

KIWANIS/EAST AURORA OPEN SWIM MEET

Slower Than "A"

Sunday, November 6, 2011

Held under the Sanction of USA Swimming

Held under Sanction # NI 1112-0145

Sponsored by

EAST AURORA SWIM TEAM

LOCATION: East Aurora High School
1003 Center Street
Corner of Center and Sweet
South of the village of East Aurora

TIME: AM Session 8 & Under, 11-12: 7:30 a.m. warm-up, 8:30 a.m. start
PM Session 9-10, 13 and older: warm-up starts **no earlier than 11:30 a.m.**

FACILITY: Six-lane 25 yard pool, Kiefer lane lines, Daktronics Electronic Timing System, computer scoring and 6 lane scoreboard readouts. The competition course has not been certified in accordance with 104.2.2C(4).

<u>MEET PERSONNEL:</u>	<u>Meet Director:</u>	<u>Meet Marshal</u>	<u>Meet Referee</u>
	Marisa Atendido 537 Fillmore Ave EA, NY 14052 (716) 655-5797 <i>matendido@tpna.com</i>	Lee Atendido 537 Fillmore Ave East Aurora, N.Y. 14052 (716) 652-5797	Ann Masood

OFFICIALS: USA Swimming Certified Officials are invited to help. Please contact Colin Adams to volunteer. (716) 652-0403 or sneakerc@rochester.rr.com

RULES: 2011 USA Swimming and Niagara District Rules and Regulations will govern this meet. District warm-up guidelines will be followed.

ENTRIES:

1. This is a No-Recall Timed Final Meet.
2. No swimmer may enter more than **(5) individual events** and **(2) relays**.
3. Age on the first day of the meet determines the swimmers eligibility.
4. No entry will be accepted without a current U.S.A. Swimming number.
5. The total number of entries will be limited to approximately **1400** so please enter early.
6. The hosting club will provide a Clerk of Course for the duration of the meet.
7. Appropriate fees, signed summary sheet and release form must accompany entries.
8. Deck entries will be considered at the discretion of the Meet Director.

**** Please note: As per Niagara District guidelines, an exception report will be posted on the Niagara District website (www.niagaraswim.org) prior to the meet. Coaches are responsible for checking this report. Any swimmer appearing on the exception report will be required to present a valid U.S.A. Swimming card the day of the meet. Failure to present this card will make the swimmer ineligible to participate in the meet.****

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 \$100.00 per athlete, per such meet. The fine applies either when the athlete is unregistered or has not properly transferred registration.

COMPUTER PROGRAM: Hytek Meet Manager
Please submit entries by Commlink file.

ENTRIES: Anna Davidson *davidson_anna@yahoo.com*
140 Geneva
East Aurora, NY 14052
716) 655-4157

DEADLINE: All entries must be received by **Friday, October 28th, 2011.**
Late entries accepted at discretion of meet director

<u>ENTRY FEES:</u>	Deck Fee	\$5.00/swimmer
	Individual Event	\$3.50/event
	Relay Events	\$12.00/relay

Please make team check out to "East Aurora Swim Team". **Club Checks Only Please! (No personal checks for entries – unless Unattached) No refunds.** All fees and release forms must be received before start of meet.

AWARDS: Individual Events: Medals 1-3, Ribbons 4-12
Relays: Medals 1st, Ribbons 2-3
Heats: Ribbon for 1st
Speeding tickets will be issued to those who swim "A" times or faster.
Team Awards 1st and 2nd place, large team, small team

TIMERS: East Aurora Swim Team will provide timers for the duration of the meet.
Visiting parents are invited to volunteer to time.

CONCESSION: A concession stand will be available for the duration of the meet. A separate coach/official hospitality room will also be provided.

PROGRAM: Meet Programs will be available for \$5.00.

CONDUCT: Coaches, parents, and Meet Marshals will enforce proper conduct at all times.

DECK ID: Only swimmers, coaches, officials, and meet personnel will be allowed on deck.
Coaches and officials must wear their U.S.A. Swimming ID. NO EXCEPTIONS!

***COACHES MEETING:** There will be a coach's meeting the morning of the meet at 8:00 a.m. in the Clerk of Course.

***OFFICIALS MEETING:**
There will be an official's meeting 30 minutes prior to each session in the Hospitality Room.

**A Hospitality Room will be provided for all coaches and officials with breakfast and lunch.*

Competition Teamwear's Deep End will be selling competitive swimwear and supplies

**KIWANIS/EAST AURORA OPEN MEET
ORDER OF EVENTS
November 6, 2011**

Morning Session: 7:30 a.m. warm-up

GIRLS

BOYS

8 & Under

3	NT	100 Free Relay	NT	4
7	NT	25 Yard Free	NT	8
11	NT	25 Yard Breaststroke	NT	12
15	NT	25 Yard Fly	NT	16
19	32.19	50 Yard Free	31.59	20
23	NT	25 Yard Backstroke	NT	24
27	1:22.59	100 Yard I.M.	1:21.09	28
31	NT	100 Medley Relay	NT	32

Event	<i>Time Slower Than</i>	11 - 12	<i>Time Slower Than</i>	Event
1	NT	200 Free Relay	NT	2
5	29.49	50 Yard Free	28.59	6
9	1:22.19	100 Yard Breaststroke	1:20.49	10
13	1:13.19	100 Yard Fly	1:11.69	14
17	1:03.09	100 Yard Free	1:02.69	18
21	1:14.19	100 Yard Backstroke	1:12.29	22
25	1:13.99	100 Yard I.M.	1:11.49	26
29	NT	200 Medley Relay	NT	30

Afternoon Session: 45 minutes after morning session ends

Event	<i>Time Slower Than</i>			<i>Time Slower Than</i>		Event
	13-14	15-Over		13-14	15-over	
33	NT		200 Free Relay	NT		34
37	28.69	27.99	50 Yard Free	26.29	25.29	38
41	1:17.59	1:15.69	100 Yard Breaststroke	1:12.09	1:08.89	42
45	1:07.79	1:06.29	100 Yard Fly	1:02.89	1:00.09	46
49	1:02.19	1:00.79	100 Yard Free	57.39	55.19	50
53	1:08.49	1:06.59	100 Yard Backstroke	1:04.19	1:01.09	54
57	2:30.49	2:26.99	200 Yard I.M.	2:20.29	2:15.09	58
61	NT		200 Medley Relay	NT		62

Event	<i>Time Slower Than</i>	9 - 10	<i>Time Slower Than</i>	Event
35	NT	200 Free Relay	NT	36
39	32.19	50 Yard Free	31.59	40
43	41.99	50 Yard Breaststroke	42.19	44
47	37.29	50 Yard Fly	36.69	48
51	1:11.89	100 Yard Free	1:10.79	52
55	38.09	50 Yard Backstroke	38.29	56
59	1:22.59	100 Yard I.M.	1:21.09	60
63	NT	200 Medley Relay	NT	64

EAST AURORA SWIM TEAM RELEASE FORM

Held under the Sanction of USA Swimming
Held under Sanction # NI 1112-0145

It is understood and agreed that the Kiwanis Club of East Aurora, Aurora Aquatic Club, a.k.a. East Aurora Swim Team, the Town of Aurora Department of Parks and Recreation, the East Aurora High School, USA Swimming and Niagara Swimming shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the meet. It is also understood that I/we will be responsible for any damages to property caused by my swimmers.

SIGNED:

Coach or Club Representative

Name of Club

Address/E-mail

Phone

DATE:

NIAGARA DISTRICT SWIMMING
WARM-UP PROCEDURES FOR ALL SANCTIONED MEETS

- I. Pre-meet warm-up
 - A. Control/Supervise: key word 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 for general warm-ups in all lanes
 - B. There shall be **No Diving** off the blocks or the edges 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, and 6 general warm-up only (as above). **No Diving.**
 - C. In a six lane pool each lane shall be scheduled as follows:
 - Lanes 1 & 6 push off one or two lengths and back, beginning at the starting end of the pool. Circle swimming only.
 - Lanes 2 & 5 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 - Lanes 3 & 4 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 the 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 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 & visual - throughout the warm-up period.
8. The coaches should understand that the 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 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 & 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 area 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 warm-up procedures will be followed.
15. Warm-up procedures shall be followed for any breaks scheduled during competition.
16. Discretion & common sense must be used when establishing procedures. The meet Referee according to the needs of the meet may modify the above procedures.

