell	
11	Women 800 Free	9:04.35	7/6/2007	Katelyn Martin	MAG-NE
12	Men 800 Free	8:30.14	7/5/2008	Dan O'Connor	SYCH-NI
13	Women 400 IM	4:57.03	7/7/2007	Laura Moriarty	MAG-NE
14	Men 400 IM	4:41.08	7/6/2008	Dan O'Connor	SYCH-NI
15	Women 50 Free	26.67	7/7/2007	Amanda Weir	SA-GA
16	Men 50 Free	23.60	7/7/2007	Neil Walker	TXLA-ST
17	Women 200 Breast	2:38.82	7/6/2008	Julie Calvert	Devilrays
18	Men 200 Breast	2:31.34	7/6/2008	Jake Fisher	FAST-NI
19	Women 100 Back	1:06.51	7/7/2007	Jenny Lewis	PACK-NI
20	Men 100 Back	57.43	7/7/2007	Neil Walker	TXLA-ST
21	Women 400 Free	4:24.57	7/7/2007	Marissa Dressel	TTSC-NI
22	Men 400 Free	4:09.65	7/8/2006	Josh Davis	UN-ST
23	Women 4x100 Medley Relay	4:31.19	7/6/2008	Burlington Aquatic Devilrays E Jarvis, J Calvert, L Delmar, T Gimon	
24	Men 4x100 Medley Relay	4:03.36	7/7/2007	Fairport Area Swim Team R Henahan, J Fisher, T Winchell, P Henahan	
25	Women 200 Back	2:23.53	7/8/2007	Erica Belcher	MAG-NE
26	Men 200 Back	2:06.00	7/9/2006	Josh Davis	UN-ST
27	Women 100 Free	58.64	7/9/2006	Carly Piper	WA-WI
28	Men 100 Free	51.52	7/8/2007	Neil Walker	TXLA-ST
29	Women 200 Fly	2:18.99	7/7/2008	Courtney Otto	STAR-NI
30	Men 200 Fly	2:09.19	7/7/2008	Mike Seiferth	JCCS-AM
31	Women 4x100 Free Relay	4:04.90	7/8/2007	Bay and Ocean State Squids K Haron, K Simmons, C Spinazzola, C Kaufman	
32	Men 4x100 Free Relay	3:40.97	7/7/2008	Fairport Area Swim Team W Brophy, J Wood, T Winchell, R Henahan	
33	Women 1500 Free	17:14.77	7/6/2007	Katelyn Martin	MAG-NE
34	Men 1500 Free	16:27.80	7/9/2006	Alex Meyer	ITAC-NI