

SEAS Presents the 35th Annual Westside Invitational

2010 SEAS Westside Invitational
Mar 5, 6 & 7, 2010
USA Swimming Sanction NI0910-072S

Location: **Friday: Churchville-Chili High School** **Sat & Sun: Spencerport High School**
5786 Buffalo Road **2707 Spencerport Road**
Churchville, New York 14428 **Spencerport, NY 14559**

Facilities: Churchville-Chili: 6-lane 25-yard pool with non-turbulent lane dividers.
Spencerport HS: 8-lane 25-yard pool with non-turbulent lane dividers.
Diving well available for warm-up/cool-downs. Electronic timing system with scoreboard readout.
Ample spectator seating. Concessions at a modest cost & eating area available. Swim shop selling caps, goggles, swimsuits, T- Shirts and other swimming related items. Ample parking. The competition course has not been certified in accordance with 104.2.2C(4).

Sessions:	Age Groups	Warm Up Time	Meet Start Time
Friday 1	All	5:15 pm	6:00 pm
Saturday 2	12&U, Open	8:00 am	8:45 am
Saturday 3	Open	11:30 am	11:45 am
Saturday 4	8&U, 10&U	1:15 pm	2:00 pm
Sunday 5	12&U, Open	8:00 am	8:45 am
Sunday 6	Open	11:45 am	12:00 pm
Sunday 7	8&U, 10&U	1:15 pm	2:00 pm

Meet Director: Mary Briggs 585-637-9576 Email: dbriggs8@frontiernet.net **Meet Marshall:** Rod Champagne 585-637-9128 Email: rodneyc@frontiernet.net

Officials: Officials from other clubs are welcome and the help is appreciated.
Please contact Tim Sullivan at tim@bikerider.com.

Counters, Timers & Circle-in: Swimmers in the 500, 1000 and 1650 Freestyle must provide their own lap counters.
Swimmers in the 1000 and 1650 must also supply their own timer.
Swimmers in the 400 IM, 500, 1000 and 1650 Freestyle must circle in 15 minutes before the start of the appropriate session.

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

Entry Rules:

1. This meet is open to swimmers of all abilities. Time standards only used for determining awards. No entries will be accepted without a current USA Swimming number.
2. Swimmers may enter and swim no more than 5 individual events per day plus relays.
3. Age on the first day of the meet determines eligibility.
4. Entries may be limited at the meet director's discretion to manage the timing of the meet.
5. Please enter swimmers with a coach's watch time if no official time is available.
6. Time Standards for 8 & U are not Niagara District time standards. They have been simulated for scoring and award purposes.
7. No 12&U swimmer may enter events in multiple sessions that span more than a 4 hour period.

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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 per event
Relay events: \$12.00 per relay team entry
Deck Fee: \$3.00 per swimmer

Entry Information :

- Entries by Email are preferred. Entries through Team Manager should be sent as a Commlink II file. Those who do not have the preferred method of Hy-Tek to submit your entries please contact the meet director for instructions.
- If submitting electronic entries, please sign and send the attached entry summary and waiver form. No entries will be accepted without the payment of fees and signed waiver sheet.
- Late and or phone entries will be accepted only at the discretion of the Meet Director and may not appear in the meet program. Clubs will be notified by Email or postcard only if entries are not accepted.
- Make checks payable to **SEAS, Inc.** Club checks only, please!

Entry Deadline:

Entries Due By: Friday February 26th
Email entries to:
rodneyc@frontiernet.net
637-9128

Mail Checks and Waivers to:
Rodney Champagne
185 Ladue Road
Brockport, NY 14420

Seeding & Clerk-of-Course:

This is a pre-seeded meet with the exception of the 500, 1000 and 1650 Freestyle and the 400 IM. Deck entries will be taken by the Clerk-of-Course, only if an open lane exists. No heats will be added to accommodate deck entries. Clerk-of-Course will seed swimmers for afternoon sessions for 10&U swimmers only. Swimmers in all other events will be expected to be at the starting blocks in time for their event.

Awards:

Custom ribbons will be awarded for individual places 1 through 8 at each level: A, BB and 'slower than BB' in age groups 8&U, 10&U, 12&U and Open. **Entry times do not affect awards eligibility.** Heat ribbons will be awarded for 8U and 10U events. Relays will be awarded 1st through 8th, with no award division.

Award Distribution:

Each team must designate a representative to pick up awards for their team. No awards will be mailed.

Conduct:

Coaches, SEAS parents and meet marshals will enforce proper conduct at all times. 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 and officials must wear their USA Swimming ID. **NO EXCEPTIONS.**

Coaches Meeting:

A coaches' meeting will be held on Saturday at 8:15 am. Additional meetings will be held if necessary.

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Mar 5, 6 & 7, 2010 – **Churchville-Chili HS**
Events Listing

Friday pm, March 5th

SESSION#1 Warm up: 5:15 p.m. Start: 6:00 p.m.

Event #	Girls	Event	Boys	Event #
1		13&O 200 Breast		2
3		12U 200 Breast		4
5		13&O 50 Breast		6
7		12U 200 Back		8
9		13&O 50 Back		10
11		12U 200 Fly		12
13		13&O 50 Fly		14
15		11&O 500 Free*		16

* Swimmers in the 500 Free must circle in by 5:45 pm.

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 Mar 5, 6 & 7, 2010 – **Spencerport HS**
 Events Listing

Saturday am March 6th

SESSION #2 Warm up: 8:00 a.m. Start: 8:45 a.m.

Event #	Girls	Event	Boys	Event #
17		13&O 200 Back		18
19		12U 200 Free		20
21		13&O 200 Fly		22
23		12U 50 Breast		24
25		Open 100 Breast		26
27		12U 50 Free		28
29		Open 50 Free		30
31		12U 100 I. M.		32
33		13&O 200 I. M.		34
35		12U 200 M. R.		36
37		Open 400 M. R.		38

SESSION #3 Warm up: not before 11:30 a.m.; Start not before 11:45 a.m.

Event #	Girls	Event	Boys	Event #
39		Open 1650 Free*		40

* Swimmers must circle in by 11:30 am.

SESSION #4 Warm up: not before 1:15 p.m.; Start not before 2:00 p.m.

Event #	Girls	Event	Boys	Event #
41		10U 500 Free		42
43		8U 25 Fly		44
45		10U 50 Fly		46
47		8U 25 Free		48
49		10U 50 Free		50
51		8U 100 I.M.		52
53		10U 200 I.M.		54
55		8U 100 M. R.		56
57		10U 200 M. R.		58

* Swimmers must circle in by 1:45 pm.

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 Events Listing

Sunday am March 7th

SESSION #5 Warm up: 8:00 a.m.; Start 8:45 a.m.

Event #	Girls	Event	Boys	Event #
59		Open 400 I.M.*		60
61		12&U 200 IM		62
63		Open 100 Free		64
65		12U 100 Free		66
67		Open 200 Free		68
69		12U 50 Back		70
71		Open 100 Back		72
73		12U 50 Fly		74
75		Open 100 Fly		76
77		12U 200 F. R.		78
79		Open 200 F. R.		80

* Swimmers in the 400 IM must circle in by 8:30 am.

SESSION #6 Warm up: not before 11:45 a.m. Start: not before 12:00 p.m.

Event #	Girls	Event	Boys	Event #
81		Open 1000 Free*		82

* Swimmers must circle in by 11:45 am.

SESSION #7 Warm up: not before 1:15 p.m.; Start not before 2:00 p.m.

Event #	Girls	Event	Boys	Event #
83		10U 200 Free		84
85		8U 50 Free		86
87		10U 100 Free		88
89		8U 25 Back		90
91		10U 50 Back		92
93		10U 100 I. M.		94
95		8U 25 Breast		96
97		10U 50 Breast		98
99		8U 100 F. R.		100
101		10U 200 F. R.		102

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Niagara Swimming Inc.

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

Safety Announcement for Niagara Sanctioned Meets

1. Safety of athletes, officials, coaches and volunteers is of paramount importance to USA Swimming. Please use safe procedures in and out of the pool.
2. Please cooperate with safety marshals and officials. They are here for your safety and protection.
3. Absolutely no parents or other individuals including officials who are not officiating are allowed on deck unless volunteering for timing or other approved meet duties. Any failure to comply will result in possible fines of up to \$100 per incident.
4. USA Swimming reminds all athletes and coaches: Have a **successful** and **safe** meet.

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Entry Summary

Held under the sanction of USA Swimming.

Sanction Number NI0910-072S

Club Name: _____ Club Code: _____
Coaches Name/s: _____ Coaches Phone: _____
_____ E-mail: _____
Person submitting entries: _____ Phone: _____
E-mail: _____

Total # of Individual Entries _____ X \$3.50/Event = \$ _____
Total # of Swimmers _____ X \$3.00/Swimmer (Deck Fee) = \$ _____
Total # of Relays Entries _____ X \$12.00/Entry = \$ _____
TOTAL DUE \$ _____

Make checks payable to **SEAS, Inc.** Club checks only please!

Mail to:
Rodney Champagne
185 Ladue Road
Brockport, NY 14420

Enclosed is payment of the entry fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators and assigns waive and release any and all claims against Niagara Swimming, Sharks & Eagles Aquatic Sports, Inc., meet management personal, Churchville-Chili School District, Spencerport School District or United States Swimming, Inc. for injuries and/or expenses accrued by us at this meet or while on the road to and from the meet. We are bona-fide amateur athletes and eligible in all events we have entered.

Signature of Club Official, Parent or Guardian