

2014-2015 Niagara Swim League Championships
March 7-8, 2015

Held under the sanction of USA Swimming **SANCTION# -- NI1415-054**

THIS MEET IS OPEN TO NIAGARA SWIM LEAGUE MEMBERS ONLY.

Date: Saturday, March 7, 2015 Prelims
Sunday, March 8, 2015 (500 Free Events and ALL other Final events)

Location: Fredonia State Natatorium, Varsity Drive, Fredonia NY 14063

Facilities: One 25 yard, 8 lane indoor pool equipped with diving well for continuous warm-up/ cool down, Colorado Timing System, with flat wall touch pads & electronic starts. The pool has an 8-lane scoreboard. Ample Balcony seating, Atrium viewing area and parking are available. Swim merchandise and food concessions will be available throughout the meet. The competition course has not been certified in accordance with 104.2.2C (4). Pool depth from the start end at 1m is 7 feet, Start End at 5 m is 6 feet, Turn End at 1 m is 3.5 feet, and Turn End at 5 m is 4.5 feet (202.4.9C).

Parking: Free parking

Meet Start Times:

Saturday-Prelims

Session 1: 7:30AM Warm up 8:30AM Start – **Ages-8&Under, 9-10, Boys 11-12**

Session 2: 12:30 PM Warm up 1:30 PM Start – **Ages-Girls 11-12, 13-14, 15-18**

Session 3: Sunday – 500 free Events (#55-60) 9:30 AM Warm-up 10:00 AM start Timed Finals

Session 4: Sunday-Finals (**all top 16 finalists**) 11:00 AM Warm up 12:00 PM Start

Meet Format: **ALL 8 & UNDERS WILL BE TIMED FINALS EVENTS.** All relays and 500-yard individual events will be swum as timed final events. ALL other events will be swum as preliminary and finals.

Meet Contacts Meet Director

Mike Nowicki
42 Vanderbilt Ave.
Depew, New York 14043
Home 716-684-6438
mike@cheekrays.com

Meet Entries

Joann Nowicki
42 Vanderbilt Ave.
Depew, NY 14043
Home 716-684-6438
mike@cheekrays.com

Meet Referee

Glenn Kerwin (PHNS)

Officials: NISL officials are encouraged to officiate this meet. Any individual interested in officiating at this meet should contact **Ann Masood** at masoodaj@stny.rr.com at **716-673-6893**

Meet Marshall: Gina Drummond (HHSC)

Administrative Official: Kelly Lynch (GVST), Tammy Cline (PHNS)

Timers: ALL participating clubs will be required to provide timers at each session. A schedule of timing assignments will be posted. Failure to provide timers will make that clubs participating swimmers ineligible for points or awards. In addition, a \$25.00 fine will be levied against teams whose timers are not prepared on time. **Swimmers in the 500 Free must supply their own Timers.**

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Entry

- Restriction:**
1. Swimmers may enter and swim no more than three (3) individual events and two (2) relay events for the meet.
 2. There can be Relay ONLY swimmers and they must be listed on the team entry form and pay the Deck fee.
 3. Entry times submitted must be **actual best times**. All times will be proved through the SWIMS Database. Acceptable proof of time can be obtained at a USA Swimming sanctioned meet, an approved meet, or for an observed swim.
 4. Entry times must be equal to or faster than the applicable Niagara Swim League Championship Time Standards. The only exception to this rule is for an event formally designated as a bonus event.
 5. **BONUS EVENT** - Swimmers achieving only one Championship time are allowed to enter one bonus event. If a swimmer has two cuts they can enter 1 bonus event.
 6. No late entries will be accepted.
 7. No deck entries will be permitted.
 8. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
 9. Age of swimmer on the first day of competition determines eligibility.
 10. Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
 11. No entries will be accepted without a swimmer's current USA number.
 12. 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.
 13. 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. The fine applies either when the athlete is unregistered or has not properly transferred registration.

It is the Coach / Entry Person's responsibility to check the accuracy of their club's entries. Entries that do not meet the applicable time standards, Bonus criteria or exceed the entry limit WILL BE DELETED WITHOUT NOTIFICATION!!!

Entry Fees: Individual Events	\$ 3.00/event
Relay Events	\$10.00/relay
Deck Fee	\$ 3.00/swimmer (including 'relay only' swimmers)

Make checks payable to the NIAGARA SWIM LEAGUE

Send Entries to:

Joann Nowicki, 42 Vanderbilt Ave. Depew New York 14043-2719 or Computer Program: HYTEK MEET MANAGER Standard. PLEASE ENTER WITH HYTEK TEAM MANAGER. Email: mike@cheekrays.com

Entry Deadline:

Completed grids or an entry disk must be submitted by 9:00 P.M. on **Sunday, MARCH 1, 2015** late entries will be accepted or returned in whole. Meet management retains the right to keep the meet within a timeline.

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Seeding: The meet will be pre-seeded. However, there will be a positive check in for the 500 freestyles on Sunday by 9:45 AM (Swimmers (or their Coach) must check in).

Awards:

Individual Events	Trophies	1 st – 3 rd
	Medals	4 th – 6 th
	Ribbons	7 th – 16 th
Relay Events	Trophies	1 st place only.
	Medals	2 nd & 3 rd
	Ribbons	4 th – 8 th

Scoring: Individual Events: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1

Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

Only top 2 Relays (Relay A & B) will count toward point total

Team Scoring: top 6 teams are in Division AAA, middle 5 in Division AA, smallest 5 teams in Division A all based on actual registered swimmers (as of January 25, 2015 numbers).

Team Awards: 1st Place trophies will be a rotating trophy called the “Swimmer’s Cup.”

** Each division’s winning team will need to bring the trophy back the following year.

Programs: A meet program will be available both sessions. Prelims \$10.00 the finals program will be \$5.00 and be available prior to and during the finals session

Conduct: Coaches, Host Club parents & Meet Marshals will enforce proper conduct at all times. Swimmers found in restricted areas will be disqualified from the remainder of the meet. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. They are banned from behind the blocks during the entire meet, including warm-up, competition and cool down periods. Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event

Deck ID: Only Swimmers, Coaches, Officials, and Meet Personal allowed on deck.

Coaches and Officials must wear their U.S.A. Swimming ID No Exceptions!!

Meetings: **Coaches:** 30 minutes prior to start on Saturday & Sunday Finals and as needed

Officials: 45 minutes prior to all session start times.

Scratches: Niagara LSC Swimming’s Scratch Rule is in effect for this meet (referenced below). **Scratches MUST BE MADE BY THE COACH**, swimmers may not scratch themselves from an event.

Niagara LSC Swimming’s SCRATCH RULE:

Any swimmer qualifying for a Consolation or Championship Final heat in an individual event who fails to compete in that Consolation or Championship race shall be disqualified from further competition for the remainder of the meet (except as noted below).

Exceptions for failure to compete - no penalty shall apply if:

- The Referee is notified in the event of illness or injury and accepts proof of same.
- The swimmer qualifying for a Consolation or Championship Final heat formally scratches from the finals within thirty (30) minutes after announcement of the qualifiers for finals.
- It is determined by the Referee that failure to compete is caused by a circumstance beyond the control of the swimmer.

Penalty for Violation

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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 swimmers last day of the meet shall also pay a fine of \$ 25.00 for each missed finals event.

Rules: This meet will be swum in accordance with USA Swimming and Niagara LSC Rules and Regulations for pre-seeded championship meets. In addition, Niagara LSC guidelines for warm up in an eight-lane pool will apply.

VOLUNTEER ASSIGNMENTS (PROPOSED)

This meet is being run as a cooperative effort between the member teams of the Niagara Swim League. As such, each team will be required to provide timers and other volunteers as needed. If your volunteer assignments are not met that teams swimmers for the period of time of announcing a missing volunteer to the time the position is filled ALL their swimmers will not count for points toward their team's point total. The following team assignments will apply:

FKVL	Announcer
GVST	Awards Purchase
GVST/SAAC	Awards Distribution
TWST	Head Timer (and Asst. Timer on opposite side of starting end of pool)
EDEN	Program Sales (Prelim & Finals)
HAMB	Clerk of Course for Saturday
HHSC	Hospitality Saturday and Sunday
<i>HHSC, STAR, EAST, GISC, EDEN, TWST (as Asst. Head Timer), HAMB, NCRC, FKVL, AAAC, EMAC, SWAT, SAAC all need a Marshal and a Runner throughout meet.</i>	
EAST	Consignment Order and Organizing volunteers at swim shop table
EAST	Assistant Meet Director – Kelly Lynch (GVST)
SAAC/HHSC	Meet Set-up
STAR	Scratch Table
SWAT/EMAC	Clean-up

TIMERS:

In addition, the following timing assignments will apply for **the Prelims events sessions 1 and 2. THIS LINE UP WILL ALSO BE IN PLACE FOR FINALS.** Final lineup of timers will be sent out a few days before the meet by Mike Nowicki after he receives all team entries.

PRELIMS TIMER LINEUP FOR SESSION 1

TWO PEOPLE PER LANE EACH TEAM

Lane	1	2	3	4	5	6	7	8
	EAST	TWST	HAMB	SWAT	EMAC	EDEN	GVST	TTAC
	STAR	TWST	HHSC	FKVL	AAAC	EDEN	GVST	SAAC

PRELIMS TIMER LINEUP FOR SESSION 2

TWO PEOPLE PER LANE EACH TEAM

Lane	1	2	3	4	5	6	7	8
	EAST	GISC	HAMB	SWAT	FKVL	AAAC	TWST	STAR
	GWST	GISC	HHSC	SWAT	EDEN	EMAC	TWST	TTAC

FINALS TIMER LINEUP FOR SESSION 3

ONE PERSON FROM EACH TEAM

Lane	1	2	3	4	5	6	7	8
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EAST GISC HAMB SWAT FKVL AAAC TWST STAR
 GVST GISC HHSC SWAT EDEN EMAC TWST GWST

DIRECTIONS FROM BUFFALO VIA I-90

TAKE I -90 TO EXIT 59 DUNKIRK & FREDONIA.

AFTER TOLL BOOTH CONTINUE STRAIGHT UNTIL YOU COME TO A "T" INTERSECTION WITH CENTRAL AVE.

TURN LEFT ONTO CENTRAL AVE. TURN RIGHT INTO CAMPUS AT SUNY FREDONIA SIGN.

TURN RIGHT ON RING RD.

TAKE RING ROAD TO VARSITY DRIVE.

TAKE A LEFT ON VARSITY DRIVE TO DODS AND STEELE HALL ATHLETIC COMPLEX.

DIRECTIONS FROM JAMESTOWN

TAKE I- 86 (FORMERLY RT. 17 SOUTHERN TIER EXPRESSWAY) TO ROUTE 60 NORTH EXIT "JAMESTOWN".

REMAIN ON RT. 60 NORTH UNTIL YOU REACH THE INTERSECTION OF RTS. 60 & 20 IN FREDONIA, ABOUT 25
 MILES

TURN LEFT ON RT.20 AND PROCEED TO TEMPLE/WATER STREET.

TURN RIGHT ON TEMPLE ST.

TURN RIGHT AT 2nd TRAFFIC LIGHT ONTO CENTRAL AVE.

TURN LEFT INTO CAMPUS AT SUNY FREDONIA SIGN.

TURN RIGHT ON RING RD.

TAKE RING ROAD TO VARSITY DRIVE.

TAKE A LEFT ON VARSITY DRIVE TO DODS AND STEELE HALL ATHLETIC COMPLEX.

2014-2015 TEAM SIZES AS OF 1/25/2015

<u>2012</u>	<u>Reg. Swim.</u>	<u>Div. '12</u>	<u>Div. '13</u>	<u>Reg. Swim.</u>	<u>Div. '13</u>	<u>2014</u>	<u>Reg. Swim.</u>	<u>Div. '14</u>	<u>2015</u>	<u>Reg. Sw.</u>	<u>Div. '15</u>
AAAC	37	A	AAAC	38	A	AAAC	37	A	AAAC	33	A
EAST	101	AAA	EAST	169	AAA	EAST	107	AAA	EAST	103	AAA
EMAC	64	AAA	EMAC	58	AA	EMAC	49	AA	EMAC	50	AA
FKVL	30	A	FKVL	34	A	FKVL	48	A	FKVL	40	A
GISC	1	AA	GISC	39	A	GISC	49	AA	GISC	45	AA
GVST	55	A	GVST	72	AA	GVST	76	AA	GVST	78	AAA
GWST	14	A	GWST	48	A	GWST	45	A	GWST	40	A
HAMB	91	AA	HAMB	73	AA	HAMB	72	AAA	HAMB	79	AAA
HHSC	62	AA	HHSC	64	AA	HHSC	81	AA	HHSC	85	AAA
			NCRC	0	NA	PHNS	169	AAA	PHNS	93	AAA
EDEN	113	AAA	EDEN	121	AAA	SAAC	33	A	SAAC	36	A
SAAC	41	A	SAAC	33	A	SWAT	55	AA	SWAT	45	AA
SWAT	77	AA	STAR	42	A	STAR - J	39	A	STAR-J	25	A
STAR - J	40	A	SWAT	62	AA	NCRC	47	AA	NCRC	52	AA
TTAC	60	AA	TTAC	58	AA	TTAC	0	NA	TTAC	60	AA
TWST	184	AAA	TWST	198	AAA	TWST	193	AAA	TWST	195	AAA
TOTAL	970		TOTAL	1109		TOTAL	1100		TOTAL	864	

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Liability Waiver and Financial Summary
Held under the sanction of USA Swimming
Sanction Number: #NI1415-054

Club Name: _____ Club Code: _____
Coach Name: _____ Coach Phone: _____
Coach Email: _____
Entry Submitter: _____ Phone: _____
Email: _____

Number of Swimmers _____	X	\$3.00	_____
Individual Entries _____	X	\$3.00	_____
Relay Entries _____	X	\$10.00	_____
		TOTAL DUE	_____

Make Checks Payable to **NIAGARA SWIM LEAGUE**. Club Checks only!

This form must be submitted along with full payment to be considered a complete entry. Mail to

Joann Nowicki
42 Vanderbilt Ave.
Depew, New York 14043-2719

DO NOT send entries by REGISTERED MAIL and/or SIGNATURE FOR DELIVERY

As a condition of entry into this meet, I/We understand and agree that USA Swimming, Niagara Swim League Meet Management, USA Swimming, Niagara LSC Swimming, Fredonia State College, New York State SUNY, or the City Of Fredonia shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. (202.4.9K)

Signature of Club Official/Coach/Authorized representative

Name and address of person submitting entry:

Phone #- _____

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Niagara LSC 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:
 - Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle Swimming only.
 - Lanes 2 & 7 racing start only. Swim one length only. All swimmers begin at the starting end of the Pool.
 - 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.
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 backstroke 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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Order of Events Session: 1 7:30AM Warm-up 8:30AM Start
2014-2015 Cut -Times

Cut -Time	Girls #	Event	Boys #	Cut-time
NT	1	8 & Under 100 yd. Medley Relay	2	NT
NT	3	10 & Under 200 yd. Medley Relay	4	NT
		11-12 200 yd. Medley Relay	6	NT
:55.00	7	8 & Under 50 yd. Freestyle	8	01:02.00
:39.00	9	9-10 50 yd. Freestyle	10	: 41.00
		11-12 50 yd. Freestyle	12	:36.00
02:20.00	13	8 & Under 100 yd. IM	14	02:20.00
01:44.00	15	9-10 100 yd. IM	16	01:48.00
		11-12 200 yd. IM	18	03:10.00
		11-12 200 yd. Freestyle	20	02:45.00
01:00.00	21	8 & Under 50 yd. Backstroke	22	01:11.00
:48.00	23	9-10 50 yd. Backstroke	24	:52.00
		11-12 100 yd. Backstroke	26	01:32.00
NT	27	8 & Under 200 yd. Freestyle Relay	28	NT
NT	29	9-10 200 yd. Freestyle Relay	30	NT
		11-12 200 yd. Freestyle Relay	32	NT
01:25.00	33	8 & Under 50 yd. Breaststroke	34	01:25.00
:53.00	35	9-10 50 yd. Breaststroke	36	:54.00
		11-12 100 yd. Breaststroke	38	1:40.00
01:25.00	39	8 & Under 50 yd. Butterfly	40	01:10.00
:52.00	41	9-10 50 yd. Butterfly	42	:51.00
		11-12 100 yd. Butterfly	44	01:30.00
02:00.00	45	8 & Under 100 yd. Freestyle	46	02:00.00
1:29.00	47	9-10 100 yd. Freestyle	48	01:30.0
		11-12 100 yd. Freestyle	50	01:17.00

8 & UNDERS ARE TIMED FINALS

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**Order of Events Session: 2 12:30PM Warm-up 1:30PM Start
2014-2015 Cut –Times**

Cut-time	Girls#	Event	Boys #	Cut-time
NT	51	11-12 200 yd. Medley Relay		
NT	53	13-14 200 yd. Medley Relay	54	NT
NT	55	15-18 200 yd. Medley Relay	56	NT
:35.00	57	11-12 50 yd. Freestyle		
:33.50	59	13-14 50 yd. Freestyle	60	:36.00
:33.00	61	15-18 50 yd. Freestyle	62	:32.00
03:15.00	63	11-12 200 yd. IM		
03:05.00	65	13-14 200 yd. IM	66	02:55.00
02:52.00	67	15-18 200 yd. IM	68	02:48.00
02:48.00	69	11-12 200 yd. Freestyle		
02:42.00	71	13-14 200 yd. Freestyle	72	02:35.00
02:36.00	73	15-18 200 yd. Freestyle	74	02:32.00
01:30.00	75	11-12 100 yd. Backstroke		
01:27.00	77	13-14 100 yd. Backstroke	78	01:30.00
01:23.00	79	15-18 100 yd. Backstroke	80	01:20.00
NT	81	11-12 200 yd. Freestyle Relay		
NT	83	13-14 200 yd. Freestyle Relay	84	NT
NT	85	15-18 200 yd. Freestyle Relay	86	NT
01:38.00	87	11-12 100 yd. Breaststroke		
01:34.00	89	13-14 100 yd. Breaststroke	90	01:33.00
01:30.00	91	15-18 100 yd. Breaststroke	92	01:27.00
01:32.00	93	11-12 100 yd. Butterfly		
01:25.00	95	13-14 100 yd. Butterfly	96	01:24.00
01:22.00	97	15-18 100 yd. Butterfly	98	01:19.00
01:16.50	99	11-12 100 yd. Freestyle		
01:11.00	101	13-14 100 yd. Freestyle	102	01:20.00
01:12.00	103	15-18 100 yd. Freestyle	104	01:09.00

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ORDER OF FINALS – Session 3

9:30AM Warm-up 10:00 AM start for 500 Swimmers

2014-2015 Cut –Times

**** 500 FREE SWIMMERS MUST SUPPLY OWN TIMER AND COUNTER****

08:00.00	105	11-12 500 yd. Freestyle	106	08:00.00
06:55.00	107	13-14 500 yd. Freestyle	108	07:20.00
06:52.00	109	15-18 500 yd. Freestyle	110	07:20.00

ORDER OF FINALS – Session 4

11:00AM Warm-up 12:00 PM start

Girls #	Event	Boys #
9	9-10 50 yd. Freestyle	10
57	11-12 50 yd. Freestyle	12
59	13-14 50 yd. Freestyle	60
61	15-18 50 yd. Freestyle	62
15	9-10 100 yd. IM	16
63	11-12 200 yd. IM	18
65	13-14 200 yd. IM	66
67	15-18 200 yd. IM	68
69	11-12 200 yd. Freestyle	20
71	13-14 200 yd. Freestyle	72
73	15-18 200 yd. Freestyle	74
23	9-10 50 yd. Backstroke	24
75	11-12 100 yd. Backstroke	26
77	13-14 100 yd. Backstroke	78
79	15-18 100 yd. Backstroke	80
35	9-10 50 yd. Breaststroke	36
87	11-12 100 yd. Breaststroke	38
89	13-14 100 yd. Breaststroke	90
91	15-18 100 yd. Breaststroke	92
41	9-10 50 yd. Butterfly	42
93	11-12 100 yd. Butterfly	44
95	13-14 100 yd. Butterfly	96
97	15-18 100 yd. Butterfly	98
47	9-10 100 yd. Freestyle	48
99	11-12 100 yd. Freestyle	50
101	13-14 100 yd. Freestyle	102
103	15-18 100 yd. Freestyle	104