



# 2009 Holiday Swim for time



## Town of Tonawanda Titans Swim Club

Held under the Sanction of USA Swimming Sanction # #NI0910-031S

December 28<sup>th</sup> & 29<sup>th</sup>

Open mixed events

Town of Tonawanda Aquatic & Fitness Center  
Next to Sheridan Plaza on Sheridan Dr. between Delaware Rd. & Colvin Blvd.  
Enter on Pool Plaza from Delaware Rd. From I 90 take I 290 to Delaware South Exit.

**FACILITIES:** There is one 8 lane 25 yard pool with Paddock continuous flow through lane lines and Paddock gutter system, Colorado Timing System, electronic scoreboard with an 8 lane readout and computer scoring (HYTEK). Ample seating.

**PARKING:** Parking lot adjacent to the building. **PARKING IS NOT PERMITTED IN THE "ABOVE" LOTS NEAR ALDI's, SEARS, FIRESTONE AND FIRST NIAGARA BANK. OFFENDERS WILL BE TOWED.**

**SESSIONS:** All age groups will swim at the same time warm up to begin at 5:30PM Meet start at 6:15 PM

<b>MEET PERSONNEL:</b>	<b>MEET DIRECTOR:</b> Tim Bennett <i>7022 Witmer Rd.</i> Wheatfield NY, 14120 Phone #: (716) 863-6933 <a href="mailto:timbennett@roadrunner.com">timbennett@roadrunner.com</a>	<b>MEET MARSHALL:</b> Debbie Gielowski	<b>MEET REFEREE:</b> Mike Puscer
		<b>MEET ENTRIES:</b> Scott Vanderzell <a href="mailto:sdv2@roadrunner.com">sdv2@roadrunner.com</a>	<b>MEET OPERATIONS:</b> Tim Bennett

**OFFICIALS:** Anyone interested in officiating at this meet is welcome.  
Please contact Pat Scherer at [Patsev@aol.com](mailto:Patsev@aol.com) or @ 716-824-4053

**TIMERS:** Timers will be supplied by participating clubs and will be assigned based on team entries

**FORMAT:** Pre-seeded, Short course yards Timed Finals. No clerk-of-course.

**ENTRIES:**

1. All times must be submitted in short course yard times.
2. No swimmer may enter more than 3 **individual** events per day.
3. Age on the first day of the meet determines the swimmer's age for the remainder of the meet.
4. No entry will be accepted without a current **U.S.A. or CSA Swimming number**.
5. No **phone** or **deck entries**.
6. The signed Agreement & Release and Summary form must accompany all entries.
7. Meet Director reserves the right to return entries to control the size of the meet.
8. Fly over starts will be used at the discretion of the Meet Referee.

- ENTRY FEES:**
1. Deck Fee \$5.00 U.S./Swimmer
  2. Individual Events \$3.50 U.S.

Make checks payable to **Town of Tonawanda Titans Swim Club**  
**Club Checks Only Please! (No personal checks for entries – unless Unattached)**

**SEND TO:** Scott Vanderzell  
927 Stony Point  
Grand Island, NY 14072  
(716) 208-5372 [sdv2@roadrunner.com](mailto:sdv2@roadrunner.com)  
If you can not send your entries using Hy-tek - please contact the meet director for instructions on how to enter your team.

**DEADLINE:** Entries, waiver forms, & fees must be **RECEIVED** no later than **6:00PM, Friday, December 18<sup>th</sup> 2009.**

**COMPUTER PROGRAM:** **HYTEK Meet Manager. Entries by Commlink greatly appreciated.**

**SCORING:** No team scoring or individual scoring will take place as we are swimming for times only

**START TIMES:**

Monday	5:30P.M. Warm-up	6:15 P.M.Start
Tuesday	5:30P.M. Warm-up	6:15 P.M.Start

**AWARDS:** No awards will be given Holiday heat winner prizes will be awarded.

**PROGRAMS:** Programs for the meet will be on sale

**CONDUCT:** Coaches & parents are responsible for the conduct of their swimmers. Swimmers found in restricted areas or causing damage to the facility will be barred from the meet at the discretion of the meet director. **Expenses for damages will be billed to the club/s of the swimmer/s responsible.**

**DECK ID:** Only Swimmers, Coaches, Officials, and Meet Personnel allowed on deck.  
**Coaches & Officials must wear their U.S.A. Swimming ID. No Exceptions!!**

**MEETINGS:**  
**COACHES:** As required.

**OFFICIALS:** 10 minutes prior to start of each session.

# Order of Events

## Monday

Warm-ups 5:30 P.M. Start 6:15 P.M.

Event No.	Mixed	Event
1	OPEN	50 Freestyle
2	OPEN	100 Backstroke
3	OPEN	200 Butterfly
4	OPEN	100 Breaststroke
5	OPEN	200 Individual Medley
6	OPEN	50 Backstroke
7	OPEN	200 Freestyle

## Tuesday

Warm-ups 5:30 P.M. Start 6:15 P.M.

Event No.	Mixed	Event
8	OPEN	50 Butterfly
9	OPEN	200 Backstroke
10	OPEN	50 Breaststroke
11	OPEN	100 Individual Medley
12	OPEN	100 Butterfly
13	OPEN	200 Breaststroke
14	OPEN	100 Freestyle

**Town of Tonawanda Titans Swim Club**  
**HOLIDAY SWIM FOR TIME**

December 28<sup>th</sup> & 29<sup>th</sup>  
Sanction #

**ENTRY WAIVER**

We, the undersigned, hold harmless U.S.A. Swimming, Inc., Niagara Swimming, Inc., the Town of Tonawanda, and the Town of Tonawanda Titans Swim Club, Inc. and any of their agents for any expense or injury incurred as a result of participation in this meet. We recognize that we are swimming at our own risk.

Signature of Coach or Club Official \_\_\_\_\_

**ENTRY RECAPITULATION**

TEAM \_\_\_\_\_ TEAM CODE \_\_\_\_\_

COACH \_\_\_\_\_ TEL. NO. \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

E-MAIL ADDRESS \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_ TEL NO \_\_\_\_\_

Women Individual Entries \_\_\_\_\_ x \$3.50 = \$ \_\_\_\_\_

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

Men Individual Entries \_\_\_\_\_ x \$3.50 = \$ \_\_\_\_\_

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

**TOTAL AMOUNT ENCLOSED** \$ \_\_\_\_\_

Make checks payable to **Town of Tonawanda Titans Swim Club**  
**Club Checks Only Please! (No personal checks for entries – unless Unattached)**

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

Entries, waiver forms, & fees must be **RECEIVED** no later than **6:00PM, Friday, December 18<sup>th</sup> 2009.**  
MAIL, POSTAL EXPRESS OR FED EXPRESS TO:

Scott Vanderzell  
927 Stony Point  
Grand Island, NY 14072  
(716) 208-5372  
sdv2@roadrunner.com

\*\*\*\*\*ENTRIES CLOSE **Friday, December 18<sup>th</sup> 2009**,\*\*\*\*\*

# Niagara Swimming Inc.

## 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 modified by the meet Referee according to the needs of the meet.