**Niagara Swimming**

**Regional Championships**

**January 12 – 13, 2013**

**Niagara Sanction NI-1213-027**

**Host:** Greater Owego Swim Team (GOST)

**Location:** Owego Free Academy

1 Sheldon Guile Blvd

Owego NY 13827

**Facility:**  Owego Free Academy is an eight lane, 25 yard pool with a movable bulkhead and double lane dividers. The Colorado Timing System and scoreboard will be used. Locker rooms will be available for changing and showering. There is ample free parking available. There will be a gym available for teams, siblings, etc; it is not located adjacent to the pool so we will NOT be seeding or announcing in the gym.

The competition course has not been certified in accordance with §104.2.2C(4).

The minimum water depth, measured in accordance with Article 202.3.4 is 13’0” at the start end and 4’0” at the turn end.

**Schedule:** **Saturday, January 12, 2013**

***Session 1*** 12 & Under Males Warm-Ups - 7:30 AM

10 & Under Females Meet Start - 8:30 AM

***Session 2*** 13 & Over Males Warm-Ups - 12:30 PM

11 & Over Females Meet Start - 1:30 PM

***\* 400 IM Positive Check is by the Start of the Meet***

**Sunday, January 13, 3013**

***Session 3*** 12 & Under Males Warm-Ups - 7:30 AM

10 & Under Females Meet Start - 8:30 AM

***Session 4*** 13 & Over Males Warm-Ups - 12:30 PM

11 & Over Females Meet Start - 1:30 PM

***\* 1000 Freestyle Positive Check-In is by the Start of the Meet***

Schedule is subject to change as Meet Entries dictate Timelines

**Meet**  Amy Foster **Meet**  Yvonne Kennedy

**Director:** 19 Orchard Ave **Marshall:** P.O. Box 107

Owego, NY 13827 Owego NY 13827

(607) 687-9655 [yvonne@stny.rr.com](mailto:yvonne@stny.rr.com) [afoster@stny.rr.com](mailto:afoster@stny.rr.com)

**Officials:** Anyone interested in officiating, please contact Amy Foster at afoster@stny.rr.com

**Timers:**  Participating teams WILL BE REQUIRED to assist with lane timing.

**Events:**  This Meet will be swum in accordance of the accompanying Schedule of Events.

**Entry:** 1. This is a Timed Finals Meet. “No Time” (NT) Entries WILL BE ACCEPTED.

**Restrictions:** 2. Swimmers who have EXCEEDED the Qualifying Time in an event MAY NOT swim that event.

3. Swimmers may enter NO MORE that FOUR (4) Individual Events and TWO (2) Relay Events per

Day.

4. No “Deck Entries” will be permitted.

5. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

6. Age of swimmer on the first day of competition determines eligibility.

7. Swimmers are allowed to swim in their current single age group events ONLY.

8. **Swimmers in Relay Events MUST NOT have exceeded the Meet’s Qualifying Time Standards in their distance / Stroke of a Relay.**

9. 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.

**Entry** $4.00 per Individual Event

**Fees:** $12.00 per Relay Event

$5.00 per athlete Swimmer Surcharge

Checks should be made payable to: Greater Owego Swim Team

Team checks ONLY, no personal checks

Mail Checks and Waivers to:

***(DO NOT send as “Certified Mail”)***

Amy Foster

19 Orchard Ave

Owego, NY 13827

afoster@stny.rr.com

**Entry All entries must be emailed by 11:00 PM, Friday, January 4, 2013.**

**Deadline:** Late entries will be accepted at Meet Director’s discretion and will be based upon the size of the meet and individual Sessions.

There are ABSOLUTELY NO DECK ENTRIES for this Meet.

Teams who DO NOT submit a signed Meet Waiver WILL NOT BE PERMITTED to swim in the meet.

**Computer** Please submit all entries electronically. Be sure and include your name and phone number in

**Entries:** case a hard copy of your entries is needed. Those not able to submit entries using the

preferred method of electronic entries, please contact the Meet Director for instructions.

**Meet**  1. This Meet will be run as a Timed Finals, Pre-seeded Meet with the EXCEPTION of the 400 IM **Format:** and 1000 Freestyle Events

2. Escorted seeding will take place only for the morning sessions, and NOT for the 500 free, 400IM, or 1000 Free events. All afternoon swimmers will report to the blocks.

3. The 400 IM and 1000 Freestyle events will have a Positive Check-In and be Deck-seeded

Events. FAILUIRE TO SWIM A DECK-SEEDED EVENT WILL RESULT IN A DISQUALIFICATION

FROM THE REMAINEDER OF THE MEET.

4. Events will be swum in Multi-Age but will be awarded by Single-Age Divisions.

5. A Clerk of Course will be used for ALL Sessions

**Exception** The Meet Director will post a Meet Exceptions Report on the Niagara Swimming Website

**Reports :** ([www.niagaraswimming.org](http://www.niagaraswimming.org)) five (5) days prior to the first day of the Meet.

It is the responsibility of Clubs entering to check Reports for their Teams. Any swimmer listed on the Exceptions Report MUST show their USA Swimming Card to the person in charge of verifications of membership before the Meet starts. If a swimmer competes without proof of membership, a $100.00 fine will be imposed on the swimmer’s club.

Entry Fees for swimmers without proof of membership will remain with the Meet’s Host Club.

**Scoring :** There will be no Team or individual scoring for this Meet.

**Awards: Individual Events:**

Medals - 1st – 3rd Places Ribbons - 4th – 16th Places

**Relay Events:**

Medals - 1st Place Ribbons - 2nd – 3rd Places

***Swimmers will be awarded by the Age Groups listed in the Meet’s Schedule of Events***

**Conduct:** ***Swimmers found in restricted areas will be disqualified for the remainder of the Meet.***

Coaches’, parents, and meet marshals will enforce proper conduct 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.

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** : Coaches MUST WEAR their USA ID’s at all times on the pool deck. Only swimmers, coaches’ and

Officials are allowed on the pool deck.

**Coaches’** Saturday, January 12, 2013 @ 8:10 AM and as required.

**Meeting;**

**Programs:** Meet programs will be on sale.

**Concessions:** Swim merchandise, t-shirts and food concessions will be available throughout the Meet.

**Order of Events**

**Saturday, Session 1**

***\*Positive Check-In for the 400 IM is 8:30 AM: 400IM & 1000 FREE MUST SUPPLY OWN TIMER AND COUNTERS***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Slower Than | | |  | Slower Than | | |  |  |
| Female | Age | LCM | SCM | SCY | Event | SCY | SCM | LCM | Age | Male |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 200 Breaststroke | 3:18.19 | 3:38.99 | 3:51.89 | 11 | 2 |
|  |  |  |  |  |  | 3:18.19 | 3:38.99 | 3:51.89 | 12 |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 3 | 9 & U | :44.29 | :42.99 | :38.89 | 50 Freestyle | :38.09 | :41.99 | :43.29 | 9 & U | 4 |
|  | 10 | :41.79 | :40.49 | :36.69 |  | :35.89 | :39.59 | :40.79 | 10 |  |
|  |  |  |  |  |  | :33.09 | :36.59 | :37.39 | 11 |  |
|  |  |  |  |  |  | :31.89 | :35.29 | :36.29 | 12 |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 5 | 9 & U | 2:09.39 | 2:05.89 | 1:53.99 | 100 Butterfly | 1:52.69 | 2:04.59 | 2:07.39 | 9 & U | 6 |
|  | 10 | 1:59.79 | 1:56.49 | 1:45.49 |  | 1:44.29 | 1:55.29 | 1:58.39 | 10 |  |
|  |  |  |  |  |  | 1:23.19 | 1:31.89 | 1:34.89 | 11 |  |
|  |  |  |  |  |  | 1:20.39 | 1:28.79 | 1:31.59 | 12 |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 500 Freestyle | 6:55.59 | 6:03.69 | 6:11.99 | 11 | 8 |
|  |  |  |  |  | *(400 Meter Free)* | 6:55.59 | 6:03.69 | 6:11.99 | 12 |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 9 | 9 & U | 2:01.99 | 1:56.19 | 1:45.19 | 100 Backstroke | 1:41.99 | 1:52.59 | 1:56.69 | 9 & U | 10 |
|  | 10 | 1:52.89 | 1:47.59 | 1:37.39 |  | 1:34.39 | 1:44.19 | 1:47.99 | 10 |  |
|  |  |  |  |  |  | 1:22.89 | 1:31.59 | 1:36.09 | 11 |  |
|  |  |  |  |  |  | 1:20.19 | 1:28.59 | 1:33.09 | 12 |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 11 | 9 & U | :59.79 | :57.69 | :52.29 | 50 Breaststroke | :51.99 | :57.39 | :59.79 | 9 & U | 12 |
|  | 10 | :56.39 | :54.39 | :49.29 |  | :48.99 | :54.09 | :56.39 | 10 |  |
|  |  |  |  |  |  | :43.19 | :47.69 | :49.99 | 11 |  |
|  |  |  |  |  |  | :41.79 | :46.19 | :47.99 | 12 |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 13 | 9 & U | ----- | 1:54.69 | 1:43.79 | 100 IM | 1:41.29 | 1:51.89 | ----- | 9 & U | 14 |
|  | 10 | ----- | 1:56.49 | 1:36.09 |  | 1:33.79 | 1:43.59 | ----- | 10 |  |
|  |  |  |  |  |  | 1:22.39 | 1:31.09 | ----- | 11 |  |
|  |  |  |  |  |  | 1:19.79 | 1:28.19 | ----- | 12 |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 15 | 9 & U | 3:57.59 | 3:49.99 | 3:28.29 | 200 Freestyle | 3:17.69 | 3:38.39 | 3:44.49 | 9 & U | 16 |
|  | 10 | 3:35.99 | 3:29.09 | 3:09.29 |  | 2:59.69 | 3:18.49 | 3:24.09 | 10 |  |
|  |  |  |  |  |  | 2:35.69 | 2:52.09 | 2:56.19 | 11 |  |
|  |  |  |  |  |  | 2:30.89 | 2:46.69 | 2:51.19 | 12 |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 17 | 10 & U |  |  |  | 200 Medley Relay |  |  |  | 12 & U | 18 |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 400 IM | 6:16.69 | 6:56.29 | 7:13.09 | 11 | 20 |
|  |  |  |  |  |  | 6:16.69 | 6:56.29 | 7:13.09 | 12 |  |

**Saturday, Session 2**

***\* Positive Check-In for the 400 IM is 1:30 PM: 400IM & 1000 FREE MUST SUPPLY OWN TIMER AND COUNTERS***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Slower Than | | |  | Slower Than | | |  |  |
| Female | Age | LCM | SCM | SCY | Event | SCY | SCM | LCM | Age | Male |
|  |  |  |  |  |  |  |  |  |  |  |
| 21 | 11 | 3:49.59 | 3:41.09 | 3:30.09 | 200 Breaststroke |  |  |  |  | 22 |
|  | 12 | 3:49.59 | 3:41.09 | 3:30.09 |  |  |  |  |  |  |
|  | 13 | 3:48.29 | 3:23.79 | 3:04.39 |  | 2:55.49 | 3:13.89 | 3:21.69 | 13 |  |
|  | 14 | 3:31.99 | 3:23.79 | 3:04.39 |  | 2:55.49 | 3:13.89 | 3:21.69 | 14 |  |
|  | 15 & O | 3:23.79 | 3:17.49 | 2:58.69 |  | 2:43.09 | 3:00.29 | 3:11.29 | 15 & O |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 23 | 11 | :37.49 | :36.59 | :33.09 | 50 Freestyle |  |  |  |  | 24 |
|  | 12 | :35.99 | :35.09 | :31.69 |  |  |  |  |  |  |
|  | 13 | :35.69 | :34.49 | :31.29 |  | :29.39 | :32.39 | :33.79 | 13 |  |
|  | 14 | :34.89 | :33.69 | :30.49 |  | :28.19 | :31.19 | :31.99 | 14 |  |
|  | 15 & O | :34.29 | :33.19 | :29.99 |  | :26.89 | :29.69 | :30.19 | 15 & O |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 25 | 11 | 1:34.29 | 1:31.09 | 1:23.39 | 100 Butterfly |  |  |  |  | 26 |
|  | 12 | 1:31.99 | 1:29.39 | 1:20.99 |  |  |  |  |  |  |
|  | 13 | 1:29.99 | 1:21.99 | 1:14.19 |  | 1:09.89 | 1:17.19 | 1:19.89 | 13 |  |
|  | 14 | 1:22.69 | 1:20.99 | 1:13.29 |  | 1:08.69 | 1:15.89 | 1:18.09 | 14 |  |
|  | 15 & O | 1:19.99 | 1:18.19 | 1:10.69 |  | 1:05.19 | 1:10.59 | 1:12.69 | 15 & O |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 27 | 11 | 1:37.59 | 1:32.69 | 1:23.89 | 100 Backstroke |  |  |  |  | 28 |
|  | 12 | 1:34.39 | 1:30.29 | 1:21.69 |  |  |  |  |  |  |
|  | 13 | 1:32.99 | 1:21.99 | 1:14.19 |  | 1:11.09 | 1:18.49 | 1:22.69 | 13 |  |
|  | 14 | 1:25.09 | 1:21.39 | 1:13.59 |  | 1:09.69 | 1:16.99 | 1:21.39 | 14 |  |
|  | 15 & O | 1:22.29 | 1:18.29 | 1:10.79 |  | 1:04.69 | 1:11.49 | 1:15.49 | 15 & O |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 29 | 11 | 6:13.89 | 6:04.29 | 6:56.29 | 500 Freestyle |  |  |  |  | 30 |
|  | 12 | 6:13.89 | 6:04.29 | 6:56.29 | *(400 Meter Free)* |  |  |  |  |  |
|  | 13 | 5:47.49 | 5:41.09 | 6:29.79 |  | 6:15.59 | 5:28.69 | 5:40.59 | 13 |  |
|  | 14 | 5:41.19 | 5:34.59 | 6:22.39 |  | 6:15.59 | 5:28.69 | 5:40.59 | 14 |  |
|  | 15 & O | 5:34.69 | 5:26.19 | 6:18.09 |  | 5:47.89 | 5:04.89 | 5:12.79 | 15 & O |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 31 | 11 | :48.49 | :46.89 | :42.39 | 50 Breaststroke |  |  |  |  | 32 |
|  | 12 | :45.59 | :44.79 | :40.59 |  |  |  |  |  |  |
|  | 13 | ----- | ----- | 1:26.89 |  | 1:23.39 | ----- | ----- | 13 |  |
|  | 14 | ----- | ----- | 1:24.49 |  | 1:18.39 | ----- | ----- | 14 |  |
|  | 15 & O | ----- | ----- | 1:22.69 |  | 1:14.99 | ----- | ----- | 15 & O |  |

**Saturday, Session 2**

***\*Positive Check-In for the 400 IM is 1:30 PM: 400IM & 1000 FREE MUST SUPPLY OWN TIMER AND COUNTERS***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 33 | 11 | ----- | 1:32.09 | 1:23.29 | 100 IM |  |  |  |  | 34 |
|  | 12 | ----- | 1:29.79 | 1:21.29 |  |  |  |  |  |  |
|  | 13 | ----- | ----- | 2:47.84 |  | 2:41.69 | ----- | ----- | 13 |  |
|  | 14 | ----- | ----- | 2:43.89 |  | 2:33.69 | ----- | ----- | 14 |  |
|  | 15 & O | ----- | ----- | 2:40.69 |  | 2:26.99 | ----- | ----- | 15 & O |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 35 | 11 | 2:59.49 | 2:52.89 | 2:36.49 | 200 Freestyle |  |  |  |  | 36 |
|  | 12 | 2:50.69 | 2:45.39 | 2:29.69 |  |  |  |  |  |  |
|  | 13 | 2:46.99 | 2:41.39 | 2:26.09 |  | 2:19.99 | 2:34.69 | 2:39.69 | 13 |  |
|  | 14 | 2:42.69 | 2:37.99 | 2:22.89 |  | 2:14.19 | 2:28.29 | 2:33.79 | 14 |  |
|  | 15 & O | 2:39.49 | 2:34.69 | 2:19.99 |  | 2:08.39 | 2:21.89 | 2:27.89 | 15 & O |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 37 | 11-12 |  |  |  | 200 Medley Relay |  |  |  |  | 40 |
| 39 | 13 & O |  |  |  |  |  |  | 13 & O |  |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 41 | 11 | 7:17.89 | 6:59.29 | 6:19.49 | 400 IM |  |  |  |  | 42 |
|  | 12 | 7:17.89 | 6:59.29 | 6:19.49 |  |  |  |  |  |  |
|  | 13 | 6:39.29 | 6:25.29 | 5:45.69 |  | 5:33.79 | 6:08.89 | 6:23.99 | 13 |  |
|  | 14 | 6:39.29 | 6:25.29 | 5:45.69 |  | 5:33.79 | 6:08.89 | 6:23.99 | 14 |  |
|  | 15 & O | 6:26.19 | 6:15.09 | 5:39.39 |  | 5:13.19 | 5:46.09 | 5:58.59 | 15 & O |  |

**Sunday, Session 3**

***\*Positive Check-In for the 1000 Free is 8:30 AM: 400IM & 1000 FREE MUST SUPPLY OWN TIMER AND COUNTERS***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Slower Than | | |  | Slower Than | | |  |  |
| Female | Age | LCM | SCM | SCY | Event | SCY | SCM | LCM | Age | Male |
|  |  |  |  |  | 200 Butterfly | 2:58.99 | 3:17.79 | 3:24.19 | 11 | 44 |
|  |  |  |  |  |  | 2:58.99 | 3:17.79 | 3:24.19 | 12 |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 45 | 9 & U | :54.29 | :52.29 | :47.39 | 50 Backstroke | :47.29 | :52.29 | :54.19 | 9 & U | 46 |
|  | 10 | :51.19 | :49.29 | :44.69 |  | :44.59 | :49.29 | :51.09 | 10 |  |
|  |  |  |  |  |  | :38.19 | :42.19 | 44.39 | 11 |  |
|  |  |  |  |  |  | :37.19 | :40.99 | :42.99 | 12 |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 47 | 9 & U | 2:16.99 | 2:11.39 | 1:58.79 | 100 Breaststroke | 1:54.39 | 2:06.49 | 2:12.89 | 9 & U | 48 |
|  | 10 | 2:06.79 | 2:01.59 | 1:49.99 |  | 1:45.89 | 1:57.09 | 2:02.99 | 10 |  |
|  |  |  |  |  |  | 1:33.29 | 1:43.09 | 1:48.29 | 11 |  |
|  |  |  |  |  |  | 1:29.99 | 1:39.39 | 1:44.19 | 12 |  |
| 49 | 9 & U | 4:20.69 | 4:13.89 | 3:49.79 | 200 IM | 3:48.39 | 4:12.49 | 4:18.89 | 9 & U | 50 |
|  | 10 | 3:56.99 | 3:50.79 | 3:28.89 |  | 3:27.59 | 3:49.49 | 3:55.29 | 10 |  |
|  |  |  |  |  |  | 2:58.99 | 3:17.59 | 3:24.29 | 11 |  |
|  |  |  |  |  |  | 2:53.19 | 3:17.59 | 3:24.29 | 12 |  |

**Sunday, Session 3**

***\*Positive Check-In for the 1000 Free is 8:30 AM: 400IM & 1000 FREE MUST SUPPLY OWN TIMER AND COUNTERS***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 51 | 9 & U | 1:43.59 | 1:40.69 | 1:31.09 | 100 Freestyle | 1:29.09 | 1:38.39 | 1:41.99 | 9 & U | 52 |
|  | 10 | 1:35.89 | 1:33.19 | 1:24.29 |  | 1:22.49 | 1:31.09 | 1:34.39 | 10 |  |
|  |  |  |  |  |  | 1:11.29 | 1:18.79 | 1:21.59 | 11 |  |
|  |  |  |  |  |  | 1:09.19 | 1:16.49 | 1:18.99 | 12 |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 53 | 9 & U | :52.59 | :51.29 | :46.49 | 50 Butterfly | :45.39 | :50.19 | :51.19 | 9 & U | 54 |
|  | 10 | :49.59 | :48.39 | :43.79 |  | :42.79 | :47.29 | :48.29 | 10 |  |
|  |  |  |  |  |  | :37.19 | :41.09 | :42.19 | 11 |  |
|  |  |  |  |  |  | :35.99 | :39.79 | :40.79 | 12 |  |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 200 Backstroke | 2:53.79 | 3:12.09 | 3:19.29 | 11 | 56 |
|  |  |  |  |  |  | 2:53.79 | 3:12.09 | 3:19.29 | 12 |  |
|  |  |  |  |  |  |  |  |  |  |  |
| 57 | 10 & U |  |  |  | 200 Free Relay |  |  |  | 12 & U | 58 |
|  |  |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  | 1000 Freestyle | 14:30.99 | 12:42.29 | 13:10.09 | 11 | 60 |
|  |  |  |  |  | *(800 Meter Freestyle)* | 14:30.99 | 12:42.29 | 13:10.09 | 12 |  |

**Sunday, Session 4**

***\*Positive Check-In for the 1000 Free is 1:30 PM: 400IM & 1000 FREE MUST SUPPLY OWN TIMER AND COUNTERS***

|  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  | Slower Than | | |  | Slower Than | | |  |  |
| Female | Age | LCM | SCM | SCY | Event | SCY | SCM | LCM | Age | Male |
| 61 | 11 | 3:23.79 | 3:19.29 | 3:00.39 | 200 Butterfly |  |  |  |  | 62 |
|  | 12 | 3:23.79 | 3:19.29 | 3:00.39 |  |  |  |  |  |  |
|  | 13 | 3:06.29 | 3:00.89 | 2:43.69 |  | 2:35.29 | 2:51.59 | 2:57.89 | 13 |  |
|  | 14 | 3:06.29 | 3:00.89 | 2:43.69 |  | 2:35.29 | 2:51.59 | 2:57.89 | 14 |  |
|  | 15 & O | 2:58.39 | 2:54.19 | 2:37.59 |  | 2:24.99 | 2:40.19 | 2:46.19 | 15 & O |  |
| 63 | 11 | :43.59 | :41.69 | :37.69 | 50 Backstroke |  |  |  |  | 64 |
|  | 12 | :41.69 | :39.79 | :36.09 |  |  |  |  |  |  |
|  | 13 | ----- | ----- | 1:18.14 |  | 1:14.69 | ----- | ----- | 13 |  |
|  | 14 | ----- | ----- | 1:14.39 |  | 1:10.29 | ----- | ----- | 14 |  |
|  | 15 & O | ----- | ----- | 1:13.29 |  | 1:06.39 | ----- | ----- | 15 & O |  |
| 65 | 11 | 1:47.19 | 1:42.99 | 1:33.29 | 100 Breaststroke |  |  |  |  | 66 |
|  | 12 | 1:44.59 | 1:40.59 | 1:31.09 |  |  |  |  |  |  |
|  | 13 | 1:45.79 | 1:34.19 | 1:25.29 |  | 1:20.79 | 1:29.29 | 1:32.69 | 13 |  |
|  | 14 | 1:37.29 | 1:33.29 | 1:24.39 |  | 1:18.89 | 1:27.19 | 1:30.39 | 14 |  |
|  | 15 & O | 1:33.89 | 1:30.59 | 1:21.99 |  | 1:13.59 | 1:21.29 | 1:25.49 | 15 & O |  |

**Sunday, Session 4**

***\*Positive Check-In for the 1000 Free is 1:30 PM: 400IM & 1000 FREE MUST SUPPLY OWN TIMER AND COUNTERS***

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 67 | | 11 | 3:23.19 | 3:16.39 | 2:57.79 | 200 IM |  |  |  |  | 68 |
|  | | 12 | 3:18.39 | 3:11.89 | 2:53.69 |  |  |  |  |  |  |
|  | | 13 | 3:09.29 | 3:02.39 | 2:44.99 |  | 2:36.69 | 2:53.09 | 3:00.99 | 13 |  |
|  | | 14 | 3:05.29 | 2:58.09 | 2:41.09 |  | 2:33.59 | 2:49.69 | 2:57.39 | 14 |  |
|  | | 15 & O | 3:02.99 | 2:56.19 | 2:39.49 |  | 2:25.79 | 2:41.09 | 2:48.69 | 15 & O |  |
| 69 | | 11 | 1:22.79 | 1:20.19 | 1:12.59 | 100 Freestyle |  |  |  |  | 70 |
|  | | 12 | 1:18.99 | 1:15.49 | 1:08.29 |  |  |  |  |  |  |
|  | | 13 | 1:17.29 | 1:14.69 | 1:07.59 |  | 1:04.09 | 1:10.79 | 1:13.39 | 13 |  |
|  | | 14 | 1:15.49 | 1:13.29 | 1:06.39 |  | 1:01.59 | 1:08.09 | 1:10.79 | 14 |  |
|  | | 15 & O | 1:14.09 | 1:11.79 | 1:04.99 |  | :58.69 | 1:04.89 | 1:07.39 | 15 & O |  |
| 71 | | 11 | :40.59 | :39.79 | :35.99 | 50 Butterfly |  |  |  |  | 72 |
|  | | 12 | :38.79 | :38.19 | :34.59 |  |  |  |  |  |  |
|  | | 13 | ----- | ----- | 1:17.19 |  | 1:13.99 | ----- | ----- | 13 |  |
|  | | 14 | ----- | ----- | 1:13.79 |  | 1:08.39 | ----- | ----- | 14 |  |
|  | | 15 & O | ----- | ----- | 1:12.39 |  | 1:05.59 | ----- | ----- | 15 & O |  |
| 73 | | 11 | 3:23.39 | 3:14.29 | 2:55.79 | 200 Backstroke |  |  |  |  | 74 |
|  | | 12 | 3:23.39 | 3:14.29 | 2:55.79 |  |  |  |  |  |  |
|  | | 13 | 3:19.19 | 2:57.99 | 2:41.09 |  | 2:33.79 | 2:49.99 | 2:58.29 | 13 |  |
|  | | 14 | 3:19.19 | 2:57.99 | 2:41.09 |  | 2:33.79 | 2:49.99 | 2:58.29 | 14 |  |
|  | | 15 & O | 2:59.09 | 2:51.79 | 2:35.39 |  | 2:23.69 | 2:38.79 | 2:46.29 | 15 & O |  |
| 75 | | 11-12 |  |  |  | 200 Free Relay |  |  |  | 13 & O | 78 |
| 77 | | 13 & O |  |  |  |  |  |  |  |  |  |
| 79 | | 11 | 13:09.66 | 12:44.49 | 13:44.69 | 1000 Freestyle |  |  |  |  | 80 |
|  | | 12 | 13:09.66 | 12:44.49 | 13:44.69 | *(800 Meter Freestyle)* |  |  |  |  |  |
|  | 13 | 12:01.69 | 11:46.09 | 13:26.89 |  | 12:56.44 | 11:19.59 | 11:48.09 | 13 |  |
|  | 14 | 12:01.69 | 11:46.09 | 13:26.89 |  | 12:56.44 | 11:19.59 | 11:48.09 | 14 |  |
|  | 15 & O | 11:36.09 | 11:26.89 | 13:04.79 |  | 12:19.99 | 10:47.69 | 11:07.39 | 15 & O |  |

**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 an eight 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.

**Niagara LSC**

**Regional Championships**

**January 12 – 13, 2013**

**Niagara Sanction NI-1213-027**

***\*\*\* Please return this Form with your check \*\*\****

Club Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Club Code\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach Name\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_ Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Entry Chair\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Phone \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_\_\_\_\_\_ Email\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Number of Individual Entries \_\_\_\_\_\_\_\_\_\_\_\_\_ x $4.00 = $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Number of Relay Entries \_\_\_\_\_\_\_\_\_\_\_\_\_ x $12.00 = $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Total Number of Swimmers \_\_\_\_\_\_\_\_\_\_\_\_\_ x $5.00 = $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Total Due $\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Make Checks payable to: **Greater Owego Swim team**

***Team checks ONLY!!!***

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 GOST SwimClub, Meet Management personnel, Owego Free Academy, Niagara Swimming, or United States Swimming, Inc., 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