

NIAGARA LSC SHORT COURSE CHAMPIONSHIPS HOSTED BY THE FAIRPORT AREA SWIM TEAM

March 18 - 21, 2010

Webster Aquatic Center

Held under approved sanction of the Niagara LSC - #NI0910-077S

FACILITIES: Webster Aquatic Center, 875 Ridge Road (Rt. 404), Webster-Schroeder High School in Webster, New York, 14580. One 10-lane 25-yard course with non-turbulent continuous flow through lane lines will be the competition venue for this meet. A separate warm-up/warm-down area is available during competition. The competition course has been certified in accordance with 104.2.2C(4) of the USA Swimming Rules and Regulations. A copy of this certification is on file with USA Swimming. Water depth spanning 1-5 meters away from both the start and turn ends of the competition course ranges from 6'8" to 7'6". Colorado Timing System and HyTek computerized meet management software will be used. Ample spectator seating is available.

MEET MANAGEMENT/PERSONNEL:

Meet Director: Dan Holden: dholden@rochester.rr.com

Meet Marshal: Melissa Peters

Meet Referee: Pete Koenig

Meet Entries: Deborah Burke: dburke1@rochester.rr.com

Officials: Anyone interested in officiating at this meet is welcome! Please contact Pete Koenig at: pkkoenig57@gmail.com.

Timers: Teams entering the meet will be required to provide timers for the Thursday evening session and all prelim sessions per directive of the Niagara LSC. FAST Swimming will provide timers for Finals, Friday-Sunday. Assignments will be specified by the Meet Director based on the proportionate size of each team's entry.

WARM-UPS AND COMPETITION START TIMES:

Day(s) and Sessions	Warm-up Start Time			Competition Start Time		
Thursday evening Timed Finals	4:15 p.m.			5:30 p.m.		
13 & Over Preliminary Sessions Friday, Saturday, & Sunday	7:30 a.m.			8:45 a.m.		
11 – 12 Preliminary and 10 & Under Timed Finals Sessions	Friday 12:15 pm	Saturday 12:00 noon	Sunday 11:45 am	Friday 1:15 pm	Saturday 1:00 pm	Sunday 12:45 pm
Finals, Friday, Saturday & Sunday	Friday & Saturday 4:45 p.m.		Sunday 3:45 pm	Friday & Saturday 6:00 p.m.		Sunday 5:00 pm

Warm-up and competition start times are approximate, and may be adjusted by the Meet Director after the entry deadline once all entries have been processed. Adjustments in start times will be posted on the Niagara LSC website at least 48 hours in advance of the meet, and will be sent to all who submit their entries via email. Please note that warm-ups for the 12 & Under afternoon sessions may overlap the morning preliminary sessions.

FORMAT:

A Timed Finals format will be used for all 10 & Under events, and all relays. A prelims/finals championship format will be used for 11 and over age groups except for events designated as "Timed Finals." The following events will be competed as timed finals: all Thursday-session events, 11-12 500 Free, all 1000 and 1650 Freestyle events. The top 20 in each age-group category (11-12, 13-14 & 15 & Over) for both male and female will advance to swim in the finals session. The finals sessions will be swum by Age Group (11-12, 13-14, 15 & Over). The 500 (11-12), 1000, and 1650 timed final freestyle distance events will alternate female/male, with the fastest heats swimming first. The top 8 male and female 1000 freestyle swimmers after positive check-in will swim in the finals session Sunday evening. 13 & over swimmers will swim prelims in a multi-age, single gender format. Events will be swum in accordance to the included Order of Events.

ENTRIES:

1. Swimmers may enter and swim in no more than three (3) individual events and two (2) relay events per day. A maximum of seven (7) individual entries for the entire meet is allowed.
2. Relay swimmers must be entered in at least one (1) individual event in the meet.
3. Entry times must be equal to or faster than the applicable Niagara LSC championship standards. The only exceptions will be for designated **BONUS EVENTS**. The following bonus formula will be used for this meet; If a swimmers qualifies and enters one (1) event, they may enter an additional two (2) "BONUS" events for which they have achieved a time that is equal to or faster than the applicable "BB" standard. Swimmers qualifying and entering two (2) events may enter one (1) additional BONUS" event for which they have achieved a time that is equal to or faster than the applicable "BB" time standard. Swimmers qualifying and entering three (3) or more events may NOT enter any "BONUS" events. **"BONUS" events may be subject to overswim fines. See over swims below.**
4. All swimmer entry times submitted must be actual times, including non-qualifying times for bonus events. **Teams must submit proof of times with their entries. Acceptable proof of time can be obtained at a USA Swimming Sanctioned Meet, and approved meet, or for an observed swim.**
5. No late entries will be accepted.
6. No deck entries will be accepted.
7. No entries will be accepted without a current USA Swimming Athlete Registration number.
8. No "Time Trial" swims or 'Exhibition" swims will be allowed.

OVERSWIMS: The Niagara District overswim fine will apply at this meet. All overswims will be checked against the submitted proof-of-entry list that must be submitted by each club with their entries. **Any overswim that is not properly designated as a bonus event will be charged the \$25.00 fine if proof of cut time achievement has not been submitted for that event. Contact the Meet Entries person if assistance is needed to properly designate bonus events.**

REPORTING FOR RACES & SEEDING:

The meet will be pre-seeded, except for all Thursday events, the 11-12 500 Freestyle, and all 1000 Freestyle events on Sunday. Those events will be deck seeded with *positive "Intent to Swim" check-in required 30 minutes prior to the start time of the session.* Any swimmer who fails to check-in by the designated time will be scratched from that event with no further penalty. Any swimmer who positively checks in but does not compete in that event will be disqualified from the remainder of the meet, or fined \$25 if such is the swimmer's final event for the meet.

It is the swimmer's responsibility to stand directly behind the correct starting block/lane when called by the Referee/Starter/Announcer for their races by verbal announcement and whistle blasts. Coaches are strongly advised to instruct swimmers to regard the call to compete from the Referee/Starter/Announcer as the final authority. All instances of confusion will be clarified by the Referee prior to the race. Swimmers who miss any race will not be re-seeded into subsequent heats for any race in which they failed to report as above. Swimmers who fail to report for a preliminary or timed-final event will remain eligible to compete in all remaining events in which he/she was properly entered, except as stated elsewhere in this announcement regarding finals or positive check-in events.

Any swimmer who may require assistance to properly report for races as stated shall be identified to the Referee immediately preceding all sessions in which that swimmer is scheduled to compete.

FINALS SESSION:

20 Swimmers will advance to the finals session in each prelims/finals event. Any swimmer qualifying for a finals session race in an individual event who fails to compete in that race will be barred from further competition in the meet. If the race falls on the last day of the meet on which the swimmer is entered, the swimmer or team will be fined \$25.00 by Niagara LSC. Only Coaches are permitted to scratch swimmers from finals. However, no penalty shall apply for failure to compete if:

1. The Referee is notified of illness or injury, accepts proof of such, and waives the penalty.
2. A swimmer qualifying for such race based upon the results of the preliminaries formally scratches from the race within 30 minutes of the announcement of the finalists for that event.
3. It is determined by the Referee that failure to compete was caused by circumstances beyond the control of the swimmer.

SCORING & AWARDS:

Hy-Tek Power Point scoring will be in effect for this meet and team scores will utilize cumulative Power Point scoring. Relay scoring will be "weighted" and added to the total score. A maximum of 2 relays per team, per event will be scored.

Scoring:

Individual Events: Hy-Tek Age Group Power Points for all individual events.

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

Awards, Individual Events: Medals 1st-3rd, Ribbons 4th-16th. The top 8 finishers in all individual events in the 10 & Under age group will be recognized in awards presentations scheduled during the afternoon sessions.

Awards, Relays: Medals 1st, Ribbons 2nd & 3rd

Awards, Age Group High Point – Male/Female, Based on individual points scored during competition.

Awards, Team High Point: 2 Awards given - Overall Team Champions (highest score), and Small Teams Champions (highest score for the team excluding the 10 largest teams at the meet - based on # of entered swimmers).

Each team must designate a representative to pick up and sign for all awards for their team. Swimmers will not be allowed to pick up awards. Awards must be picked up by Team reps prior to final departure from the meet. Unclaimed awards will not be mailed. For special pickups, see Meet Director.

Entry Fees, Entry Recap & Liability Waiver:

1. Individual Event- \$4.50
2. Relay Event- \$12.00
3. \$5.00 per swimmer surcharge.

Make checks payable to: **Fairport Swimming, Inc.** Please send with attached "Entry Recap & Liability Waiver form" regular mail, Express Mail, or FedEx.

Please ensure that signature for delivery is not required! Mail to:
Deborah Burke
7 Columbia Court
Fairport, NY 14450

ENTRY DEADLINE: Hy-Tek Team Manager entry files must be received no later than **6:00 PM on March 11, 2010** at dburke1@rochester.rr.com. Entry fees and properly signed Entry Recap & Waiver of Liability forms must be received by the meet host no later than the start of the meet on March 18, 2010.

COACHES MEETING: Friday March 20, and at other times as necessary.

RESULTS: Results will be posted following the meet on the Niagara LSC website at <http://niagaraswim.org>. "Real Time" results will also be posted during the meet on the Niagara LSC website if such capacity is available and practical.

PROGRAMS/SEATING: Programs for the entire meet will be on sale for \$15.00. Individual session & Final programs will be available for \$5.00 each. There is ample balcony seating at no charge. Additionally, non-credentialed coaches, parents, officials not working, etc., are not allowed onto the pool deck with swimmers. Offenders are potentially subject to a fine of \$100 from Niagara Swimming.

PARKING: Parking in large lots adjacent to the Webster Aquatic Center will be available.

RULES: The meet will be conducted in accordance with the rules of the USA Swimming and the Niagara District LSC applicable to a pre-seeded, championship format meet. Niagara District guidelines for warm-up procedures in a ten-lane pool will apply.

CONDUCT: Proper conduct at all times will be enforced by Coaches, FAST parents, Meet Marshals, and WAC Staff. Any swimmer found in the posted out of bounds areas will be barred from the remainder of the meet. Swimmers are not allowed to swim under the bulkhead. Disciplinary action will be immediate expulsion from the meet. Any issues of misconduct that occur within the meet venue will be under the direct jurisdiction of the Meet Referee for disciplinary action. Any protest of the Referee's decision will be considered by a Meet Jury.

Misconduct includes, but is not limited to: (1) Violation of safety guidelines outlined in the meet announcement or posted within the facility. (2) Disrespect to meet management personnel, officials or fellow athletes. (3) Stealing, destroying, vandalizing or possessing the property of others. (4) Possession or use of alcoholic beverages, tobacco products or illegal drugs.

ONLY SWIMMERS, CREDENTIALLED COACHES, AND MEET PERSONNEL ALLOWED ON DECK. No exceptions. Non-credentialed coaches, officials not working, and parents who attempt to gain pool deck access via lockerooms are not allowed on the pool deck. Offenders are potentially subject to a fine of \$100 from Niagara Swimming. **ALL COACHES MUST DISPLAY THE 2010 MEMBERSHIP CARD AT ALL TIMES.**

Order of Events
13-14 Qualifying Times in Red

Female	Cut Time	Thursday, Timed Final Events, Session 1	Cut Time	Male
1	5:36.09	11-12 400 IM	5:28.89	2
3	6:48.39	10&Under 500 Freestyle	6:44.59	4
5	20:12.19 (13-14) 19:58.89 15 & Over	13 & Over 1650 Freestyle - (Timed Final)	19:15.69 (13-14) 18:47.99 15 & Over	6
7	12:51.69	11-12 1000 Freestyle	12:42.89	8

Female	Cut Time	Friday, 13 & Over Preliminaries, Session 2	Cut Time	Male
9	No Qualifying Time	13 & Over 200 Free Relay	No Qualifying Time	10
11	(5:52.99) 5:47.39	13 & Over 500 Freestyle	(5:35.19) 5:24.29	12
13	(2:30.49) 2:26.99	13 & Over 200 IM	(2:20.29) 2:15.09	14
15	(27.49) 26.89	13 & Over 50 Free	(25.19) 24.29	16
17	No Qualifying Time	13 & Over 400 Medley Relay	No Qualifying Time	18

Female	Cut Time	Friday, 12 & Unders, Session 3	Cut Time	Male
101	2:56.89	11-12 200 Breast	2:52.89	102
103	1:22.19	10&Under 100 Back	1:21.29	104
105	1:14.19	11-12 100 Back	1:12.29	106
107	37.29	10&Under 50 Fly	36.69	108
109	32.39	11-12 50 Fly	32.09	110
111	2:55.99	10&Under 200 IM	2:55.29	112
113	2:37.59	11-12 200 IM	2:35.59	114
115	1:11.89	10&Under 100 Free	1:10.79	116
117	1:03.09	11-12 100 Free	1:02.69	118
119	No Qualifying Time	10&Under 400 Free Relay	No Qualifying Time	120
121	No Qualifying Time	12&Under 400 Free Relay	No Qualifying Time	122

Female Event #	Friday Finals, Session 4	Male Event #
11	13 & Over 500 Free – Women	---
101	11-12 Breaststroke	102
---	13 & Over 500 Free – Men	12
105	11-12- 100 Backstroke	106
109	11-12 50 Butterfly	110
13	13 & Over 200 Individual Medley	14
113	11-12 200 Individual Medley	114
15	13 & Over 50 Freestyle	16
117	11-12 100 Freestyle	118

Female	Cut Time	Saturday, 13 & Over Prelims, Session 5	Cut Time	Male
19	No Qualifying Time	13 & Over Medley Relay	No Qualifying Time	20
21	(5:17.79) 5:09.89	13 & Over 400 IM	(5:00.49) 4:47.79	22
23	(1:07.79) 1:06.29	13 & Over 100 Butterfly	(1:02.89) 1:00.09	24
25	(2:08.19) 2:04.89	13 & Over 200 Freestyle	(1:59.99) 1:55.09	26
27	(1:17.59) 1:15.69	13 & Over 100 Breaststroke	(1:12.09) 1:08.89	28
29	(1:08.49) 1:06.59	13 & Over 100 Backstroke	(1:04.19) 1:01.09	30
31	No Qualifying Time	13 & Over 800 Freestyle Relay	No Qualifying Time	32

Female	Cut Time	Saturday, 12 & Under, Session 6	Cut Time	Male
123	No Qualifying Time	12&Under 200 Medley Relay	No Qualifying Time	124
125	No Qualifying Time	10&Under 200 Medley Relay	No Qualifying Time	126
127	1:13.19	11-12 100 Fly	1:11.69	128
129	1:26.69	10&Under 100 Fly	1:25.59	130
131	1:13.99	11-12 100 IM	1:11.49	132
133	1:22.59	10&Under 100IM	1:21.09	134
135	2:19.89	11-12 200 Free	2:16.19	135
137	2:36.39	10&Under 200 Free	2:31.89	138
139	37.79	11-12 50 Breast	37.29	140
141	41.99	10&Under 50 Breast	42.19	142
143	2:35.89	11-12 200 Back	2:32.89	144
145	No Qualifying Time	10&Under 200 Free Relay	No Qualifying Time	146
147	No Qualifying Time	12&Under 200 Free Relay	No Qualifying Time	148

Female Event #	Saturday Finals, Session 7	Male Event #
127	11-12 100 Butterfly	128
21	13 & Over 400 Individual Medley	22
131	11-12 100 Individual Medley	132
23	13 & Over 100 Butterfly	24
135	11-12 200 Freestyle	136
25	13 & Over 200 Freestyle	26
139	11-12 50 Breaststroke	140
27	13 & Over 100 Breaststroke	28
143	11-12- 200 Backstroke	144
29	13 & Over 100 Backstroke	30

Female	Cut Time	Sunday, 13 & Over Preliminaries, Session 8	Cut Time	Male
33	(2:27.29) 2:23.89	13 & Over 200 Backstroke	(2:18.19) 2:12.39	34
35	(59.59) 58.19	13 & Over 100 Freestyle	(55.09) 52.89	36
37	(2:46.79) 2:42.79	13 & Over 200 Breaststroke	(2:36.29) 2:30.09	38
39	(2:28.59) 2:24.49	13 & Over 200 Butterfly	(2:20.29) 2:13.39	40
41	No Qualifying Time	13 & Over 400 Freestyle Relay	No Qualifying Time	42
43	(12:07.59) 11:55.89	13 & Over 1000 Freestyle (top 8 m/f swim at Finals)	(11:36.39) 11:12.19	44

Female	Cut Time	Sunday, 12 & Unders, Session 9	Cut Time	Male
149	2:38.59	11-12 200 Fly	2:35.29	150
151	38.09	10&Under 50 Back	38.29	152
153	33.89	11-12 50 Back	33.49	154
155	32.19	10&Under 50 Free	31.59	156
157	29.49	11-12 50 Free	28.59	158
159	1:33.39	10&Under 100 Breast	1:31.79	160
161	1:22.19	11-12 100 Breast	1:20.49	162
163	No Qualifying Time	10&Under 400 Medley Relay	No Qualifying Time	164
165	No Qualifying Time	12&Under 400 Medley Relay	No Qualifying Time	166
167	6:09.29	11-12 500 Free (Timed Final)	6:04.69	168

Female Event #	Sunday Finals, Session 10	Male Event #
43	1000 Freestyle	44
153	11-12 50 Backstroke	154
33	13 & Over 200 Backstroke	34
157	11-12 50 Freestyle	158
35	13 & Over 100 Freestyle	36
161	11-12 100 Breaststroke	162
37	13 & Over 200 Breaststroke	38
149	11-12 200 Butterfly	150
39	13 & Over 200 Butterfly	40

Niagara Swimming Inc.

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:
 1. Lanes 1 & 10 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
 2. Lanes 2 & 9 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 3. 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.