## Dreams of Gold Swim Meet
**Saturday, April 8, 2017**  
Held Under the Sanction of USA Swimming **NI-1617-055**

| **Location**          | Monroe Community College Pool  
|                       | 1000 East Henrietta Rd  
|                       | Rochester, NY 14623 |
| **Time**              | Saturday, April 8th: Warm up 8:00 am  
|                       | Start 9:00 am |
| **Facility**          | • Six (6) lane 25 yard pool with balcony seating  
|                       | • There is a diving well for continuous warm up  
|                       | • Concessions will be available throughout the meet  
|                       | • The course has not been certified in accordance with 104.2.2C(4).  
|                       | • Water depth: From the start end, pool depth is 5 feet at 3 feet 3 ½ inches and 4 feet 9 inches at 16 feet 5 inches. From the turn end, pool depth is 3 feet 9 inches at 3 feet 3 ½ inches and 4 feet at 16 feet 5 inches. |
| **Meet Director**     | Alicia Granville  
|                       | (585) 298-7708  
|                       | agranville0831@gmail.com |
| **Referee**           | Jaime Wolcott  
|                       | jwolcott7@rochester.rr.com |
| **Officials**         | Anyone interested in officiating, please contact Alicia Granville at agranville0831@gmail.com  
|                       | or Jaime Wolcott at jwolcott7@rochester.rr.com |
| **Events**            | All events will be swum as timed finals.  
|                       | Events will be swum in accordance with the schedule of events. |
| **Swimmers**         | All entrants must be registered members of USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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.  
|                       | 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. |
| Entries | Age on the first day of the meet applies  
Maximum number of individual events is five (5) per day  
**For swimmers entered in the 50 Freestyle Shootout, the maximum number of individual events is (3) per day**  
Estimated times may be used and are encouraged for the longer events in lieu of ‘NT’ entries.  
Deck entries may be accepted at the discretion of the Meet Director into empty lanes. There will be no reseeding of events. |
<table>
<thead>
<tr>
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<tbody>
<tr>
<td><strong>Entry Deadline:</strong> Sunday, April 2\textsuperscript{nd} @ 5:00pm</td>
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<tr>
<td>Send entries to: <a href="mailto:lincolnmatd@gmail.com">lincolnmatd@gmail.com</a></td>
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</tbody>
</table>
| Mail entry form and check to (make check payable to GCOM):  
Treasurer  
PO BOX 363  
Henrietta, NY 14467 |
| **Entry Fees** | $5.00 Deck fee  
$4.00 per individual event  
$12.00 per relay |
| **Relays** | Relay entries may be made without the swimmer’s names. However, relay swimmers must be declared prior to the start of the event. |
| **Awards** | 1\textsuperscript{st} – 3\textsuperscript{rd} place: Medals  
Awarded by Age Grouping  
*Reach for the Gold Shootout: $50 store gift card awarded to winning male and female*  
*Go for the gold in a 50 Freestyle Shootout…Aim for dreams of gold!* |
| **Conduct** | Parents and coaches are responsible for the conduct of their swimmers in all areas throughout the duration of the meet. Vandalism, theft or dangerous behavior will be cause for exclusion from the meet.  
Cooperation with the request of a Meet Marshal is expected.  
Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.  
Unless approved in writing in advance of the competition by the Vice President of Program Operations, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athletes/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.  
Deck changes are prohibited  
It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. |
| **Deck ID** | Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All nonathlete members must have proof of registration or a credential while on deck and present them upon meet management request. Coaches are required to have and wear their current USA Swimming ID.  
A current member’s Deck Pass is acceptable proof of USA Swimming membership for all purposes. |
| **Directions** | I390 to exit 16B, turn South on E. Henrietta Rd, MCC is on Left. Pool is located at the rear of the campus in building 10, adjacent to packing lot G |
**Schedule of Events**

<table>
<thead>
<tr>
<th>Event</th>
<th>Event Description</th>
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<tbody>
<tr>
<td>1</td>
<td>Girls 13 &amp; Over 50 Freestyle Shootout</td>
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<tr>
<td>2</td>
<td>Boys 13 &amp; Over 50 Freestyle Shootout</td>
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<tr>
<td>3</td>
<td>Mixed 50 Butterfly</td>
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<tr>
<td>4</td>
<td>Mixed 100 Butterfly</td>
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<tr>
<td>5</td>
<td>Mixed 25 Breaststroke</td>
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<tr>
<td>6</td>
<td>Mixed 50 Backstroke</td>
</tr>
<tr>
<td>7</td>
<td>Mixed 100 Backstroke</td>
</tr>
<tr>
<td>8</td>
<td>Mixed 25 Butterfly</td>
</tr>
<tr>
<td>1</td>
<td>Girls 13 &amp; Over 50 Freestyle Shootout - Semi Final - Top 8 swimmers (2 heats of 4)</td>
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</tr>
<tr>
<td>9</td>
<td>Mixed 50 Breaststroke</td>
</tr>
<tr>
<td>10</td>
<td>Mixed 100 Breaststroke</td>
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<tr>
<td>11</td>
<td>Mixed 25 Backstroke</td>
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<tr>
<td>12</td>
<td>Mixed 50 Freestyle</td>
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<tr>
<td>13</td>
<td>Mixed 100 IM</td>
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<td>14</td>
<td>Mixed 200 Progressive Free Relay</td>
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<tr>
<td>15</td>
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*All swimmers- racing starts in the water

** First leg: 10 & Under, second leg: 12& Under, third leg: 14 & Under, fourth leg 18 & Under
GENERAL WARM UP PERIOD:
1. The first 30 minutes is for general warm up in all lanes.
2. There shall be no diving off the blocks or the edge of the pool.
3. Outside lanes-kicking only. Inside lanes-swimming and pulling only.
4. No sprinting or pace work.

SPECIFIC WARM UP PERIOD:
1. The last 30 minutes shall constitute the specific warm up period.
2. Each lane will be scheduled as follows.
   A) Lanes 2 and 5: Racing start only. Swim one length only. All swimmers begin at the racing end of the pool.
   B) Lanes 1 and 6: Push off one to two lengths and back, beginning at the starting end of the pool. Circle swimming only, no diving.
   C) Lanes 3 and 4: General warm up as above, no diving.

POUNTS FOR WARM UP PERIOD:
1. No diving in lanes other than those designated for diving.
2. Start all swimmers in 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. Coaches please remind swimmers that breaststrokers need more lead time than freestylers or flyers.
5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the block until the backstroker has executed his/her start.
6. Coaches should maintain as much contact with their swimmers as possible, coaches have the same responsibility for supervision as when on deck at practice.
7. Marshals have authority through the meet director over the warm up period. Swimmers must recognize this authority to ensure a safe warm up period.

STARTING PROCEDURES:
Starts will follow the “Whistle Start” and “No False Start” recall procedure.
*Whistle chirps from the referee signal swimmers to get behind the block
*Long whistle from referee to step up/in (2\textsuperscript{nd} whistle in backstroke to place feet).
*Referee turns over to Starter with outstretched arm.
*Starter indicates “Take Your Mark”
*Upon observing swimmers motionless, starter gives the signal.
*If one or more swimmers leave(s) early, NO RECALL signal is given.
*Swimmers are notified of DQs for False Starts at the end of the race.
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Entry Summary  

Club Name ___________________________  Club Code ____________  
Coach Name ___________________________  
Coach Phone ___________________________  
Coach Email ___________________________  

Number of Swimmers ______ x $5.00 $ _______  
Individual Entries ______ x $4.00 $ _______  
Relay Entries ______ x $12.00 $ _______  
Total Due $ _______  

Make club checks payable to Golden Comets Swim Club or GCOM.  

Entry Deadline: Sunday, April 2nd 2017  

Send entries to: lincolnmatd@gmail.com  

Mail entry form and check to (make check payable to GCOM):  
Treasurer  
PO BOX 363  
Henrietta, NY 14467  

I/we enclose a total of $ _______ covering fees for all events I/we have entered. In consideration of the acceptance of this entry, I/we waive and release all claims against USA Swimming, Niagara Swimming, Golden Comets Swim Club and Monroe Community College for any/all injuries incurred at this meet or while on the road to/from this meet.  

Club Official, Parent or Guardian ___________________________  
Signature ___________________________