

Camillus Swim Club

November Sprint Meet

Sunday, November 8, 2009

Niagara District Sanction #NI0910-017S

West Genesee High School Pool

5201 West Genesee Street

Camillus NY 13031

Held under the sanction of United States Swimming, Inc.

- MEET SPONSOR** The Camillus Swim Club with the cooperation of the Camillus Parks and Recreation Department and the West Genesee Central School District.
- FACILITY** The pool is a 25 yard, six lane, short course swimming pool with ample deck area for coaches and swimmers, and Kiefer McNeil non-turbulent lane lines. The timing system will be the Colorado System 5, six Colorado touch pads, a six lane Colorado scoreboard display, and electronic “beep” with strobe starter. The starting blocks are in the deep end of the pool. Gym and locker rooms will be available for swimmers. Programs will be available. There is ample balcony spectator seating. The parking lot is adjacent to pool building. Please see travel directions at the end of this announcement.
- The competition course has not been certified in accordance with 104.2.2C(4)
- MEET TIME** **Session I –10 & Under, 13 & 14**
Warm-ups start at 7:30 a.m., Meet Starts at 8:30 a.m.
Session II – Open, 11 & 12, 8 & Under
Warm-ups start at 12:30 p.m., Meet Starts at 1:30 p.m.
- ENTRIES** Entries are preferred in electronic format compatible Hy-Tek Meet Manager program, and may be submitted via e-mail or on disc. Handwritten entries may be submitted on the attached grid sheets. All entrants must be registered members of USA Swimming. Age on the day of the meet applies. Swimmers’ registration numbers must be included on all entries. Swimmers are entitled to swim **5 individual events and 1 relay**.
- ENTRY FEE** Entry fee is \$3.50 for individual events and \$12.00 for relays. There will be a \$3.00 deck fee for each participant. Make checks payable to:
“Camillus Swim Club, Inc., or CSCI”
- ENTRY DEADLINE** Entries either by regular mail **or** e-mail **must be received** no later than Sunday, **November 1, 2009.**
E-Mail to: kesmith1994@hotmail.com
Mail to: Kristin Smith, 4871 Sherwood Drive, Syracuse, NY 13215
Phone: (315) 468-8620
- ENTRY LIMIT** To maintain the quality of this meet, we may have to limit the entries to the first 1000 to comply with the Niagara District “four hour rule.” **Five (5) individual events and 1 relay per swimmer.** 8 & under swimmers can swim in either 8 & under in Session II or 10 & under in Session I but not both.

AWARDS	Gold-Silver-Bronze Medals first place, ribbons second through sixth for each Division (Gold-Silver-Bronze). 8 & Under Medals first place, ribbons second through twelfth. Relays Ribbons first through third place.
	Heat Ribbons will be awarded for all events.
REFRESHMENTS	The concession will be in the cafeteria, located directly opposite the balcony. Food, assorted snacks, and beverages will be available throughout the meet. Hospitality for coaches and officials will be available throughout the meet.
MEET DIRECTOR	WENDY WILLIAMS 1785 HALL ROAD MEMPHIS NY 13112 williamsswtz@aol.com (315) 689-7741
MEET MARSHALL	ROBERT CAHALAN 104 PIDGEON ROOST LANE CAMILLUS, NY 13031 bobcahalan@aol.com (315)672-9705
RULES	USA Swimming and Niagara District rules and regulations will govern this meet. Niagara District Warm-up Guidelines for Sanctioned Meets in 6 Lane Pools will be followed. Swimmers must be registered with USA Swimming. This meet will be seeded for timed finals.
DECK ID	Only Swimmers, Coaches, Officials, and Meet Personal will be allowed on deck. Coaches and officials must wear and display their USA Swimming ID to ensure insurance coverage.
SEEDING	The meet will be preseeded. Swimmers must check in and pick up cards from Clerk of Course or be scratched. Swimmers will be escorted from the gym to the pool.
OFFICIALS	Visiting officials are always welcome; anyone interested in officiating any or all sessions of the meet please contact Fred Leff at (315) 468-4531 or by e-mail: fleff@twcny.rr.com
CONDUCT	Coaches and parents are responsible for the conduct of their swimmers at all times. An adult should be in the gym with the swimmers to ensure proper behavior. Swimmers misbehaving will be barred from further competition at this meet. Misconduct and vandalism will not be tolerated, as we are guests of the West Genesee Central School District.
COACHES' MEETINGS	Coaches' meetings will start at 8:15 A. M. and 1:15 P. M. just outside the pool office.

NOTE:

ALL STARTS FROM THE SHALLOW END WILL BE IN THE WATER!!

Camillus Swim Club, Inc.

Gold-Silver-Bronze Swim Meet, 11/8/09

Held under the sanction of United States Swimming, Inc.

Events Listing

Female		Event	Male
<u>SESSION I</u>			
1	10 & Under	50 Breaststroke	2
3	13 & 14	100 Breaststroke	4
5	10 & Under	50 Butterfly	6
7	13 & 14	100 Butterfly	8
9	10 & Under	100 Freestyle	10
11	13 & 14	200 Freestyle	12
13	10 & Under	50 Backstroke	14
15	13 & 14	100 Backstroke	16
17	10 & Under	100 Individual Medley	18
19	13 & 14	200 Individual Medley	20
21	10 & Under	50 Freestyle	22
23	13 & 14	100 Freestyle	24
25	10 & Under	200 Freestyle Relay	26
27	13 & 14	200 Freestyle Relay	28
<u>SESSION II</u>			
29	11&12	50 Breaststroke	30
31	Open	100 Breaststroke	32
33	8 & Under	25 Breaststroke	34
35	11&12	50 Butterfly	36
37	Open	100 Butterfly	38
39	8 & Under	25 Butterfly	40
41	11&12	100 Freestyle	42
43	Open	200 Freestyle	44
45	8 & Under	50 Freestyle	46
47	11&12	50 Backstroke	48
49	Open	100 Backstroke	50
51	8 & Under	25 Backstroke	52
53	11&12	100 Individual Medley	54
55	Open	200 Individual Medley	56
57	8 & Under	100 Individual Medley	58
59	11&12	50 Freestyle	60
61	Open	100 Freestyle	62
63	8 & Under	25 Freestyle	64
65	11&12	200 Freestyle Relay	66
67	Open	200 Freestyle Relay	68
69	8 & Under	100 Freestyle Relay	70

Camillus Swim Club
Gold – Silver – Bronze Swim Meet
Sunday, November 8, 2009
Held under the sanction of United States Swimming, Inc.
Sanction: NI0910-017S

MEET ENTRY SUMMARY & WAIVER

Mailing Address: KRISTIN SMITH
4871 SHERWOOD DRIVE
SYRACUSE, NY 13215
Kesmith1994@hotmail.com

Send regular mail, Express Mail or FedEx.

Make sure that you do not require a signature for delivery!

Team Name _____

Coach's Name _____ Phone: _____

Team Abbr. _____

Total Number of Swimmers _____ @ \$ 3.00 = _____

Total Number of Individual Entries _____ @ \$ 3.50 = _____

Total Number of Relay Entries _____ @ \$12.00 = _____

TOTAL FEES = _____

Club Entry Coordinator _____

Address _____

City, State, Zip _____

Area Code & Telephone _____

E-Mail Address _____

All of the swimmers entered are registered members of U.S. Swimming. I also release USA Swimming, Niagara Swimming, Inc., the Camillus Swim Club, Inc., and the West Genesee Central School District from any liability resulting from any injury suffered by any of our swimmers or spectators.

Signature of Club Official, Parent or Guardian

Date

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. Inside Lanes – Swimming and pulling only; no paddles.
- D. Outside Lanes – Kicking only.
- 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:
 - a. Lanes 1 & 6 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
 - b. Lanes 2 & 5 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 - c. 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 modify by the meet Referee according to the needs of the meet.

Travel Directions: From the North: Take I-81 South to Syracuse. Exit at Hiawatha Boulevard (Carousel Center). Take a right at the light onto Hiawatha Boulevard. Follow the signs to I-690 West. Take I-690 West. Near the New York State Fairgrounds, exit to the right onto New York State Route 695, “to 5, Auburn.” In two miles, 695 splits into route 5 to Auburn and 695 to Fairmount. Bear right and take route 5 west towards Auburn. Take the exit for “Hinsdale Road.” At end of ramp, take a left turn. Go straight through several intersections, then up a hill. Stay on Hinsdale and when you reach a light at West Genesee Street, West Genesee High School will be straight ahead. Go into the parking lot, turn left around the building, and park near the athletic field. The pool entrance is near the maintenance garage.

From the South: Take I-81 North to Syracuse. In downtown Syracuse, I-81 becomes two lanes for a short time. In about one mile, two lanes merge on the right. Immediately after this merge, move into the right lane and take the exit for I-690 West towards the New York State Fairgrounds. Near the New York State Fairgrounds, exit to the right onto New York State Route 695, “to 5, Auburn.” In two miles, 695 splits into route 5 to Auburn and 695 to Fairmount. Bear right and take route 5 west until the exit for Hinsdale Road. At end of ramp, take a left turn. Go straight through several intersections, then up a hill. Stay on Hinsdale and when you reach a light at West Genesee Street, West Genesee High School will be straight ahead. Go into the parking lot, turn left around the building, and park near the athletic field. The pool entrance is near the maintenance garage.

From the West: Take route 5 East towards Syracuse. You will come to a light at “Ike Dixon Road.” Continue straight, and soon (within a mile) after the light, there is an exit for Route 5 to the right. Take the right, and now you will be on a divided highway. Look for the exit for “Milton Avenue.” At end of the exit ramp, take a left turn. Stay on Milton Avenue until you reach “Hinsdale Road.” You should see a Home Depot ahead on the left and a small strip mall on your right. Take a right turn and stay on Hinsdale. When you reach a light at West Genesee Street, West Genesee High School will be straight ahead. Go into the parking lot, turn left around the building, and park near the athletic field. The pool entrance is near the maintenance garage.

From the East: Take I-690 into Syracuse. Stay on it until you near the New York State Fairgrounds. Near the New York State Fairgrounds, exit to the right onto New York State Route 695, “to 5, Auburn.” In two miles, 695 splits into route 5 to Auburn and 695 to Fairmount. Bear right and take route 5 west until the exit for Hinsdale Road. At end of ramp, take a left turn. Go straight through several intersections, then up a hill. Stay on Hinsdale and when you reach a light at West Genesee Street, West Genesee High School will be straight ahead. Go into the parking lot, turn left around the building, and park near the athletic field. The pool entrance is near the maintenance garage.

