



HAST Veterans Day

11/09/24

Hosted by:
HAST

Sanction # NI-2425-035

MEET DIRECTOR Kris Nettnin 585-625-6352 kris@nettnin.com	MEET REFEREE Joe Reitz jreitz@rochester.rr.com	CLUB OFFICIALS CHAIR Kris Nettnin 585-625-6352 kris@nettnin.com
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SANCTION	- Held under the sanction of USA Swimming through Niagara Swimming: NI-2425-035. - In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, Hilton Area Swim Team, and Hilton Central School District shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event
FACILITY	Hilton Aquatic Center Merton Williams Middle School, 200 School Lane, Hilton, NY 14468 8 lanes, 25 yards. A diving well for continuous warm-ups is available - Water depth: From the start end, the pool depth is 9 feet at 3 feet 3 1/2 inches and 9 feet at 16 feet 5 inches. From the turn end, the pool depth is 3 feet 6 inches at 3 feet 3 1/2 inches and is 4 feet at 16 feet 5 inches - The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).
ENTRY DEADLINE	11/01/24 @ 8PM IMPORTANT: The above date is the deadline for clubs to submit entries. Clubs set an earlier deadline to receive entries from swimmers. Check with your club for this information.
SCHEDULE	1 Session Session #1 (18u Mixed): Warm-Up: 12:00 PM, Meet Start: 1:00 PM - Meet Director reserves the right to adjust times/sessions after entries are received
ELIGIBILITY	- Open to all 18 and under USA Swimming athletes. - No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.
DISABILITY SWIMMERS	NI and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the NI BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
TIMING SYSTEM	Automatic timing will be used.
RULES	- Current USA Swimming rules shall govern this meet. - All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of

	this competition. • No on-deck USA-S registration is permitted. • In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per NI policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • Deck changes are prohibited. • 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. • Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. • Dive-over starts will be used. • The Meet Director and the NI Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.
EVENT RULES	• All events are timed finals. • Swimmers may enter and swim no more than 3 individual events and 1 Relay. • Age on the first day of the meet determines eligibility.
POSITIVE CHECK IN	• There is no required check-in. Reporting of scratches is not required, but encouraged
WARM-UP	• The prescribed NI warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.
SUPERVISION	• Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	• All Timed Final events are pre-seeded. No deck entries will be permitted.
SCORING	• No individual or Team scoring
AWARDS	• Ribbons for 1st-6th place
PROGRAMS	• Programs will be sold for a fee
CREDENTIALS	• Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
SPECTATOR ENTRY FEE	• No spectator entry fees
OFFICIALS	• Officials interested in volunteering should contact Officials contact name and email and RSVP on TeamApp. • Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	• Participating clubs are requested to provide timers.
ENTRY PROCEDURES	• Entries should be submitted by email to Becky Strong: beckys.hast@gmail.com • In the body of your email provide entry numbers (girls, boys, totals), contact information

	(email, phone, officials contact). • Entries directly from individual team members will not be accepted. • Entries by phone or fax will not be accepted. • Entries will be acknowledged by return email. If acknowledgement is not received in a timely manner, please contact the Meet Director. • Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by NI and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	Deck Fee \$10.00 Individual Entry \$5.00 Relay Entry \$15.00 • Make Checks Payable to Hilton Area Swim Team • Entry fees should be mailed to Hilton Area Swim Team PO Box 174 Hilton, NY 14468
Available Medical Supervision/Equipment	• Medical assistance will be provided at the facility. If you require medical assistance, please notify a member of the meet staff. AED, backboard, & First Aid supplies at facility.

Schedule of Events

Session 1: 18U

Girls #	Event	Boys #
1	Mixed 10 & Under 100 IM	1
2	Girls 11-12 200 IM	
	Boys 11-12 200 IM	
4	Girls 13-18 200 IM	
	Boys 13-18 200 IM	5
6	Mixed 8 & Under 25 Freestyle	6
7	Mixed 10 & Under 50 Freestyle	7
8	Girls 11-12 50 Freestyle	
	Boys 11-12 50 Freestyle	9
10	Girls 13-18 50 Freestyle	
	Boys 13-18 50 Freestyle	11
12	Mixed 8 & Under 25 Breaststroke	12
13	Mixed 10 & Under 50 Breaststroke	13
14	Girls 11-12 50 Breaststroke	
	Boys 11-12 50 Breaststroke	15
16	Girls 13-18 100 Breaststroke	
	Boys 13-18 100 Breaststroke	17
18	Mixed 8 & Under 100 Medley Relay	18
19	Mixed 10 & Under 200 Medley Relay	19
20	Mixed 11-12 200 Medley Relay	20
21	Mixed 13-18 200 Medley Relay	21
22	Mixed 8 & Under 25 Butterfly	22
23	Mixed 10 & Under 50 Butterfly	23
24	Girls 11-12 50 Butterfly	
	Boys 11-12 50 Butterfly	25
26	Girls 13-18 100 Butterfly	
	Boys 13-18 100 Butterfly	27
28	Mixed 8 & Under 25 Backstroke	28
29	Mixed 10 & Under 50 Backstroke	29
	Boys 11-12 50 Backstroke	31
30	Girls 11-12 50 Backstroke	
32	Girls 13-18 100 Backstroke	
	Boys 13-18 100 Backstroke	33
34	Mixed 8 & Under 50 Freestyle	34
35	Mixed 10 & Under 100 Freestyle	35
36	Girls 11-12 100 Freestyle	
	Boys 11-12 100 Freestyle	37

38	Girls 13-18 100 Freestyle	
	Boys 13-18 100 Freestyle	39
40	Mixed 8 & Under 100 Freestyle Relay	40
41	Mixed 10 & Under 200 Freestyle Relay	41
42	Mixed 11-12 200 Freestyle Relay	42
43	Mixed 13-18 200 Freestyle Relay	43
44	Mixed 10 & Under 200 Freestyle	44
45	Girls 11-12 200 Freestyle	
	Boys 11-12 200 Freestyle	46
47	Girls 13-18 200 Freestyle	
	Boys 13-18 200 Freestyle	48