

Niagara District "Go The Distance" Meet

January 29th – 30th, 2010

Hosted by the Webster Swim Association

Niagara District Sanction # NI0910-047S
Held under the Sanction of USA Swimming

OPEN TO ALL NIAGARA DISTRICT TEAMS and
SWIMMERS 9-10, 11-12
No 8 & Unders

Location: Webster Aquatic Center 875 Ridge Road (Rt. 404) Webster-Schroeder High School Webster, New York

Facilities: The Webster Aquatic Center will be a ten lane 25 yard pool with a ten lane print out and display with a separate warm down pool. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

<u>SESSIONS:</u>	<u>DAY</u>	<u>Warm-ups</u>	<u>Start</u>
1	Friday PM Session I	4:00 PM	4:45 PM
2	Saturday AM Session II (Subject to change)	7:30 AM	8:15 AM

MEET DIRECTOR &
Meet Operations Coordinator
Rich Cox
943 Joylene Dr.
Webster, NY 14580
(585) 671-5107
RWC58@rochester.rr.com

OFFICIALS
John Rieth
(585) 671-2078
jerieth@rochester.rr.com

MEET MARSHALL
Wayne Martin
(585) 872-3092
WDMarti@aol.com

*Please direct questions regarding OFFICIATING ONLY to John Rieth***

OFFICIALS: Anyone interested in officiating at this meet is welcome. Please contact John Rieth @ 585-671-2078 or email: jerieth@rochester.rr.com

TIMERS: Participating Clubs will be required to supply timers. Swimmers in the 1650, 500 & 1000 Free events must provide their own Timers, Watches, & Counters. All events will be seeded SLOW to FAST.

EVENTS: The meet will be swum in accordance with the accompanying schedule of events.

ENTRY RESTRICTIONS:

1. Swimmers are limited to 5 individual events for the entire meet.
2. **No late entries will be accepted.**
3. **No Deck** entries will be permitted.
4. No entries accepted without a current U.S.S. number.
5. Age of swimmer on the day of the meet determines eligibility.
6. **No Time (NT) will not be accepted**

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

ENTRY FEES:

- Individual Events - \$3.50.
- Deck Fee – \$5.00/swimmer.
- Note: No check, no waiver, no swim. Payment of entry fees and original signed waiver for such entries must be submitted by entry deadline. Swimmers whose entry fees are unpaid will be barred from competition at the meet.

Make checks payable to: **Webster Swim Association. Club Checks Only Please.** (No individual entries). **No registered or certified mail.** Send entries to:

Jay Riebesehl
701 Summit Drive
Webster, NY 14580
585-672-5255

E-mail: riebese@rochester.rr.com

ENTRY DEADLINE: Entry forms & fees are due **Midnight, Friday, January 22nd, 2010. No late entries will be accepted.**

STARTING TIMES:		<u>Warm-ups</u>	<u>Start</u>
	Friday PM Session I	4:00 PM	4:45 PM
	Saturday AM Session II	7:30 AM	8:15 AM

(Subject to change)

COMPUTER PROGRAM: HY-TEK Meet Manager Please submit Entries by using Commlink/Hy-Tek Team Manager entry file. WSA uses Meet Manager Pro software. Any team not using the preferred method of Hy-Tek to submit their entries please contact:

Jay Riebesehl (585) 672-5255 riebese@rochester.rr.com

SEEDING: The meet is Pre-Seeded. It is the swimmers responsibility to be at the blocks when their event and heat is called by the Referee.
POSITIVE CHECK-IN WILL BE REQUIRED FOR THE 1650 FREE, 500 FREE, 400 IM, 1000 FREE. Failure to swim after positive check-in will result in disqualification from the meet.

AWARDS: Individual Events: Ribbons 1st – 12th places.

PROGRAMS & SHIRTS: Programs & Shirts for the meet will be on sale.

CONDUCT: Proper conduct at all times will be enforced by Coaches, WEBS parents, & Meet Marshals. Swimmers found in restricted areas will be disqualified from the remainder of the meet.

DECK ID: Only Swimmers, Coaches, Officials, and Meet Personnel are allowed on deck.
Coaches must wear their USA Swimming. ID No Exceptions.

COACHES MEETING: Friday, January 29, 2010 @ 4:15 PM and as required.

ORDER OF EVENTS FOR SESSION I (NO 8 & UNDERS)

Friday Jan. 29		
4:00PM Warm-up / 4:45PM Start		
Women	Event	Men
1	Mixed 11-12 1650 Freestyle**	1
3	9-10 100 Backstroke	4
5	9-12 200 Breaststroke	6
7	9-12 200 Backstroke	8
9	9-12 400 IM	10
-----	Male 9-12 500 Freestyle	12

**** The 1650 will be limited to 3 heats if necessary, based on timeline:
top 15 female & top 15 male swimmers**

All events in this meet will be seeded Slow to Fast

ORDER OF EVENTS FOR SESSION II

Saturday Jan. 30		
7:30AM Warm-up / 8:15AM Start		
Women	Event	Men
13	Female 9-12 500 Freestyle	-----
15	9-10 200 IM	16
17	11-12 200 IM	18
19	9-10 100 Breaststroke	20
21	9-12 200 Butterfly	22
23	9-10 100 Butterfly	24
25	Mixed 11-12 1000 Freestyle**	25

**** The 1000 Free will be limited to 4 heats if necessary, based on timeline:
top 20 female & top 20 male swimmers**

All events in this meet will be seeded Slow to Fast

Due to 4-hour meet constraints imposed by United States Swimming (205.3.1 F), the host, with consultation from Niagara LSC Technical Planning, has the right to restrict/modify entries in order to remain in compliance based on the scheduled timeline once entries are received.

Warm-up Procedures for all Sanctioned Meets in 10 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 a ten-lane pool, each lane shall be scheduled as follows:
 - a. Lanes 1 & 10 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
 - b. Lanes 2 & 9 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 - c. Lanes 3, 4, 5, 6, 7,8 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 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.

Entry & Financial Summary Form

Niagara District "Go the Distance" Meet January 29th & 30th, 2010

Held under the sanction of U.S.A Swimming, Sanction # NI0910-047S

Club Name: _____ Club Code: _____

Coach's Name: _____ Coach's phone: _____

Coach's e-mail: _____

Person submitting Entries: _____ Phone: _____

e-mail: _____

Total # of Entries _____ X \$ 3.50/Event = \$ _____

Total # of Swimmers _____ X \$ 5.00/Swimmer (Deck Fee) = \$ _____

Total Due: \$ _____

Make checks payable to **Webster Swim Association**

Submit to: Jay Riebesehl (no certified mail please)
701 Summit Dr
Webster, NY 14580

Club Checks only please!

No entry is complete without both sides of this form completed and signed

Liability Waiver and U.S.A Swimming Membership Meet Entry Form

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Enclosed is payment of the entry fees and deck fees for all events we have entered. In consideration of the acceptance of this entry, we hereby for ourselves, our heirs, administrators, and assignees, waive and release any and all claims against the Webster Swim Association, U.S.A. Swimming, Niagara Swimming, and the Webster Aquatic Center 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.

Further the undersigned team representative certifies by his/her signature that all athletes participating for or entered by the team in this sanctioned swim meet are currently member athletes of U.S.A. Swimming. The undersigned further certifies that any person appearing on deck in the capacity of coach is currently a coach member of U.S.A. Swimming.

The following coaches are coach members of U.S.A. Swimming and will be on-deck supervising _____ swimmers at all times.
(name of team)

Coaches Name

Signature of club official

Date

HOTELS

Fairfield Inn – Webster
915 Hard Rd., Webster
(585) 671-1500
2 minutes from pool

Holiday Inn Express
860 Holt Rd., Webster
(585) 872-0900
4 minutes from pool

Super 8 – Limited rooms available
2450 Empire Boulevard, Webster
585-671-6990
Some breakfast items

Holiday Inn Express - Irondequoit
2200 No. Goodman St., Irondequoit
Medley Center Mall
(585) 342-0430
15 minutes from pool

Marriott Courtyard - Penfield
1000 Linden Park, Penfield
(585) 385-8620
15 minutes from pool
Meeting room available for team meals