# Veterans Day

# Memorial Meet



# Sunday, November 11, 2012

# USA Swimming Sanction # NI-1213-014

# hosted by

# *Hilton Area Swim Team*

**Hilton Area Swim Team**

**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). For a distance of 1-5 meters, the water depth at the shallow end is 3’ 6” and in the deep end it is 9’. 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. There will be concessions selling food as well as caps, goggles, tee shirts, suits, and other swimming related items.

**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 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.

\* 10 & U events will be seeded on the pool deck by clerk of course using cards.

\* All other events will report directly to their lanes.

\* 25 Yard events will start at the shallow end of the pool.

\* Mixed medley relays shall consist of any combination, but include at least 1 girl and 1 boy.

**Electronic Entries via email are appreciated using HYTEK Comlink file!**(note that if submitting electronic entries, please still sign the attached entry form, noting entries are electronic, and mail with your team check.)

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302 of the USA Swimming rule book. 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:** $3.50 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.)

**Entry Deadline:** Entries Due by: **Monday, November 5, 2012**

On-deck registration will not be permitted.

# Mail Entries to: HAST Veterans Day Memorial Meet

Attn: Jeff Sadowski

122L Windsorshire Drive

Rochester, NY 14624

[Jeffrey.sadowski@yahoo.com](mailto:Jeffrey.sadowski@yahoo.com)

### HILTON AREA SWIM TEAM

**Awards:** Individual Events: Heat Ribbons for each event (10 & U only)

8 & Under Ribbons 1 - 12

All other Age Groups

Ribbons 1 - 6

Relays Ribbons 1 - 3

**Scoring:** Individual: 8-5-4-3-2-1

10 & Under 200 free will be broken up by age group

If distance events are combined scoring and awards will be broken out based on age group.

Relay: No Scoring

**Individual High Point Trophy:**

High point awards go to first place individuals in each age group, Male and Female, based on total points won. All 12 & U will compete in the 12 & U categories. In the case of a tie, each swimmer’s top three finishes will be tallied to determine the winner.

## Rules of Parents & Coaches are responsible for the conduct of swimmers in all areas of the building

**Conduct:** 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 any audio or visual recording devices, including a cell phone, is not allowed in changing areas, restrooms, or locker rooms.** They are banned from behind the blocks during the entire meet, including warm-up, competition and cool down periods.

**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.**

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

**Deck ID:** Only Swimmers, Coaches, Officials, and Meet Personnel allowed on deck.

Coaches must wear their USA Swimming ID.

**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.

**Director:** Juliann Klafehn **Marshall:** Paul Wilson

[dklafeh1@rochester.rr.com](mailto:dklafeh1@rochester.rr.com) [pwilso3@rochester.rr.com](mailto:pwilso3@rochester.rr.com)

(585)704-8206 (585) 637-6714

**Meet Referee**:

Carol Rose (585)392-9702 Volunteer officials from other clubs are appreciated!

**HILTON AREA SWIM TEAM**

**Niagara LSC Warm-up procedures will be followed:**

**Warm-up:**

**Warm-up Procedures for all Sanctioned meets in 8 Lane Pools**

1. **Pre-meet warm-up period**
2. Control / Supervise - Key words for safe warm-ups.
3. Marshals should be actively supervising the warm-ups to ensure that proper procedures are followed.
4. **General warm-up period**
5. The first 30-45 minutes are for general warm-ups in all lanes.
6. There shall be **NO DIVING** off the blocks or the edge of the pool at this time.
7. Outside lanes - Kicking only.
8. Inside lanes - Swimming and pulling only; no paddles.
9. No sprinting or pace work.
10. **Specific warm-up period**
11. Last 30-45 minutes of pre-meet warm-up period
12. In a six lane pool, each lane shall be scheduled as follows:
13. Lanes 1 and 8 push off one or two lengths and back, beginning at the starting end of the pool. Circle swimming only.
14. Lanes 2 and 7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
15. 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.

**HILTON AREA SWIM TEAM**

# HAST Veterans Day Memorial Meet

# November 11, 2012

***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 #**

**12 & Under**

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 (13-14 Standards)**

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

# HAST Veterans Day Memorial Meet

# November 11, 2012

Held under the sanction of U.S.A Swimming.

Sanction Number # NI-1213-014

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 $3.50 / 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 Club, 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.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_Signature of Club official, Parent or Guardian: (Form must be signed)

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:

# HAST Veterans Day Memorial Meet

Attn: Jeff Sadowski

122L Windsorshire Drive

Rochester, NY 14624

[Jeffrey.sadowski@yahoo.com](mailto:Jeffrey.sadowski@yahoo.com)