Veterans Day

Memorial Meet

Sunday, November 11, 2018

USA Swimming Sanction # NI-1819-013

hosted by

Hilton Area Swim Team

2018 Veterans Day Memorial Meet

Sunday, November 11th, 2018

Held under the sanction of USA Swimming

USA Swimming Sanction # NI-1819-013

Location: Hilton Aquatic Center
Merton Williams Middle School
200 School Lane
Hilton, New York 14468

Directions: The Hilton Aquatic Center is located at the Merton Williams Middle School at 200 School La., Hilton 14468.

DIRECTIONS: from Rochester, NY, take Rt. 490 West to 390 North until Ridge Road West [Rt. 104]. Travel about 6 miles west to Rt. 259. Turn right, travel about eight miles to the Village of Hilton. From the center of the Village of Hilton turn left [west] onto Rt. 18; turn right at first road - Rt. 259 North.; the second left is Old Hojack Lane [NAPA Auto Parts is just north of it]; continue west about 0.5 mile until you come to a four-way intersection. Turn right at the second drive toward the white-brick school. The Aquatic Center Pool Entrance is located behind Merton Williams Middle School.

Time: Warm-ups for Session I **8:00 - 8:45 am**. Meet starts promptly at 9:00 am.
Warm-ups for Session II **12:00 – 12:45 pm**. Meet starts promptly at 1:00 pm.

Niagara LSC Warm-up procedures will be followed.
Meet Management may combine sessions and/or events as necessary based upon entries. Participating clubs will be notified prior to the meet date should this occur.

Features: Eight lane, 25-yard pool. The competition course has not been certified in accordance with 104.2.2C(4). From the start end, the pool depth is 9 feet at 3 feet 3 1⁄2 inches and 9 feet at 16 feet 5 inches. From the turn end, the pool depth is 3 feet 6 inches at 3 feet 3 1⁄2 inches and is 4 feet at 16 feet 5 inches. A diving well for continuous warm-ups is available. A diving well for continuous warm-ups is available. Electronic timing and scoreboard with computer scoring will be used. All swims are timed finals. There is ample free parking and large viewing stands.

Entry Data:

- All entrants must be registered members of USA Swimming.
- Age on the day of the meet applies.
- Entries must include USA Swimming number.
- Swimmers may enter a maximum of 5 individual events – plus 2 relays.
- Swimmers may only enter 1 session of the meet to comply with the 4-hour rule.
- Only the first 800 entries will be accepted for each session.
- 8U, 10U events will utilize an on-deck clerk of course. All other events will report directly to their lanes.
- 25 Yard events will start in water at the shallow end of the pool.
- Mixed relays must consist of two (2) males and two (2) females.
- Deck entries will be considered at the discretion of the meet director only when open lanes exist.
- 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.

Entry Fees: $5.00 Per Individual Event, $12.00 per Relay Event.
$5.00 Deck Fee per swimmer.
Make Checks Payable to: Hilton Area Swim Team
(One team check for all entries, please.)

Entries: Electronic Entries via email using HYTEK Comlink file should be sent to:
Tom Gavigan
hastseals@gmail.com

Entry Deadline: **Entries Due by Sunday, November 4th, 2018 at 6:00 pm**

Awards: Individual Events: Ribbons 1st – 12th
Relay Events : Ribbons 1st – 3rd
Heat Winner Ribbons for 8&U and 10&U individual events

Scoring: Individual: 8-5-4-3-2-1
Relay: No Scoring

Individual High Point Award:

High point awards will be awarded to first place individuals in each age group (8&U, 10&U, 11-12 13-14 and Open), Male and Female, based on total points won within that age group's events. Points won for each event will be based on placement in the actual age group swum. In the case of a tie, the high point winner will be determined through tallying of finishes for the first three common events swum.

Rules of Conduct: Parents & Coaches are responsible for the conduct of swimmers in all areas of the building throughout the duration of the meet. Vandalism, theft or dangerous behavior, including throwing of objects in the gym/cafeteria, hallways, pool area or viewing stands areas will be cause for exclusion from the meet.

The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.

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.

Deck changes are prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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 non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request.

Food: The concession area will be available by 8:00 A.M. Snacks, and other refreshments will be on sale throughout the duration of the meet.

Meet Director: Damon Runyon
hastseals@gmail.com

Meet Referee: Joe Reitz jreitz@rochester.rr.com
Volunteer officials from other clubs are appreciated!

Administrative Official: Tom Gavigan

Niagara LSC Warm-up procedures will be followed:

Warm-up:

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 a six lane pool, each lane shall be scheduled as follows:
  - **1.** Lanes 1 and 8 push off one or two lengths and back, beginning at the starting end of the pool. Circle swimming only.
  - **2.** Lanes 2 and 7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
  - **3.** Lanes 3, 4, 5 and 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 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 Marshall 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.

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SESSION I 8:00 AM Warm-Up, 9:00 AM Start

Event #	Girls	Events	Boys	Event #
		8 & Under		
1		100 yard IM		2
5		25 Yard Free		6
9		25 Yard Breast		10
13		100 Yd Mixed Med Relay		
15		25 Yard Fly		16
19		25 Yard Back		20
23		50 Yard Free		24
27		100 Yard Mixed Fr Relay		
		10 & Under		
3		100 yard IM		4
7		50 Freestyle		8
11		50 Breaststroke		12
14		200 Yd Mixed Med Relay		
17		50 Butterfly		18
21		50 Backstroke		22
25		100 Freestyle		26
28		200 Yd Mixed Fr Relay		
29		200 Freestyle		30

SESSION II No earlier than 12:00 Noon Warm-Up, 1:00 PM Start

Event #	Girls	Events	Boys	Event #
		11-12		
31		200 IM		32
35		50 Freestyle		36
39		50 Breaststroke		40
43		200 Yd Mixed Med Relay		
45		50 Butterfly		46
49		50 Backstroke		50
53		100 Freestyle		54
57		200 Yd Mixed Fr Relay		
59		200 Freestyle		60
		Open		
33		200 IM		34
37		50 Freestyle		38
41		100 Breaststroke		42
44		200 Yd Mixed Med Relay		
47		100 Butterfly		48
51		100 Backstroke		52
55		100 Freestyle		56
58		200 Yd Mixed Free Relay		
61		200 Freestyle		62

Entry and Financial Form Summary

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Held under the sanction of U.S.A Swimming.
Sanction Number # NI-1819-

Club Name:	_____	Club Code:	_____
Coaches:	_____	Coach Phone:	_____
	_____	Alt. Phone #:	_____
	_____	Email:	_____
Entry Contact:	_____	Phone:	_____
		Email:	_____
Total # of Athletes:	_____	x $5.00 / each =	_____
Total # of Individual Entries:	_____	x $5.00 / event =	_____
Total # of Relay Entries:	_____	x $12.00 / event =	_____
		TOTAL DUE:	$ _____

I/We hereby for myself/ourselves, my heir administrators and assigns, intending to be legally bound, release and forever discharge, any and all rights and claims for damages against USA Swimming Inc., Niagara Swimming Inc., Hilton Area Swim Team, Hilton School District, and all officials concerned, their respective officers, agents, successors, and/or assigns, for any and all damages which may be sustained or suffered in connection with or entry in and/or out of my/our traveling to, participating in, and registration and eligible in all events I/We entered.

_____	_____	_____
(Name of Club Representative / Coach)	(Signature)	(Date)

Make checks payable to **Hilton Area Swim Team**
Club checks only please!

Mail Completed Waiver and Payment to:

HAST Veterans Day Memorial Meet
Attn: Diana Christodaro
P.O Box 174
Hilton, NY 14468
hastseals@gmail.com