Polar Plunge Take 2!

Saturday February 2, 2019

Niagara LSC Sanction NI-1819-114

Location: **Skaneateles YMCA and Community Center**

97 State Street

Skaneateles, NY 13152

Telephone: (315) 685-2266

Time: **Session 1 – Saturday February 2 - Open Swimmers**

Warm-up: 3:30 pm

Meet Begins: 4:15 pm

Facilities:

Eight lane, 25 yard, heated pool with non-turbulent lane dividers and Daktronics touchpad timing system. **Back foot bar/plates have been added to the track start blocks which will give swimmers an added advantage by increasing their velocity off the blocks.** The pool depth at 1 meter from the start end is 13 feet; the pool depth at 5 meters from the start end is 13 feet; the pool depth at 1 meter from the turn end is 4 feet; the pool depth at 5 meters from the turn end is 4 ½ feet. Two lane, 3'-4' <20 yard warm-up pool. The starting blocks are in the deep end of the pool. All starts from the shallow end will be in the water. Locker rooms will be available for swimmers. Balcony seating is available for spectators. Programs will be available for $3.00. Parking is available at the facility. There will be a team staging area outside the pool area. Please ensure swimmers listen for their event/heat outside the pool area and report on time to the Clerk of Course. Because we share the facility with a skating rink, we recommend swimmers wear warm-ups while in staging area. The competition course has not been certified in accordance with 104.2.2C(4).

DECK CHANGES ARE PROHIBITED (202.4.101)

This Meet is held under the sanction of USA Swimming (Rule 202.4.10K)

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 spectator are present. (202.4.10J)

The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. (202.4.10H)

Entries: Entries are required by email. Waiver and fees must be mailed separately. All entrants must be registered members of USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. (202.4.10E) USS registration numbers must appear on the entry form. Swimmer's age on the day of the meet determines age group. Limit of 4 individual events. Deck entries will not be accepted. Meet Manager Version – 7.0.

Any swimmer entered in the meet must be certified by 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's the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. (202.4.10D)

Any club that 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, payable by the swimmer's club. The fine applies either when the athlete is unregistered or has not properly transferred registration.

The Meet Director may limit the number of entries to ensure that each session is in compliance with the USAS 4-hour rule.

Entry Fees: $5.00 per individual event and $5 deck fee per swimmer. Make checks payable to **Skaneateles Lightning.**

Mail waivers and checks to:

Skaneateles YMCA & Community Center
Attention: Tiffanie Clark
97 State Street Rd
Skaneateles, NY 13152

Phone: 315-685-2266

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Deadline: **E-mailed entries due to Crystal Thomas (cbthomas123@gmail.com) by Noon on 2/1/2019**

Meet Director: Mark Drotar
m_drotar@yahoo.com
(315) 559-5937

Supervision: As we share the facility with our Ice Hockey partners, we ask that coaches and parents be responsible for the conduct of their swimmers at all times (see Seeding Section). The meet area is restricted to the lobby, pool, locker rooms, and general aquatic seating areas. Entrance to the ice rink is not permitted. Any swimmer found in the ice area will be barred from participating in the remainder of the meet. Only swimmers, Coaches and Officials are allowed on the pool deck. No food will be permitted on deck.

Insurance: All Coaches and Officials must display their USS registration cards while on deck to ensure insurance coverage. Coaches and Officials without USS identification will be barred from the pool deck.

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. (202.4.10K)

Seeding: The meet will be pre-seeded. Clerk of Course, swimmers and staging will be on the pool deck. Please ensure swimmers listen for their event/heat outside the pool area and report on time to the Clerk of Course. Swimmers will be escorted to the pool. All events are timed finals.

Awards: Medals first place, ribbons second through sixth for each age group (10&U, 11-12, 13-14, and 15&O)

Heat Ribbons will be awarded on all events. Each team must designate a representative to pick up all awards for their team.

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Coaches: If a Coach is not able to attend the meet with their swimmers, please make arrangements with another team's Coach for supervision of your swimmers. If this is not possible, please contact Mark Drotar, Meet Director. Coaches' meetings will start at 4:00 pm on the pool deck outside the Lifeguard office. Coaches must be registered and wear USS ID. Registrations will be verified upon receipt of entries.

Deck Id: ONLY swimmers, coaches, officials and meet personnel allowed on deck. Coaches MUST wear their USS ID. Deck Pass is acceptable proof of USA Swimming membership. No Exceptions!

Hospitality: Hospitality room will be available for officials and coaches on the 1st floor. Food and water for Officials and Coaches will be available throughout the meet.

Officials: Anyone currently certified USS official interested in officiating any session of the meet may contact Bob Sarkissian Rmsark@earthlink.net or Mark Drotar (315)559-5937

Meet Referee: Bob Sarkissian

Meet Marshall: Peter Spaulding

Administrative Official: Crystal Thomas

Timers: Anyone interested, please contact Mark Drotar (315-559-5937).

Concessions: Snack bar available in lobby. Food and refreshments provided for Officials and Coaches.

Motel Info: Check Skaneateles Chamber of Commerce Website – www.skaneateles.com

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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. The use of paddles, kickboards or pull buoys is usually prohibited..
- No sprinting or pace work.

Specific Warm-up Period

Last 30-45 minutes of pre-meet warm-up period.

- All lanes must be cleared before sprints begin.
- 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.
- In an eight lane pool, each lane shall be scheduled as follows:
- Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
- Lanes 2 & 7 racing starts only. Swim one length only. **All** swimmers begin at the starting end of the pool.
- Lanes 3, 4, 5 & 6 general warm-up only (as above) **NO DIVING**.

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Warm-Up Safety Guidelines

- All pool entries must be from the STARTING end of the pool. Swimmers should NOT enter from the far end or the sides of the pool.
- All swimmers must enter FEET FIRST in a cautious manner.
- ABSOLUTELY NO DIVING vs No diving in lanes other than those designated for racing dives. The blocks will be marked.
- No diving or swimming under a bulkhead
- Signs, cones or other devices should be placed on all of the blocks to prevent diving or racing starts
- Marshals must be posted at each end of the warm-up pool(s) and should be thoroughly instructed as to the warm-up procedures established by their LSC and the meet host. Meet Marshals shall have full authority to warn or order to cease and desist and, with the concurrence of the Meet Referee, to remove or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language.
- 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.
- 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.
- The warm-down area must have a Marshal throughout the entire meet to enforce the safety guidelines.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition.
- 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.
- 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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Session: 1 (Saturday 2/2)

Day of Meet: 1 Starts at 04:15 PM Heat Interval: 30 Seconds / Back +30 Seconds

	Mixed
1	Mixed Open 500 Freestyle
2	Mixed Open 200 Backstroke
3	Mixed Open 200 Butterfly
4	Mixed Open 400 IM
5	Mixed Open 200 Freestyle
6	Mixed Open 200 Breaststroke
7	Mixed 12&Under 50 Breaststroke
8	Mixed Open 50 Freestyle
9	Mixed Open 100 Backstroke
10	Mixed Open 100 Butterfly
11	Mixed Open 100 Breaststroke
12	Mixed Open 100 Freestyle
13	Mixed 12&Under 100 IM
14	Mixed Open 200 IM

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Summary Sheet/Waiver

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AGE GROUP	**# OF SWIMMERS**	**# OF ENTRIES**		**TOTAL**
OPEN	_____	_____	@$5.00 per entry =	_____
Number of swimmers:	_____	_____	@$5.00 per athlete =	_____

Total amount enclosed: _____

Make checks payable to: **Skaneateles Lightning**

ClubName:_____

Club code:_____

Names of coaches attending the meet:_____

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

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 Splash!, Skaneateles Lightning, Oswego Lakers, Niagara Swimming, USA Swimming, and the Skaneateles YMCA and Community Center 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 of Club Official _____
Date: _____

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