EAST AURORA SWIM TEAM Presents:
Winter Sprinter 2020

Saturday, January 4, 2020
Held under the Sanction of USA Swimming
Held under Sanction of USA Swimming **NI-1920-064**

Location: East Aurora High School, 1003 Center Street, East Aurora, NY 14052

Time: Saturday, January 4, 2020: Warm-up: 7:30 am
Start: 8:30 am

Facility: 1. Six-(6) lane 25 yard pool, Kiefer lane lines, Daktronics Electronic Timing System, computer scoring.
2. The competition course has not been certified in accordance with 104.2.2C(4).
3. Pool Depth: The water depth of the pool at the starting end is 12 feet at 1 meter out from the wall and 11 feet at 5 meters out. At the shallow end, it is 4 feet deep at 1 meter out from the wall and 4 feet 6 inches at 5 meters out.

Meet Director: Jill Peresan - jperesan10@gmail.com (716) 903-3090

Meet Referee: Ann Masood - Masoodaj@aol.com (716-673-6893)

Officials: Anyone interested in officiating, please contact Jill Peresan: jperesan10@gmail.com

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. Deck pass is acceptable proof of USA swimming membership.

Swimmers: 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. 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 $100.00 per athlete, per such meet. The fine applies either when the athlete is unregistered or has not properly transferred registration.

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's legal guardian to ensure compliance with this requirement.

Entries: 1. All events will be swum as timed finals with the exception of the 50 freestyle which will be circle seeded and then the top six(6) will be brought back for the final event of the day as a final.
2. Swimmers will be limited to **(4) individual events and (1) relay.**
3. Estimated times may be used and are encouraged in lieu of "NT" entries.
4. Age on the first day of the meet determines the swimmers eligibility.
5. The total number of entries will be limited to keep meet to 4 hours, so please enter early**.**

Entry Deadline: Friday, December 20, 2019

Deck Fee	$6.00/swimmer
Individual Event	$5.00/event
Relay Events	$15.00/relay

Submit entries and fees (checks made out to East Aurora Swim Team) to:
Anna Davidson *davidson_anna@yahoo.com*
140 Geneva
East Aurora, NY 14052
716) 655-4157

****Please note: As per Niagara LSC guidelines, an exception report will be run and it will be sent to teams if there are errors. Coaches are responsible for checking this report. Any swimmer appearing on the exception report will be required to present a valid U.S.A. Swimming card the day of the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302****

Awards: Medals 1-3,
Heats winners: Ribbon for 1st

Rules: 2019-20 USA Swimming and Niagara LSC Rules and Regulations will govern this meet & warm-up guidelines will be followed.

Timers: East Aurora Swim Team will provide timers for the duration of the meet.
Visiting parents are invited to volunteer to time.

Concession: A concession stand will be available for the duration of the meet.
A separate coach/official hospitality room will also be provided.

Program: Programs will be available for $4.00.

Conduct: Coaches and parents are responsible for the conduct of their swimmers in all areas throughout the duration of the meet. Vandalism, theft, or dangerous behavior will be cause for exclusion from the meet. Cooperation with the request of a Meet Marshals is expected at all times.

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

Changing into or out of swimsuits other than in locker rooms or other designated area is 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.

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

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.

COACHES MEETING: There will be a coach's meeting the morning of the meet at 11:30 a.m. in the Clerk of Course.

OFFICIALS' MEETING: There will be an official's meeting 30 minutes prior to start in the Hospitality Room.

****A Hospitality Room with breakfast and lunch will be provided for all coaches and officials.****

Liability: 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

Schedule from Events			
Girls Event			Boys Event
1	15 & Over	50 Freestyle	2
3	13-14	50 Freestyle	4
5	11-12	50 Freestyle	6
7	9-10	50 Freestyle	8
9	8 & Under	50 Freestyle	10
11	OPEN	Mixed 100 IM	11
12	15 & Over	50 Breaststroke	13
14	13-14	50 Breaststroke	15
16	11-12	50 Breaststroke	17
18	9-10	50 Breaststroke	19
20	8 & Under	50 Breaststroke	21
22	OPEN	Mixed 100 Breaststroke	22
23	15 & Over	50 Backstroke	24
25	13-14	50 Backstroke	26
27	11-12	50 Backstroke	28
29	9-10	50 Backstroke	30
31	8 & Under	50 Backstroke	32
33	OPEN	Mixed 100 Backstroke	33
34	15 & Over	50 Butterfly	35
36	13-14	50 Butterfly	37
38	11-12	50 Butterfly	39
40	9-10	50 Butterfly	41
42	8 & Under	50 Butterfly	43
44	OPEN	Mixed 100 Butterfly	44
45	OPEN	Progressive 200 Freestyle Relay**	45
9 Final	8 & Under	Top 6 from 50 Freestyle from Evt. 9/10	10 Final
7 Final	9-10	Top 6 from 50 Freestyle from Evt. 7/8	8 Final
5 Final	11-12	Top 6 from 50 Freestyle from Evt. 5/6	6 Final
3 Final	13-14	Top 6 from 50 Freestyle from Evt. 3/4	4 Final
1 Final	15 & Over	Top 6 from 50 Freestyle from Evt. 1/2	2 Final

**** For the progressive relay**
1st Leg: must be 10 & Under
2nd Leg: must be 12 & Under
3rd Leg: must be 14 & Under
4th Leg: must be 18 & Under

EAST AURORA SWIM TEAM
RELEASE FORM

Held under the Sanction of USA Swimming
Held under Sanction # NI1920-064

It is understood and agreed that the Kiwanis Club of East Aurora, Aurora Aquatic Club, a.k.a. East Aurora Swim Team, the Town of Aurora Department of Parks and Recreation, the East Aurora High School, USA Swimming and Niagara Swimming shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the meet. It is also understood that I/we will be responsible for any damages to property caused by my swimmers.

SIGNED: _____

Coach or Club Representative

_____

Name of Club

_____

Address/E-mail

_____

Phone

DATE: _____

LSC SWIMMING WARM-UP PROCEDURES FOR ALL SANCTIONED MEETS

I. Pre-meet warm-up period
   A. **Control/Supervise: key word 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 for general warm-ups in all lanes
   B. There shall be **No Diving** off the blocks or the edges 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:
      - Lanes 1 & 6 push off one or two lengths and back, beginning at the starting end of the pool. Circle swimming only.
      - Lanes 2 & 5 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
      - Lanes 3 & 4 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 the 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 starting block until the backstroker has executed his/her start.
6. Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm-up period.
7. The coaches should understand that the 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 warm-up. A swimmer and/or coach may be removed from the deck for interfering with Marshals.

Starting Procedures

Starts will follow the “Whistle Start” and “No False Start” recall procedure.

1. Whistle chirps from referee signal swimmers to get behind the block.
2. Long whistle from referee signal swimmer to step up/in (2nd whistle in backstroke to place feet).
3. Referee turns over to starter with outstretched arm.
4. Starter indicates “Take Your Mark.”
5. Upon observing the swimmers motionless, starter gives signal.
6. If one or more swimmers leave(s) early, NO RECALL signal is given.
7. Swimmers are notified of DQs for false start at the end of the race.