

**STAR SWIMMING SHORT COURSE
TEAM INVITATIONAL**

December 10-13, 2009
Thursday, Friday, Saturday, Sunday

ERIE COMMUNITY COLLEGE, BUFFALO, NEW YORK
HELD UNDER THE SANCTION OF USA SWIMMING:
OPEN TO ALL U.S.A. AND S.N.C. SWIMMERS AND TEAMS
10 & UNDER, 11-12, 13-14 and Open Age Groups
Meet Information also available at <http://www.starswimming.org>

POOL LOCATION: 21 Oak Street, Buffalo, New York 14203

FACILITIES: Two 25 yard pools with continuous flow through gutters and Kieffer-McNeil lane dividers. Separate 25 yard five lane pool for continuous warm-up and warm-down. Colorado 5000 Electronic Timing Systems, horn starts and scoreboard readouts for both courses. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

VENUES: 14 & Unders will swim in the east end course and Seniors will swim in the west end course. **ALL FINALS ARE IN THE WEST END COURSE.**

SITE OF: 1993 World University Games
Numerous USS Junior Nationals-Long Course and Short Course
1994 USS Open
1997 USS Phillips 66 Senior Nationals
2004 & 2006 Eastern Zone "Super Sectional" Meet

MEET

DIRECTORS: Meet Director: **Brad Boyle**
18 Wenonah Ter
Tonawanda, NY 14150
Home: 716-833-3621
boyleb@ecc.edu

MEET MARSHALL:
Renee Wolf

Assistant Meet Director:
Karyn Bimber

HOTELS: Hotel information is posted on our website.
PLEASE RESERVE EARLY.

OFFICIALS: Anyone interested in officiating at this meet is welcome. Please contact Larry Lichota: uncleallbert@aol.com

TIMERS: SWIMMERS TO PROVIDE OWN TIMERS/WATCHES FOR 1000 & 1650 FREE AND 11-12 500 FREE.

TIME TRIALS: Time Trials may be held if time permits. Each trial will cost \$5.00.
Swimmers to provide own timers. SEE ENTRY RESTRICTIONS.

EVENTS: The meet will be swum in accordance with the accompanying schedule of events. 11-12 500 Free, all 1000 and 1650 Free will be timed final events.

**THE FASTEST HEAT OF RELAYS WILL BE SWUM WITH FINALS EXCEPT ON SUNDAY,
WHEN ALL RELAYS WILL BE SWUM IN THE PRELIM SESSION.**

**MEET
SCRATCH
RULE:**

- A. Any swimmer qualifying for a consolation or championships final in an individual event who fails to compete in said consolation or championship final race shall be barred from further competition for the remainder of the day's program except as noted.
- B. Exceptions for failure to compete - No penalty shall apply if:
- (1) The Referee is notified of illness or injury and accepts proof thereof.
 - (2) A swimmer qualifying for a consolation or championship final based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after the announcement of the qualifiers for that race that they may not intend to compete and further declares their final intention within thirty (30) minutes following their last individual preliminary event.
 - (C) It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

ENTRY

RESTRICTIONS:

1. No swimmer may enter more than three (3) events and two (2) relays per day including time trials. Relay swimmers must be entered in an individual event.
2. NO LATE OR PHONE ENTRIES ACCEPTED!!
3. The Meet Director reserves the right to return entries in order to control meet duration. 11-12 500 Free, all 400 IM's, 500, 1000 and 1650 Frees may be limited due to time constraints. There may be positive check-in for all senior events 200 yards and longer.

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 (by Niagara District), per such meet. The fine applies either when the athlete is unregistered or has not properly transferred registration.

PLEASE SUBMIT PROOF OF TIME FOR 11-12 500 FREE, 13-14 AND SENIOR 500, 1000 and 1650 FREE AND 400 IM.

ENTRY

FEES:

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

Make checks payable to: STAR SWIMMING, INC.

Send regular mail, Express Mail or FedEx.

Please make sure that you do not require a signature for delivery!

Brad Boyle

21 Oak St.

Buffalo, NY 14203

boyleb@ecc.edu

ENTRY

DEADLINE:

ENTRY FORMS AND FEES must be received no later than 11:00 PM, December 4, 2009. ENTER SOON THIS MEET FILLS EARLY.

If a team plans on sending a hard copy of their entries, please contact Brad Boyle at the above listed e-mail for a copy of the spreadsheet.

COACHES MEETING:

Will be held as required.

	Warm-up Start	Warm-up Ends	Meet Start	
STARTING	Thursday	3:00 PM	4:45 PM	5:00 PM
TIMES:	Fri, Sat, Sun Prelims	6:30 AM	7:50 AM	8:00 AM
	Fri, Sat, Sun Finals	4:00 PM	5:23 PM	5:30 PM

WARM-UP UP POOL AVAILABLE FOR CONTINUOUS WARM-UP

PRELIM AND FINALS START TIME SUBJECT TO CHANGE.

SEEDING: The meet will be pre-seeded with the exception of the following: All 500 Frees, 400 IM's and all 1000 and 1650 Frees, which will be deck seeded. **THESE ARE ALL POSITIVE CHECK-IN EVENTS. YOU MUST CHECK IN FOR THESE EVENTS BY THE END OF THE PREVIOUS NIGHT'S FINALS. THE 11-12 500 FREE AND SENIOR 1650 WILL HAVE POSITIVE CHECK-IN BETWEEN 3:00-4:15 PM THURSDAY. MEET MANAGEMENT RESERVES THE RIGHT TO POSITIVE CHECK IN ALL 200 YARD EVENTS IF NECESSARY. NATIONAL POSITIVE CHECK-IN RULE APPLIES TO THESE EVENTS.**

SCORING: Individual Events: Final 20-17-16-15-14-13-12-11
Consolation 9-7-6-5-4-3-2-1

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

**FINAL HEAT ONLY FOR 10 & UNDERS,
FINALS AND CONSOLATIONS FOR 11-12 & 13-14 AGE GROUPS.
ONE FINAL HEAT FOR 13-14 500 FREE AND 400 IM.**

BONUS HEAT FOR SENIORS IN EVERY EVENT EXCEPT 400 IM AND 500 FREE.

AWARDS: 12 & UNDER: Individual: Medal: 1-3 Ribbons 4-8
Relays: Medals: 1st

TEAM AWARDS: 1st – 3rd Team Combined

INDIVIDUAL HIGH POINTS: 1-3 ALL AGE GROUPS

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. For special pick ups, see Meet Director.

RESULTS: Realtime Results will be posted during the meet on the Star Swimming web site at <http://www.star-meets.org>. Team Scores, a results file for Team Manager, and a Meet Manager Backup file will be posted following the meet.

PROGRAM/ Programs for the entire meet will be on sale for \$12.00.

SEATING: Final programs - \$2.00.

Admission: Prelims - \$2.00 Finals - \$3.00 All Session Pass - \$15

Balcony seating for 1200.

PARKING: Parking is available at Mike's Parking at the corner of Elm & Swan Street and at the Adam's Parking Ramp at the corner of Washington and North Division Street. Mike's Parking has attendants supervising parking from ½ hour before the start of warm-ups through the last session of the day. The Adam's Parking Ramp offers free parking on weekends but is unsupervised.

CONDUCT: Proper conduct at all times will be enforced by coaches, meet marshals, college officials and college security. ANY SWIMMER found in the posted out of bounds areas will be barred from the remainder of the meet without recourse. Swimmers are not allowed to swim under the bulkhead, nor are they to use the Emergency Dorr. Disciplinary action will be immediate expulsion from the meet!

ONLY SWIMMERS, COACHES AND MEET PERSONNEL ALLOWED ON DECK.

(NO PARENTS - This is an insurance issue).

ALL COACHES MUST WEAR 2009 OR 2010 MEMBERSHIP CARD.

DUE TO THE EXPECTED SIZE OF THIS MEET THE ABOVE WILL BE STRICTLY ENFORCED.

PRELIMINARY ORDER OF EVENTS

SENIOR

THURSDAY, DECEMBER 10

FEMALE	FASTER THAN		FASTER THAN	MALE
1	19:58.99	1650 Free (TF) Positive Check-in	18:47.99	2

FRIDAY, DECEMBER 11

93	1:16.39	100 Breast	1:09.19	94
95	2:07.30	200 Free	1:57.79	96
97	1:06.89	100 Fly	1:00.49	98
99	NT	400 Free Relay *	NT	100
101	5:00.99	400 IM ***	4:37.09	102

SATURDAY, DECEMBER 12

103	2:21.78	200 IM ***	2:09.99	104
105	28.19	50 Free	25.39	106
107	1:07.69	100 Back	1:01.29	108
109	NT	400 Medley Relay *	NT	110
	*****	10 Minute Break	*****	
111	5:33.79	500 Free ***	5:11.69	112

SUNDAY, DECEMBER 13

113	2:23.89	200 Back	2:09.09	114
115	2:44.79	200 Breast	2:27.59	116
117	1:01.09	100 Free	55.39	118
119	2:24.19	200 Fly	2:09.59	120
121	NT	200 Free Relay	NT	122
	*****	10 Minute Break	*****	
123	11:11.09	1000 Free TF ***	10:30.19	124

ALL RELAYS ARE TIMED FINALS - FASTEST HEAT SWIM IN FINALS EXCEPT ON SUNDAY, WHEN ALL RELAYS WILL BE SWUM IN PRELIMS.

*** POSITIVE CHECK-IN EVENT,

1650, 1000 and 500 Frees will swim fastest to slowest, and the 400IM will swim slowest to fastest) alternating heats of women, then men.

(TF) - TIMED FINAL

ORDER OF FINALS

FRIDAY DEC 11	FEMALE		MALE
	29	10 & Under 400 Free Relay	30
	31	11-12 400 Free Relay	32
	5	10 & Under 50 Breast	6
	7	11-12 50 Breast	8
	9	13-14 100 Breast	10
	93	Senior 100 Breast	94
	11	10 & Under 100 Free	12
	13	11-12 100 Free	14
	15	13-14 200 Free	16
	95	Senior 200 Free	96
	17	10 & Under 50 Fly	18
	19	11-12 50 Fly	20
	21	13-14 100 Fly	22
	97	Senior 100 Fly	98
	23	10 & Under 200 IM	24
	25	11-12 200 IM	26
	27	13-14 400 IM (FINAL HEAT ONLY)	28
	99	Senior 400 IM (NO BONUS)	100
	33	13-14 400 Free Relay	34
	101	Senior 400 Free Relay	102
SATURDAY DEC 12	53	10 & Under 200 Medley Relay	54
	55	11-12 200 Medley Relay	56
	35	10 & Under 100 IM	36
	37	11-12 100 IM	38
	39	13-14 200 IM	40
	103	Senior 200 IM	104
	51	13-14 50 Free	52
	105	Senior 50 Free	106
	41	10 & Under 50 Back	42
	43	11-12 50 Back	44
	45	13-14 100 Back	46
	107	Senior 100 Back	108
	47	10 & Under 200 Free	48
	49	11-12 200 Free	50
	59	13-14 500 Free (FINAL HEAT ONLY)	60
	111	Senior 500 Free (NO BONUS)	112
	57	13-14 400 Medley Relay	58
	109	Senior 400 Medley Relay	110
SUNDAY DEC 13	61	10 & Under 100 Back	62
	63	11-12 100 Back	64
	65	13-14 200 Back	66
	113	Senior 200 Back	114
	67	10 & Under 100 Breast	68
	69	11-12 100 Breast	70
	71	13-14 200 Breast	72
	115	Senior 200 Breast	116
	73	10 & Under 50 Free	74
	75	11-12 50 Free	76
	77	13-14 100 Free	78
	117	Senior 100 Free	118
	79	10 & Under 100 Fly	80
	81	11-12 100 Fly	82
	83	13-14 200 Fly	84
	119	Senior 200 Fly	120

**2009 STAR SHORT COURSE AGE GROUP AND SENIOR
HELD UNDER THE SANCTION OF USA SWIMMING:
ENTRY RECAPITULATION**

TEAM _____ TEAM CODE _____

COACH _____ TEL. NO. _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

CONTACT PERSON _____ TEL NO _____

TEAM HOTEL _____ TEL NO _____
(IN CASE OF EMERGENCY)

Women Individual Entries _____ x \$4.00 = \$ _____

Number of Women Swimmers _____ x \$5.00 = \$ _____

Men Individual Entries _____ x \$4.00 = \$ _____

Number of Men Swimmers _____ x \$5.00 = \$ _____

Number of Relay Entries _____ x \$12.00 = \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

MAKE CHECKS PAYABLE TO "**STAR SWIMMING**"

***** THIS FORM MUST BE RETURNED WITH ENTRY FORMS *****
TO BE CONSIDERED A COMPLETE ENTRY.

EXPRESS MAIL OR FED EX. WITH WAIVER OF **SIGNATURE REQUIREMENT** TO:

**Brad Boyle
21 Oak St.
Buffalo, NY 14203**

OR FAX ENTRIES TO 716-851-1219 OR E-MAIL TO boyleb@ecc.edu
ENTRY FEE CHECK MUST

ARRIVE THREE (3) DAYS FROM DATE OF FAX OR E-MAIL ENTRY.
ENTRIES NOT COMPUTERIZED UNTIL ALL ENTRY FEES ARE PAID.

ENTRIES CLOSE 11:00 PM, December 4, 2009

RESULTS MAY BE IN DISK FORM OR HARD COPY. DISK RESULTS ARE FREE AND HARD COPY RESULTS
REQUIRES A \$10.00 POSTAGE AND HANDLING CHARGE.

DISK _____ (No Charge) HARD COPY _____ (\$10.00)

E-MAIL ADDRESS: _____

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 Star Swimming, Inc., Niagara Swimming, Inc., USA Swimming, and the Erie Community College 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.

Date

Signature of club official, parent or guardian

Warm-up Procedures for all Sanctioned Meets in 8 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 an eight-lane pool, each lane shall be scheduled as follows:
 - a. Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
 - b. Lanes 2 & 7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 - c. Lanes 3, 4, 5 & 6 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 breaststrokes need more lead-time than freestylers or butterfly swimmers.
5. Backstrokes 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 backstroke 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.