

NIAGARA DISTRICT SHORT COURSE SUMMER SIZZLER

July 30th – 31 , 2010

Hosted by the Fairport Area Swim Team

Niagara District Sanction # NI0910-120S
Held under the Sanction of USA Swimming

DATES: Friday thru Saturday, July 30 – 31st, 2010

LOCATION: Webster Aquatic Center 875 Ridge Road, Webster, N.Y.

<u>SESSIONS:</u>	<u>Day</u>	<u>Warm-up Time</u>	<u>Meet Start Time</u>	
1	Friday PM	4:00 PM	5:00 PM	ALL
2	Sat AM	9:00 AM	9:45 AM	12 & Under
3	Sat PM	12:30 PM*	1:30 PM*	OPEN

(* indicates times subject to change)

EVENTS: The meet will be swum in accordance with the accompanying schedule of events. This is a “no recall” meet. Prepare for flyover starts. The competition course has been certified with USA Swimming and is on file. Depending on entries, either an 8 or 10 lane 25 yd. course will be used.

MEET DIRECTOR

Marci Callan

**mcallan@fairportswimming.
com**

OFFICIALS

Pete Koenig

pkkoenig57@gmail.com

MEET MARSHALL

Sandy Palmer

*****Please direct all correspondence or questions to Marci Callan. Please direct questions regarding OFFICIATING ONLY to Pete Koenig*****

OFFICIALS: Anyone interested in officiating at this meet is welcome. Please contact Pete Koenig pkkoenig57@gmail.com

TIMERS: Participating clubs will be required to assist with lane timing for all sessions. Schedules will be provided in the Meet Program and posted at the pool.

Swimmers must provide their own timers and counters for the 1000 and 1650 freestyle events.

FORMAT: This will be timed finals mixed gender.

SEEDING: The meet is pre-seeded with the exception of the 400-yard Individual Medley and the 500, 1000 and 1650-yard Freestyle events. These events will be deck seeded with positive check-in required by the end of the warm-up period for that session. 1000 and 1650 will be swum fastest to slowest.

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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.

AWARDS: Each participant will receive a meet cap or gift.

ENTRIES: 1. Swimmers may swim five (5) individual events per day and 1 relay.
2. No late entries will be accepted.
3. Deck entries will be permitted at the discretion of the meet director.
4. No entries will be accepted without a swimmer's current USA number.
5. 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.**

ENTRY

FEES: \$ 3.50 per individual event
\$ 12.00 per relay
\$ 5.00 deck fee per swimmer
Club checks only – no personal checks

Checks should be made payable to: **Fairport Swimming Inc.**

ENTRIES: The Niagara District has standardized on Hy-Tek's **Team Manager** and **Meet Manager** software. Please submit your **Commlink** entry file by e-mail. Be sure to include your name and phone number in case a hard copy of your entries is needed.

ENTRY

DEADLINE: Entries with payment and signed meet summary/waiver form must be received no later than Monday, July 26th, 2010. **No certified mail please:**

Deborah Burke

17 Columbia Court

Fairport, N.Y. 14450

dburke1@rochester.rr.com

RULES: The meet will be conducted in accordance with the rules of USA Swimming and Niagara District LSC applicable to a pre-seeded, timed final meet format.

Niagara District guidelines for warm-up procedures in a eight/ten-lane pool will apply.

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- DECK ID:** Only swimmers, coaches, officials and meet personnel are allowed on deck. Coaches must wear the USAS ID, no exceptions.
- CONDUCT:** We are fortunate to be permitted to use the facilities at Webster Aquatic Center. Proper conduct on the part of all swimmers and spectators is expected 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.
- PROGRAMS:** Programs for the meet will be on sale.

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Order of Events

Friday Session 1

Warm-up 4:00 PM - 5:00 PM

1. OPEN 400 IM
2. 9 + under 100 Free
3. 12 + under 200 Free
4. OPEN 200 Free
5. 9 + under 50 Back
6. 12 + under 100 Back
7. OPEN 100 Back
8. 9 + under 50 Breast
9. 12 + under 100 Breast
10. OPEN 200 Breast
11. 9 + under 50 Fly
12. 12 + under 100 Fly
13. OPEN 100 Fly
14. 12 + under 200 IM
15. OPEN 1650 Free (no 10 + unders)

Saturday Session 2

Warm-up 9:00 AM - Meet Start 9:45 AM

16. 9 + under 25 Free
17. 12 + under 50 Free
18. 9 + under 25 Back
19. 12+ under 50 Back
20. 9 + under 25 Breast
21. 12 + under 50 Breast
22. 9 + under 25 Fly
23. 12 + under 50 Fly
24. 12 + under 100 IM
25. 9 + under 100 free
26. 12 + under 100 Free
27. 9 + under 100 Free Relay
28. 12 + under 200 Free Relay

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Saturday Session 3 Warm-up 12:30 PM - Meet Start 1:30 PM *

29. OPEN 200 IM
30. OPEN 100 Free
31. 13-14 100 Back
32. OPEN 200 Back
33. OPEN 500 free
34. OPEN 100 Breast
35. OPEN 50 Free
36. 13-14 100 Fly
37. OPEN 200 Fly
38. 13-14 200 Free Relay
39. OPEN 200 Free Relay
40. OPEN 1000 Free (no 8 + unders)

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 ten-lane pool, each lane shall be scheduled as follows:
 - a. Lanes 1,2 & 7,8 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
 - b. Lanes 3 & 6 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 - c. Lanes 5 & 4 general warm-up only (as above) **NO DIVING**.

Important Points For Specific Warm - Up Period

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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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Please return with your entry grids or HY-TEK diskette.

Club Name _____ Club Code _____

Coaches Name _____ Phone _____

E-mail _____

Person submitting Entry _____ Phone _____

E-mail _____

Address for meet results _____

Total number of individual entries _____ X \$ 3.50 = \$ _____

Total number Relays _____ X \$ 12.00 = \$ _____

Total number of swimmers _____ X \$ 5.00 = \$ _____

Total Due \$ _____

Make checks payable to **Fairport 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 Fairport Swimming, Inc., USA Swimming, Niagara Swimming and the Webster Aquatic Center ,Webster Central School District 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