

Oswego Laker Swim Club
Winter Wonderland Meet
Date: December 19 & 20, 2009
USA Sanctioned G - S - B Meet
Sanction #NI0910-034S

Location: Laker Hall Pool
State University of New York at Oswego
Oswego, New York 13126

Time: Session 1
Warm-up: 3:45 PM
Meet begins: 4:45 PM

Session 2
Warm-up: 7:45 AM
Meet begins: 8:45 AM

Session 3
Warm-up: 1:00 PM (or 15 minutes after the end of Session 1, but not before 1:00 PM)
Meet begins: 2:00 PM (or 1 hour after Warm ups but not before 2:00pm)

Facility: SUNY Oswego's Laker Hall pool is a 6 lane, 25 yard pool with non-turbulent lane dividers, fixed bulkhead, 4' shallow end depth, and Colorado electronic timing system. Per USA-S Rule 202.3.5 The competition course has not been certified in accordance with 104.2.2C(4).

Gymnasium and locker rooms will be available for swimmers. Spectator seating is provided next to the pool. The diving well is available throughout the day for warm-up. Refreshments will be available throughout the day at the concession stand. Ample parking is available at the south end of Laker Hall.

Meet Personnel: Meet Director:
Patricia Becksted
341 W 5th Street Rd
Oswego, NY 13126
pbecksted@twcny.rr.com
315-342-6286 (after 5pm weekdays or leave a message)

Meet Marshall:
Joe Carl
kcarl@twcny.rr.com

Officials: USA registered officials who would like to help with this meet, please contact Bob Sarkissian, Meet Referee at 315-342-2417.

Entries: All entrants must be registered members of USA Swimming. Swimmer's age on the day of the meet determines their age group. Swimmers' registration numbers **must** be included on the entry form. ***Limit of 2 individual events on Saturday and 5 individual events plus 1 relay per swimmer on Sunday.*** Entries may be limited by the Meet Director to control the length of the meet. We use Hy-tek's Meet Manager 2.0. Entries via email are preferred.

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Requirements: *Swimmers will need to provide their own timers and counters for ALL events on Saturday (Session 1). Positive check in is required!*

Deck entries: No deck entries will be permitted.

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 when the athlete is unregistered or has not properly transferred registration.

Entry fees: Entry fee is \$3.50 per individual event and \$12.00 per relay team. There is a \$3.00 deck fee per swimmer. Make checks (club check only, please) payable to:

Oswego Laker Swim Club and mail to:

Patricia Becksted email: pbecksted@twcny.rr.com
341 W. 5th Street Road Phone: 315-342-6286 (after 5pm weekdays)
Oswego, NY 13126

Deadline: *All mailed entries must be postmarked by December 5, 2009. E-mailed entries are due by December 12, 2009. No late entries will be accepted.*

Awards: Medals for all first place winners will be awarded in each category (G-S-B).
High Point Trophy will be awarded for each age group winner: 8 and under, 9-10, 11-12, 13-14, and Open
8 & Under: Ribbons for places 2 – 12
All others: Ribbons for places 2 - 6, (G-S-B)
Relays: 1 - 3. There are no G-S-B categories for relays.
Heat winner ribbons will be awarded.
Team trophies will be awarded to the top Large and Small teams.

Deck ID: Only swimmers, coaches, officials and meet personnel are allowed on deck. Coaches must wear USAS ID, **no exceptions**.

Conduct: Coaches and parents are responsible for the conduct of their swimmers. An adult should be present in the gym with the swimmers to ensure proper behavior. Proper conduct on the part of all swimmers and spectators is expected at all times. No glass containers are allowed in the pool or locker room areas.

Parking: Park in the lot at the south of Laker Hall.

Vendor: *The Deep End* will be at this meet to sell swimming merchandise.
Visual Creations will be at this meet to sell design t-shirts and sweatshirts.

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Directions:

From the south:

Take either Rt. 481 or Rt. 48 north to Oswego. From either road, turn left at the first traffic light in Oswego. This will be Utica St. Follow Utica St. to the end. Turn right onto 5th Avenue. Go a short distance to the first traffic light (at the intersection of Rt. 104). Turn left onto Rt. 104. Go about 1/4 mile and turn left onto Johnson Rd. Go about 1/4 miles. Laker Hall is the large square building on your left.

From the west:

Take Rt. 104 east to Oswego. The first traffic light will be at the college. Turn right at this traffic light and go about 2/10 of a mile. The large square building just ahead of you and to your right is Laker Hall. Turn right at the STOP sign. Park in the lot at the south end of Laker Hall.

From the east:

Follow Rt. 104 west through Oswego. About 1/4 mile past Pizza Hut, turn left onto Johnson Rd. Go about 1/4 mile. Laker Hall is the large square building on your left. Park in the lot at the south end of Laker Hall.

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WARM-UP PROCEDURES

In the interest of safety, the following warm-up procedures will apply in this Niagara LSC sanctioned meet.

Pre-meet Warm-up

- Control/supervise: Key words for safe warm-ups.
- Marshals will be actively supervising the warm-ups to ensure that proper procedures are followed.

General Warm-up Period

- The first 30-45 minutes are for general warm-ups in all lanes.
- There shall be **NO DIVING** off the blocks or the edge of the pool at this time.
- Outside lanes - kicking and swimming.
- Inside lanes - swimming and pulling only; no paddles.
- No sprinting or pace work.

Specific Warm-up Period

- Last 30-45 minutes of pre-meet warm-up period.
- Each lane will be scheduled as follows:
 - Lanes 1 & 6 push off one or two lengths, beginning at the starting end of the pool. Circle swimming only.
 - Lanes 2 & 5 racing starts only. Swim one length only. All swimmers begin at the starting end of the pool.
 - Lanes 3 & 4 general warm-up only (as above) **NO DIVING**.

IMPORTANT POINTS FOR SPECIFIC WARM-UP PERIOD

- No diving in lanes other than those designated for racing dives. The blocks will be marked.
- Start all swimmers in all lanes at the starting end of the pool.
- Coaches should stand at the starting end of the pool when verbally starting swimmers.
- Swimmers should be reminded by coaches that breaststrokers need more lead-time.
- Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one will be allowed on the starting block until the backstroke start is executed.
- The announcer will announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
- Coaches should maintain as much contact with their swimmers as possible - verbal and visual -throughout the warm-up period.
- The coaches should understand that responsibility for supervision of their swimmers is the same at this meet as when on deck at practice.
- Marshals have the authority over the warm-up. A swimmer or coach may be removed from the deck for interfering with the marshal.
- When the number of participants for a session cannot be safely accommodated during the same warm-up period, the warm-up sessions will be split to provide a safe and adequate warm-up time for all.
- The meet referee shall have responsibility for establishing and enforcing rules for safe conduct within the pool area during the swimming competition.
- The meet safety committee will have responsibility for safety rules in all other areas during competition and will assist the meet referee in the pool if necessary.
- The meet safety committee shall have any person deliberately violating safety rules removed from the meet facility.
- There shall be at least one marshal at each end of the pool to ensure the warm-up procedures will be followed.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition. 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.

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Lodging:

| | |
|--|--|
| <p>Day's Inn Rte 104 East Oswego, NY 13126 www.oswegohotels.com 1-800-329-7466 315-343-3136</p> <p>2 miles from SUNY Oswego</p> | <p>Travelodge Oswego Closest to SUNY Oswego www.oswegohotels.com www.travelodge.com 309 West Seneca St, Oswego, NY 13126 For Reservations call 1-800-578-7878 Phone - (315) 343 4900 Email: oswegohotels@yahoo.com</p> <p>1/10th mile from SUNY Oswego Campus</p> |
| <p>Best Western The Captain's Quarters 26 East 1st Street Oswego, NY 13126 315-342-4040</p> <p>2 miles from SUNY Oswego</p> | <p>Econo Lodge Riverfront 71 E 1st Street Oswego, NY 13126 315-343-1600</p> <p>2 miles from SUNY Oswego</p> |
| <p>King Arthur Suites 7 W Bridge Street Oswego, NY 13126 www.kingarthursuites.com 315-343-1300</p> <p>2 miles from SUNY Oswego</p> | |

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Session 1 (12 & Under, Open)
Saturday, December 19, 2009
Warm-up @ 3:45 p.m.
Meet Start @ 4:45 p.m.

****Positive check-in for all Session 1 events by 3:45pm!!**
Swimmers must provide their own counters and timers for this session!

| Girls | Event | Boys |
|-------|----------------------------|------|
| 75 | Open 400IM | 76 |
| 77 | 12 and Under 500 Yard Free | 78 |
| 79 | Open 500 Yard Free | 80 |
| 81 | Open 1650 Yard Free | 82 |

Session 2 (13 & Over, 8 & Under)
Sunday, December 20, 2009
Warm-up @ 7:45 .m.
Meet Start @ 8:45 a.m.

| Girls | Event | Boys |
|-------|---|------|
| 1 | 8 & Under 25 Yard Free | 2 |
| 3 | 13 & 14 100 Yard Free | 4 |
| 5 | Open 100 Yard Free | 6 |
| 7 | 8 & Under 25 Yard Back | 8 |
| 9 | 13 & 14 100 Yard Back | 10 |
| 11 | Open 100 Yard Back | 12 |
| 13 | 8 & Under 25 Yard Breast | 14 |
| 15 | 13 & 14 100 Yard Breast | 16 |
| 17 | Open 100 Yard Breast | 18 |
| 19 | 13 & 14 200 Yard Free | 20 |
| 21 | Open 200 Yard Free | 22 |
| 23 | 8 & Under 50 Yard Free | 24 |
| 25 | 13 & 14 50 Yard Free | 26 |
| 27 | Open 50 Yard Free | 28 |
| 29 | 8 & Under 25 Yard Fly | 30 |
| 31 | 13 & 14 100 Yard Fly | 32 |
| 33 | Open 100 Yard Fly | 34 |
| 35 | 8 & Under 100 Yard IM | 36 |
| 37 | 13 & 14 200 Yard IM | 38 |
| 39 | Open 200 Yard IM | 40 |
| 41 | 8 & Under 100 Yard Mixed Free Relay* | 41 |
| 42 | 13 & 14 200 Yard Mixed Medley Relay* | 42 |
| 43 | Open 200 Yard Mixed Medley Relay* | 43 |

*Mixed relays must be made up of at least 1 girl.

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Session II (9 & 10, 11 & 12)
Sunday, December 20, 2009
Warm up @ 1:00 p.m.
Meet Start @ 2:00 p.m.

| Girls | Event | Boys |
|-------|---|------|
| 45 | 9 & 10 50 Yard Free | 46 |
| 47 | 11 & 12 50 Yard Free | 48 |
| 49 | 9 & 10 50 Yard Back | 50 |
| 51 | 11 & 12 50 Yard Back | 52 |
| 53 | 9 & 10 50 Yard Breast | 54 |
| 55 | 11 & 12 50 Yard Breast | 56 |
| 57 | 9 & 10 200 Yard Free Relay | 58 |
| 59 | 11 & 12 200 Yard Free Relay | 60 |
| 61 | 9 & 10 100 Yard Free | 62 |
| 63 | 11 & 12 100 Yard Free | 64 |
| 65 | 9 & 10 50 Yard Fly | 66 |
| 67 | 11 & 12 50 Yard Fly | 68 |
| 69 | 9 & 10 100 Yard IM | 70 |
| 71 | 11 & 12 100 Yard IM | 72 |
| 73 | 9 & 10 200 Yard Mixed Medley Relay* | 73 |
| 74 | 11 & 12 200 Yard Mixed Medley Relay* | 74 |

*Mixed relays must be made up of at least 1 girl.

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Summary Sheet/Waiver

| <u>AGE GROUP</u> | <u># OF SWIMMERS</u> | <u># OF ENTRIES</u> | <u>TOTAL</u> |
|-------------------------------|----------------------|---------------------|------------------------------|
| 8 & UNDER | _____ | _____ | @ \$3.50 per entry = _____ |
| 9 & 10 | _____ | _____ | @ \$3.50 per entry = _____ |
| 11 & 12 | _____ | _____ | @ \$3.50 per entry = _____ |
| 13 & 14 | _____ | _____ | @ \$3.50 per entry = _____ |
| OPEN | _____ | _____ | @ \$3.50 per entry = _____ |
| Number of relays entered: | | _____ | @ \$12.00 per relay = _____ |
| Number of swimmers: | | _____ | @ \$5.00 per athlete = _____ |
| Total amount enclosed: | | | _____ |

Make checks payable to: **Oswego Laker Swim Club**

Name of club: _____

Club code: _____

Names of coaches attending the meet: _____

Club contact (please includes complete **address, phone number and email address**):

Name: _____

Address: _____

Telephone: _____ Cell: _____ Email: _____

Please submit this sheet with your entry sheet. If there is a mistake in your entry, I will try to call your contact to get it resolved.

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 the Oswego Laker Swim Club, Niagara Swimming, USA Swimming, and State University of New York at Oswego 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.

Signature _____ Date: _____
 Signature of Club Official

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BOYS

Club Code: _____

| | | | | | | | |
|---------------------------|-----|---------|------|---------|------|---------|------|
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |

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GIRLS

Club Code: _____

| | | | | | | | |
|---------------------------|-----|---------|------|---------|------|---------|------|
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |
| USA ID | | Event # | Time | Event # | Time | Event # | Time |
| Last Name, First Name, MI | Age | Event # | Time | Event # | Time | Event # | Time |

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RELAYS

Club Code: _____

| | | |
|------------------------|---------|--|
| Designator A,B etc. | Event # | Names (optional) |
| | Time | 1. _____ 2. _____ 3. _____ 4. _____ |
| Designator A,B etc. | Event # | Names (optional) |
| | Time | 1. _____ 2. _____ 3. _____ 4. _____ |
| Designator A,B etc. | Event # | Names (optional) |
| | Time | 1. _____ 2. _____ 3. _____ 4. _____ |
| Designator A,B etc. | Event # | Names (optional) |
| | Time | 1. _____ 2. _____ 3. _____ 4. _____ |
| Designator A,B etc. | Event # | Names (optional) |
| | Time | 1. _____ 2. _____ 3. _____ 4. _____ |
| Designator A,B etc. | Event # | Names (optional) |
| | Time | 1. _____ 2. _____ 3. _____ 4. _____ |
| Time | | |