HAST Winter Warrior Invitational

February 9th 2019

Held under the Sanction of USA Swimming
USA Swimming Sanction # NI-1819-033

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

Directions: From Rochester take Rt. 490W to 390N until Ridge Road West [Rt. 104]. Travel about 6 miles west to Rt. 259. Turn right on Rt 259, 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; the second left is Old Hojack Lane; continue west about 0.5 mile. Turn right at the second school drive toward the white-brick school. The Aquatic Center Pool Entrance is located behind Merton Williams Middle School.

Sessions:

Session #	Date	Age Groups	Warm-up Time	Start Time
1	Sat, Feb 9th	All	12:00 PM	1:00 PM

Niagara LSC Warm-up procedures will be followed.

Meet Management may alter start times and combine sessions and/or events as necessary based upon entries. Participating clubs will be notified prior to the meet date should this occur.

10 minute breaks may be added between some events at the discretion of the Meet Director and Meet Referee.

Facilities: 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

Entries:

- All entrants must be registered members of USA Swimming.
- Age of the swimmer on the first day of the meet determines eligibility
- Entries must include USA Swimming number.
- Swimmers may enter a maximum of 5 individual events on day one
- Only the first 800 entries will be accepted for each session.
- Deck entries will be considered at the discretion of the meet director when open lanes exist.
- All events will be swum as Timed Finals.
- 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 will be swum as a combined event consisting of mixed gender (2 male + 2 female swimmers), all male and all female relays. Awards for each relay type will be based on place swim within that relay type.
- No swimmer will be permitted to compete unless the swimmer is an athlete member of USA Swimming as provided in Article 302. 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. The fine applies either when the athlete is unregistered or has not properly transferred registration.

Entry Fees: $5.00 Per Individual Event
$5.00 Deck Fee per swimmer.
Make Checks Payable to: Hilton Area Swim Team

Entry Fees and Waiver should be mailed to:
HAST Winter Warrior Invitational
Attn: Diana Christodaro
P.O Box 174
Hilton, NY 14468

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

Entry Deadline: Entries Due by: Tuesday February 5th, 2019 at 6:00 PM

Scoring: There will be no team or individual scoring for this meet.

Awards: Individual Events: Ribbons 1st – 8th
By Age Groups: 8 and Under, 9-10, 11-12, 13-14, 15-18 and 19 and over

Rules of Conduct: Parents & Coaches are responsible for the conduct of swimmers in all areas throughout the duration of the meet. Vandalism, theft or dangerous behavior, including throwing of objects will be cause for exclusion from the meet.

The use of audio or visual recording devices, including a cell phone, is not allowed 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 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: A concessions area will be available. Snacks and other refreshments will be on sale throughout the duration of the meet.

Meet Director: Damon Runyon
hastseals@gmail.com

Administrative Official: Tom Gavigan

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

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 1 of 1 Saturday 12:00 PM Warm-Up, 1:00 PM Start

Event Number	Description
1	**Mixed 8 & Under 25 Yard Butterfly**
2	**Mixed Open 50 Yard Butterfly**
3	**Mixed Open 100 Yard Butterfly**
4	**Mixed Open 200 Yard Butterfly**
5	**Mixed 8 & Under 25 Yard Backstroke**
6	**Mixed Open 50 Yard Backstroke**
7	**Mixed Open 100 Yard Backstroke**
8	**Mixed Open 200 Yard Backstroke**
9	**Mixed 8 & Under 25 Yard Breaststroke**
10	**Mixed Open 50 Yard Breaststroke**
11	**Mixed Open 100 Yard Breaststroke**
12	**Mixed Open 200 Yard Breaststroke**
13	**Mixed 8 & Under 25 Yard Freestyle**
14	**Mixed Open 50 Yard Freestyle**
15	**Mixed Open 100 Yard Freestyle**
16	**Mixed Open 200 Yard Freestyle**
17	**Mixed Open 100 Yard Individual Medley**
18	**Mixed Open 200 Yard Individual Medley**

Entry and Financial Form Summary

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Held under the sanction of U.S.A Swimming.
Sanction Number # **NI-1819-033**

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 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 Official, parent or guardian)	(Signature)	(Date)

Make checks payable to **Hilton Area Swim Team**
Club checks only please!
Receipt of e-mail entries will be acknowledged by e-mail.

Mail to:
Attn: Diana Christodaro
P.O Box 174
Hilton, NY 14468
hastseals@gmail.com