



Niagara Bronze Championships

February 7-8, 2026

**Sanction # NI-2526-010**

**Hosted by:**  
HAST

<b>MEET DIRECTOR</b> Misty Cole/ Heidi Wendel Misty1417@hotmail.com	<b>MEET REFEREE</b> Joe Reitz jreitz@rochester.rr.com	<b>CLUB OFFICIALS CHAIR</b> BECKY STRONG Beckys.hast@gmail.com
<b>SANCTION</b>	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming through Niagara Swimming: NI-2526-010 .</li><li>• 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</li></ul>	
<b>FACILITY</b>	<p style="text-align: center;"><b>Hilton Aquatic Center</b> <b>Merton Williams Middle School,</b> <b>200 School Lane,</b> <b>Hilton, NY 14468</b></p> <ul style="list-style-type: none"><li>• 8 lanes, 25 yards. A diving well for continuous warm-ups is available</li><li>• 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</li><li>• The competition course has not been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).</li></ul>	
<b>ENTRY DEADLINE</b>	<p style="text-align: center;"><b>1/30/2026 @ 8PM</b></p> <p>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.</p>	
<b>SCHEDULE</b>	<ul style="list-style-type: none"><li>• <b>4 Sessions</b></li><li>• <b>Session #1 12 &amp; Under Males and 10 &amp; Under Females:</b> Warm-Up: 8:00 AM, Meet Start: 9:00 AM</li><li>• <b>Session #2 13 &amp; Over males and 11 &amp; over Females :</b> Warm-up 1:00 PM, Meet Start 2:00 PM</li><li>• <b>Session #3 12 &amp; Under Males and 10 &amp; Under Females:</b> Warm-Up: 8:00 AM, Meet Start: 9:00 AM</li><li>• <b>Session #4 13 &amp; Over males and 11 &amp; over Females :</b> Warm-up 1:00 PM, Meet Start 2:00 PM</li><li>• <u>Meet Director reserves the right to adjust times/sessions after entries are received</u></li></ul>	
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"><li>• Open to all Niagara LSC registered USA Swimmers.</li><li>• 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.</li><li>• Pursuant to USA Swimming Rules &amp; Regulations Article 203.9.2 - Sixty (60) consecutive days must elapse after a swimmer represents any foreign federation before he/she can represent a USA Swimming club.</li></ul>	

	<ul style="list-style-type: none"> <li>Pursuant to USA Swimming Rules &amp; Regulations Article 302.3 FALSE REGISTRATION — If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, Niagara Swimming LSC may impose a fine of up to \$100.00 per event against the individual, member coach or member club submitting the entry.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<ul style="list-style-type: none"> <li>NI and host clubs along with their meet directors are committed to the <a href="#">Inclusion Policy</a> 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.</li> </ul>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>Automatic timing will be used.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>Current USA Swimming rules shall govern this meet.</li> <li>All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</li> <li>No on-deck USA-S registration is permitted.</li> <li>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.</li> <li>Deck changes are prohibited.</li> <li>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.</li> <li>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.</li> <li>Dive-over starts will be used.</li> <li>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 &amp; U events per Rule 205.3.1F.</li> <li>Per Niagara Swimming policy on Block Party Meets, any time achieved at an OTS Block Party Meet will count for slower than qualifying times.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>All events are timed finals.</li> <li>Swimmers may enter and swim no more than 3 individual events and 1 Relay per day.</li> <li>Age on the first day of the meet determines eligibility.</li> </ul>
<b>POSITIVE CHECK IN</b>	<ul style="list-style-type: none"> <li>Positive check in is required for the 500 and 1000 free events 30 minutes before the start of the session when those events are swum. Reporting of scratches is not required, but encouraged.</li> </ul>
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>All events are pre-seeded. No deck entries will be permitted.</li> </ul>
<b>SCORING</b>	<ul style="list-style-type: none"> <li>No individual or Team scoring</li> </ul>
<b>AWARDS</b>	<ul style="list-style-type: none"> <li>Individual events: Medals for 1st through 3rd, Ribbons for 4th through 16th</li> </ul>

	<ul style="list-style-type: none"> <li>Relay Events: Medals for 1st, Ribbons for 2nd through 8th</li> </ul>
<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Programs will be sold for a fee</li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>No spectator entry fees</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials interested in volunteering should contact <a href="mailto:Beckys.hast@gmail.com">Beckys.hast@gmail.com</a> and RSVP on TeamApp.</li> <li>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.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Participating clubs are REQUIRED to provide timers.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to Becky Strong: <a href="mailto:beckys.hast@gmail.com">beckys.hast@gmail.com</a></li> <li>In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).</li> <li>Entries directly from individual team members will not be accepted.</li> <li>Entries by phone or fax will not be accepted.</li> <li>Entries will be acknowledged by return email. If acknowledgement is not received in a timely manner, please contact the Meet Director.</li> <li>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.</li> </ul>
<b>ENTRY FEES</b>	<p>Deck Fee \$10.00      Individual Entry \$5.00      Relay Entry \$15.00</p> <ul style="list-style-type: none"> <li>Make Checks Payable to <b>Hilton Area Swim Team</b></li> <li>Entry fees should be mailed to            Hilton Area Swim Team            PO Box 174            Hilton, NY 14468</li> </ul>
<b>Available Medical Supervision/Equipment</b>	<ul style="list-style-type: none"> <li>Medical assistance will be provided at the facility. If you require medical assistance, please notify a member of the meet staff. AED, backboard, &amp; First Aid supplies at facility.</li> </ul>

## Schedule of Events

**Saturday Session 1: 12 & under Males and 10 & under Females**  
**Positive check in 8:30 am for 500 free and they must supply own counter**

Female	Age	Slower Than	Event	Slower Than	Age	Male
			<b>200 Breaststroke</b>	<b>3:26.39</b>	<b>11&amp;12</b>	<b>1</b>
<b>2</b>	<b>10 &amp; under</b>	<b>0:41.59</b>	<b>50 Freestyle</b>	<b>0:42.19</b> <b>0:34.29</b>	<b>10 &amp; under</b> <b>11 &amp; 12</b>	<b>3</b>
<b>4</b>	<b>10 &amp; under</b>	<b>1:55.49</b>	<b>100 Butterfly</b>	<b>2:02.79</b> <b>1:32.99</b>	<b>10 &amp; under</b> <b>11 &amp; 12</b>	<b>5</b>
<b>6</b>	<b>10 &amp; under</b>	<b>3:25.69</b>	<b>200 Freestyle</b>	<b>3:29.39</b> <b>2:49.99</b>	<b>10 &amp; under</b> <b>11 &amp; 12</b>	<b>7</b>
<b>8</b>	<b>10 &amp; under</b>	<b>1:45.69</b>	<b>100 Backstroke</b>	<b>1:49.29</b> <b>1:27.29</b>	<b>10 &amp; under</b> <b>11 &amp; 12</b>	<b>9</b>
<b>10</b>	<b>10 &amp; under</b>	<b>0:54.09</b>	<b>50 Breaststroke</b>	<b>0:56.19</b> <b>0:45.49</b>	<b>10 &amp; under</b> <b>11 &amp; 12</b>	<b>11</b>
<b>12</b>	<b>10 &amp; under</b>	<b>1:45.89</b>	<b>100 IM</b>	<b>1:49.39</b> <b>1:26.49</b>	<b>10 &amp; under</b> <b>11 &amp; 12</b>	<b>13</b>
<b>14</b>	<b>10 &amp; under</b>		<b>200 Medley Relay</b>		<b>10 &amp; under</b> <b>11 &amp; 12</b>	<b>15</b>
			<b>500 Freestyle</b>	<b>7:29.99</b>	<b>11 &amp; 12</b>	<b>16</b>

## Schedule of Events

**Saturday Session 2: 11 and over Females and 13 and over Males**  
**Positive check in 1:30 pm for 500 free and they must supply own counter**

Female	Age	Slower Than	Event	Slower Than	Age	Male
17	11 & 12 13 & 14 15 & over	3:45.69 3:12.99 3:09.39	200 Breaststroke	3:09.19 2:59.19	13 & 14 15 & over	18
19	11 & 12 13 & 14 15 & over	0:33.59 0:30.59 0:29.99	50 Freestyle	0:29.19 0:27.49	13 & 14 15 & over	20
21	11 & 12 13 & 14 15 & over	1:27.99 1:14.99 1:13.69	100 Butterfly	1:13.29 1:07.19	13 & 14 15 & over	22
23	11 & 12 13 & 14 15 & over	1:24.39 1:15.49 1:13.29	100 Backstroke	1:14.09 1:12.79	13 & 14 15 & over	24
25	11 & 12 13 & 14 15 & over	0:43.99 0:40.50 0:38.19	50 Breaststroke	0:37.50 0:33.79	13 & 14 0:33.79	26
27	11 & 12 13 & 14 15 & over	1:25.19 1:17.09 1:16.89	100 IM	1:14.39 1:12.29	13 & 14 15 & over	28
29	11 & 12 13 & 14 15 & over	2:46.99 2:29.89 2:29.59	200 Freestyle	13 & 14 15 & over	2:24.89 2:17.29	30
31 32	11 & 12 13 & over		200 Medley Relay	13 & over		33
34	13 & 14 15 & over	6:03.69 5:51.09	400 IM	13 & 14 15 & over	5:58.09 5:32.69	35
36	11 & 12 13 & 14 15 & over	7:23.69 6:34.99 6:31.69	500 Freestyle	13 & 14 15 & over	6:27.99 6:09.29	37

## Schedule of Events

### Sunday Session 3: 12 & under Males and 10 & under Females

Female	Age	Slower Than	Event	Slower Than	Age	Male
			200 Butterfly	3:16.59	11 & 12	38
39	10 & under	0:47.99	50 Backstroke	0:48.89 0:40.69	10 & under 11 & 12	40
41	10 & under	1:59.29	100 Breaststroke	2:05.69 1:39.09	10 & under 11 & 12	42
43	10 & under	3:44.09	200 IM	3:55.99 3:10.99	10 & under 11 & 12	44
45	10 & under	1:33.79	100 Freestyle	1:35.49 1:16.09	10 & under 11 & 12	46
47	10 & under	0:48.49	50 Butterfly	0:51.39 0:38.79	10 & under 11 & 12	48
			200 Backstroke	3:12.89	11 & 12	49
50	10 & under		200 Free Relay		12 & under	51

## Schedule of Events

**Sunday Session 4: 11 and over Females and 13 and over Males**

**Positive check in 1:30 am for 1000 free and they must supply own counter and timer**

Female	Age	Slower Than	Event	Slower Than	Age	Male
52	11 & 12 13 & 14 15 & over	3:23.39 3:03.99 2:55.09	200 Butterfly	3:01.19 2:42.79	13 &14 15 & Over	53
54	11 &12 13 & 14 15 & over	0:39.89 0:36.50 0:32.49	50 Backstroke	0:34.50 0:29.39	13 & 14 15 & over	55
56	11 & 12 13 & 14 15 & over	1:35.99 1:25.89 1:25.09	100 Breaststroke	1:23.39 1:17.89	13 &14 15 & Over	57
58	11 & 12 13 & 14 15 & over	3:07.09 2:48.79 2:45.89	200 IM	2:44.99 2:36.69	13 &14 15 & Over	59
60	11 & 12 13 & 14 15 & over	1:14.39 1:06.89 1:05.39	100 Freestyle	1:04.19 1:00.59	13 &14 15 & Over	61
62	11 & 12 13 & 14 15 & over	0:37.99 0:35.50 0:32.29	50 Butterfly	0:33.50 0:28.99	13 &14 15 & Over	63
64	11 & 12 13 & 14 15 & over	3:19.49 2:49.79 2:48.49	200 Backstroke	2:46.29 2:39.79	13 &14 15 & Over	65
66 67	11 & 12 13 & over		200 Free Relay		13 & over	68
69	13 & 14 15 & over	16:08.99 13:45.89	1000 Freestyle	16:09.99 13:18.39	13 &14 15 & Over	70