

**STAR SWIMMING  
HOSTS THE  
KICK-OFF LONG COURSE A-B-C SWIM MEET  
Age Group and Senior**

**Friday, Saturday and Sunday  
JUNE 5 - 7, 2009**

**FLICKINGER AQUATIC CENTER  
Erie Community College, Buffalo, New York**

**SANCTION: NI0809-083S  
OPEN TO ALL ELIGIBLE U.S.S. AND S.N.C. SWIMMERS AND TEAMS  
8 & UNDER, 10 & UNDER, 11-12, 13-14 and SENIOR**

**POOL LOCATION:** 21 Oak Street, Buffalo, New York 14203

**FACILITIES:**

50 meter pool with continuous flow through gutters and Kieffer-McNeil lane dividers. Separate 25 yard six lane pool for continuous warm-up and warm-down. Colorado Electronic Timing System with flat wall touch pads, horn starts and scoreboard readouts.  
8 & Unders, 10 & Unders and 11-12 will swim in AM session  
13-14 and Senior will swim in PM session.

**SITE OF:**

1993 World University Games  
1997 Phillips 66 USS National Championships  
1998 USS Speedo Junior Championships - Long Course  
1999 USA Swimming Speedo Junior Championships - Short Course  
2000 USA Swimming Speedo Junior Championships - Short Course  
Numerous Sectional and Zone Meets Including SC & LC Zones In 2007

**MEET**

**DIRECTORS:**

**Brad Boyle**

**Cell:** 716-479-5040

email: boyleb@ecc.edu

**Karyn Bimber**

email: lkbimber@roadrunner.com

**MEET**

**MARSHALL:**

**RENEE WOLFE**

**HOTELS:** Hotel information is posted on the Star Swimming website at:  
<http://www.starswimming.org> **PLEASE RESERVE EARLY.**

**OFFICIALS:** Anyone interested in officiating at this meet is welcome. Please contact Larry Lichota - [uncleallbert@aol.com](mailto:uncleallbert@aol.com)

**TIMERS:** All timing provided by STAR Parents so you can enjoy your children's swim from the balcony spectator area. (Except for 800 Free)

**EVENTS:** The meet will be swum in accordance with the accompanying schedule of events.

**ENTRY RESTRICTIONS:**

1. No swimmer may enter more than five (5) individual events per day and a maximum of two (2) relays per day.
2. Enter with long course times. (You may convert yard times to LCM times for the purpose of your entry).
3. No late entries or phone entries will be accepted.
4. Meet Director reserves right to return entries in order to control the meet size
5. Deck entries will be taken at the meet if empty lanes are available. The cost for deck entries is \$5/event.

**ENTRY FEES:**

1. Individual Event - \$4.00
2. Relay Event - \$12.00
3. \$5.00 per swimmer surcharge is required.

Make checks payable in **US DOLLARS** to: **STAR SWIMMING, INC.**

Send Express Mail or FedEx with **signature waiver** to:

**BOB MATLACK (716-553-0570)**

**P.O. Box 523**

**HAMBURG, NEW YORK 14075**

**FAX TO: 716-857-6889 E-MAIL TO: bobmatlack@yahoo.com**

**ENTRY DEADLINE:** **ENTRY FORMS AND FEES must be received by 6 PM on May 29, 2009. This entry deadline will be strictly enforced, so that we have time to print the meet programs. Accuracy of master entry form is most important since the heat sheets and seeding will both be done from your master form. HyTek Meet Manager is the meet computer program. Entries by Team Manager export file are greatly appreciated.**

*If a hard-copy of an entry form is necessary, please contact entry chair for information.*

**\*\*\*\*\* ENTER EARLY AS THIS MEET FILLS EARLY EVERY SINGLE YEAR!**

**The ability to make entry changes will also depend upon available space,**

**so please make sure that your Initial entry Is accurate!!**

**Many events typically have every lane filled at this meet!**

**COACHES MEETING:** Saturday, June 6, 2009 at 8:15 AM and at other times as required.

**STARTING TIMES:**

	<u>Warm-up</u>	<u>Warm-up Ends</u>	<u>Start</u>
Friday	3:30 PM	4:50 PM	5:00 PM
Sat/Sun 12 & Under	7:00 AM	8:25 AM	8:30 AM
13 & Sat/Sun Open	12:30 PM	1:25 PM	1:30 PM

**SEEDING:** The meet will be **PRE-SEEDED** except for 800 Free which is positive check in. The meet Director also reserves the right to positive check in Friday night events as needed to control the length of the session. The 800 Free may be limited to top two heats of men and women. Submit proof of time for this event. Deck entries permitted only at the discretion of the Meet Director.

**SCORING:** Per 2009 U.S.S. Rulebook

**AWARDS:**

12 & Under:	A-B-C Individual:	Ribbons 1 - 3
	8 & Under:	Ribbons 1 - 8
	Relays:	Ribbons 1 - 3

**TEAM AWARDS:** 1ST, 2ND and 3RD

Each team must designate a representative to pick up and sign for all awards for their team. Awards should be picked up in the classroom across the hall - They will be in either room 111 or 113.

**PROGRAM:** Programs for the entire meet will be on sale for \$12.00. Admission \$2.00 per session, or \$3.00 per day. Balcony seating for 1200.

**PARKING:** Parking is available at Mike's Parking at the corner of Elm & Swan Street and at the Adam's Parking Ramp at the corner of Washington and North Division Street. Mike's Parking has attendants supervising parking from 1/2 hour before the start of warm-up through the last session of the day. The Adam's Parking Ramp offers free parking on weekends but is unsupervised

**CONDUCT:** Proper conduct at all times will be enforced by coaches, meet marshals, college officials and college security. ***ANY SWIMMER found in the gym or caught using the Emergency Exit door may be barred from the remainder of the meet without recourse.***

**DECK ID:** **ONLY SWIMMERS, COACHES AND MEET PERSONNEL ALLOWED ON DECK. ALL COACHES MUST WEAR 2009 ID.**

**Fly over starts will be used at this meet to help control meet duration.**

**ORDER OF EVENTS      12 & UNDER**

**WOMEN**

**MEN**

**FRIDAY, JUNE 5**

1	12 & Under 200 IM *	2
3	Open 400 IM	4
5	12 & Under 200 Free *	6
7	Open 400 Free	8

**SATURDAY, JUNE 6**

9	12 & Under 200 Breaststroke	10
11	8 & Under 50 Free	12
13	12 & Under 50 Free	14
15	12 & Under 100 Back	16
17	10 & Under 200 Free Relay	19
18	12 & Under 200 Free Relay	20
21	12 & Under 200 Back	22
23	8 & Under 50 Breast	24
25	12 & Under 50 Breast	26
27	12 & Under 100 Fly	28
29	10 & Under 400 Medley Relay	31
30	12 & Under 400 Medley Relay	32

**SUNDAY, JUNE 7**

33	12 & Under 200 Fly	34
35	8 & Under 50 Back	36
37	12 & Under 50 Back	38
39	8 & Under 100 Free	40
41	12 & Under 100 Free	42
43	10 & Under 200 Medley Relay	45
44	12 & Under 200 Medley Relay	46
47	12 & Under 100 Breast	48
49	8 & Under 50 Fly	50
51	12 & Under 50 Fly	52
53	10 & Under 400 Free Relay	55
54	12 & Under 400 Free Relay	56

\* In the 12 & Under Events - scoring and places will still be awarded by age group (10 & Under & 11-12)

**\*\* Please Note - as per the event numbers, the 10 & Under Girls Relays will be followed by the 12 & Under Girls Relays - then the boys relays will swim.**

## OPEN ORDER OF EVENTS

### WOMEN

### MALE

#### FRIDAY, JUNE 5

3	400 IM	4
7	400 Free	8

#### SATURDAY, JUNE 6

57	50 Free	58
59	200 Back	60
61	200 Free Relay	62
63	200 Free	64
65	100 Breast	66
67	200 Fly	68
69	200 IM	70
71	400 Medley Relay	72

#### SUNDAY, JUNE 7

73	100 free	74
75	100 Back	76
77	200 Medley Relay	78
79	200 Breast	80
81	100 Fly	82
83	400 Free Relay	84
	10 Minute Break	
85	800 Free	86

(The 800 Free may be limited to top two heats of men and women)

**The 800 Free will be swum fastest to slowest, alternating heats of women, then men.  
Meet Director reserves the right to swim 2 swimmers per lane during the 800 Free  
except for the top seeded heat.**

**2009 STAR KICK OFF LONG COURSE A-B-C MEET  
ENTRY RECAPITULATION**

TEAM \_\_\_\_\_ TEAM CODE \_\_\_\_\_  
COACH \_\_\_\_\_ TEL. NO. \_\_\_\_\_  
ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
E-MAIL ADDRESS \_\_\_\_\_  
CONTACT PERSON \_\_\_\_\_ TEL NO \_\_\_\_\_  
TEAM HOTEL \_\_\_\_\_ TEL NO \_\_\_\_\_  
(IN CASE OF EMERGENCY)

Women Individual Entries \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_  
Number of Women Swimmers \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_  
Men Individual Entries \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_  
Number of Men Swimmers \_\_\_\_\_ x \$5.00 = \$ \_\_\_\_\_  
Number of Relay Entries \_\_\_\_\_ x \$12.00 = \$ \_\_\_\_\_

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

MAKE CHECKS PAYABLE IN **US DOLLARS** TO "**STAR SWIMMING**"

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

MAIL, POSTAL EXPRESS OR FED EXPRESS WITH **SIGNATURE WAIVER** TO:

**BOB MATLACK (716-553-0570)**

**P.O. Box 523**

**HAMBURG, NEW YORK 14075**

**FAX TO: 716-857-6889 E-MAIL TO: bobmatlack@yahoo.com**

ENTRY FEE CHECK MUST ARRIVE THREE (3) DAYS FROM DATE OF FAX.

ENTRIES NOT COMPUTERIZED UNTIL ALL ENTRY FEES ARE PAID.

**ENTRIES CLOSE 6 PM, May 29, 2009 (Strictly Enforced)**

RESULTS ARE AVAILABLE IN DISK OR HARD COPY FORMAT.

IF DISK, NO CHARGE. IF HARD COPY, THERE IS A \$10.00 POSTAGE AND HANDLING CHARGE. PLEASE INDICATE YOUR CHOICE.

DISK OR EMAIL \_\_\_\_\_ (Free)    HARD COPY \_\_\_\_\_ (\$10.00)

*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 Star Swimming, Inc., Niagara Swimming, Inc., USA Swimming, and the Erie Community College 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.*

\_\_\_\_\_  
Date

\_\_\_\_\_  
Signature of club official, parent or guardian

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