**SPENCERPORT/GREECE MARLINS SWIM CLUB**

**WINTER CHALLENGE MEET**

**SANCTION # NI 1213-036**

**DATE:** Saturday, February 2, 2013

**LOCATION:** Spencerport High School

 2707 Spencerport Road

 Spencerport, NY 14559

**TIME: Session 1:** Saturday Afternoon: Warm-up: 12:45pm -1:35pm

 Clear the Pool: 1:35pm

 Start: 1:45pm

**Sessions: All Age Groups will swim at the same time**

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10 minute breaks may be added between some events at the discretion of the

 Meet Director and Head Official.

**FACILITY:** Spencerport High School Pool

Eight lane, 25-yard pool with non-turbulent lane dividers, shallowest pool depth is 3’6” and deepest pool depth is 9’. The diving well will be available for continuous warm up. The Datronics timing system will be used. There will be ample parking and spectator seating. Facilities are available for swimmers between events. Lunch and snack items are to be sold throughout the meet at modest prices in the Gymnasium. Food and drink permitted in gymnasium only. The competition course has not been certified in accordance with 104.2.2C(4)

**CLERK OF COURSE**: Clerk of Course will be used for 10 & Unders only, events 3, 6, & 9 and will be located in the gymnasium.

**AWARDS: 10 & U:** 1st - 12th place: Ribbons

 **10 & U:** Heat Winner Ribbons

**SANCTION:** Meet sanctioned by Niagara LSC and held under sanction of US Swimming, Inc.

**MEET DIRECTOR:**

### Jennifer Willis Keena Smith

30 Betwood Ln 147 King Arthurs Court

Rochester, NY 14612 Rochester, NY 14626

585-749-2194 585-820-2831

meetdir1@teammarlins.com meetdir2@teammarlins.com

**MARSHAL**: Mike Doughty

**ENTRY RULES:**

1.  Entries will be accepted until the four (4) hour rule is reached.

2.  Entries that exceed the four (4) hour rule will be accepted at the discretion of the meet director.

3. Each swimmer may enter **4 individual events - PER DAY.**

4. Current USA number must accompany entries.

5. Age of entrant on day of meet determines eligibility.

6.  Use and sign attached entry form or copy.

**ENTRY FEES:** $3.50 per swimmer for individual event

 $4.00 per swimmer deck fee

 *Make checks payable to* ***Marlins Swimming***

**DEADLINE: Friday, January 25th, 2013 at 9:00pm**

Submit all entries using HYTECK Meet Manager Commlink.

 Deck entries will only be permitted if there is availability in a

 heat and at the discretion of the Meet Director.

 Late entries will be accepted at the discretion of the Meet

  Director.

E-MAIL ENTRIES TO: Bob DiNunzio [rdinunzio@rochester.rr.com]

 Or mail entries/grid to: Bob DiNunzio

 98 Mill Run Drive

 Rochester, NY 14626

**All changes to entries should be submitted by Monday, January 28th at 5:00pm.**

**OFFICIALS:** Anyone interested in assisting with officiating this meet please contact Katie Kodweis at rkodweis@rochester.rr.com.

**DISCIPLINE:** Adult supervision must be provided in the gym area for each club. No eating, rough play, loud radios, or flying objects will be permitted in the gym or cafeteria areas. Repeated violations will result in swimmer expulsion from the meet.

**DIRECTIONS:**

**From EAST:** Take 90 West to Exit 46. Proceed on Route 390 North

towards Greece. Go to 490W toward Buffalofor about 1-2 miles to route 531 towards

Brockport.Take the Manitou Rd. exit and turn right at the light. At the second light

(Spencerport Rd, Route 31), go left towards the village of Spencerport. At the first light

turn right (Gillette Rd), then a quick left onto Lyell Rd. Continue down past the

highschool to EJ Wilson Rd (Lyell will again turn to Spencerport Rd) Turn left and go to

the back parking lot. Enter through the Blue Arches at the back of the building.

**From WEST:**Take 90 East to Exit 47**.** Proceed onRoute 490 East towards Rochester. Exit route 531 towards Brockport to the Manitou Rd. exit . Turn right at the light. At the second light (Spencerport Rd, Route 31), go left towards the village of Spencerport. At the first light turn right (Gillette Rd), then a quick left onto Lyell Rd. Continue down past the highschool to EJ Wilson Rd (Lyell will again turn to Spencerport Rd) Turn left and go to the back parking lot. Enter through the Blue Arches at the back of the building.

**WARM-UP:** **Niagara LSC Warm-up procedures will be followed.**

**General Warm-up period:**

1. The first 30 minutes are for general warm-up in all lanes.

2. There shall be no diving off the blocks or the edge of the pool at this time.

3. Outside lanes- kicking only. Inside lanes- swimming and pulling only: no paddles.

4. No sprinting or pace work.

**Specific Warm-up Period:**

1. The last 30 minutes shall constitute the specific warm-up period.

2. 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.

* 1. Lanes 2 & 7 racing start only. Swim one length only. ALL swimmers
	2. begin at the starting end of the pool.
1. 3. Lanes 3, 4, 5 & 6 general warm-up only (as above) NO DIVING

**Important Points for Warm-up Periods:**

1. No diving in lanes other than those designated for diving.

2. Start all swimmers in lanes at the starting end of the pool.

3. Coaches should stand at the starting end of the pool when verbally starting swimmers on the sprint or pace work.

4. Coaches please remind swimmers that breaststrokers need more lead-time than freestylers or flyers

5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be on the block until the backstroker has executed his/her start.

6. Coaches should maintain as much contact with their swimmers as possible. Coaches have the same responsibility for supervision as when on deck for practice.

1. Marshals have authority through the meet directors over the warm-up period. Swimmers should recognize this authority to ensure a safe warm-up period.

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.

Be advised, any swimmer entered in the meet is expected to be accompanied by a certified 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. The club/head coach needs to provide the Racing Start Qualification Form prior to the day of the meet. Clubs also need to notify and obtain permission from Marlins Swimming for any swimmer attending the meet without a coach one week prior to the meet. Any swimmers who arrive on the day of the meet without submitting the form and notifying the team may not be permitted to swim in the meet.

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

**Safety Announcement for Niagara Sanctioned Meets**

1. Safety of athletes, officials, coaches and volunteers is of paramount

importance to USA Swimming. Please use safe procedures in and out of the pool.

2. Please cooperate with safety marshals and officials. They are here for your safety and protection.

3. Use of Audio or Visual recording devices, including cell phones is not permitted in changing areas, restrooms, and/or locker rooms.

4. 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.

5. **ABSOLUTELY NO PARENTS OR OTHER INDIVIDUALS INCLUDING OFFICIALS WHO ARE NOT OFFICIATING ARE ALLOWED ON DECK UNLESS VOLUNTEERING FOR TIMING OR OTHER APPROVED MEET DUTIES. ANY FAILURE TO COMPLY WILL RESULT IN POSSIBLE FINES OF UP TO $100 PER INCIDENT.**

6. USA Swimming reminds all athletes and coaches: Have a **successful** and **safe** meet.

**Spencerport/Greece Marlins Swimming**

 **WINTER CHALLENGE MEET**

Saturday, February 2, 2013

**Session 1: 12:45pm Warm Up; 1:45pm Start**

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| --- | --- | --- | --- |
| Mix |  |  |  |
| 1 | 12 & Under | 200  | Individual Medley |
| 2 | 11 & Over | 400  | Individual Medley (Max. 4 heats) |
| 3 | 10 & Under | 50 | Breast |
| 4 | OPEN | 100 | Breast |
| 5 | 11 & Over | 200  | Breast |
| 6 | 10 & Under  | 50 | Butterfly |
| 7 | OPEN | 100 | Butterfly |
| 8 | 11 & Over | 200 | Butterfly |
| 9 | 10 & Under | 50 | Backstroke |
| 10 | OPEN | 100 | Backstroke |
| 11 | 11 & Over | 200 | Backstroke |
| 12\* | OPEN | 200 | Freestyle |

*\*Open 200 Freestyle entries may be limited to 13 & Over d/t time restraints*

10 minute breaks may be added between some events at the discretion of the

 Meet Director and Head Official.

**Spencerport/Greece Marlins Swim Team**

**WINTER CHALLENGE MEET**

**RELEASE/MEET SUMMARY**

**This signed form must accompany your meet entries with check made out for proper amount to Marlins Swimming.**

**This meet is held under the sanction of USA swimming.**

**Sanction # NI 1213-036**

**In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/out, heirs, administrators, and assigns, waive and release any and all claims against United States Swimming, Inc., Niagara District Local Swim Committee, Marlins Swimming, Spencerport Central School District, and Spencerport High School for any injuries and/or expenses accrued by me/us at this meet or while on the road to/from meet. I/we are members of U.S. Swimming and are eligible to compete in all the events I/we have entered.**

**Signature of club official, parent or guardian\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Deck Fee #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ @ $4.00 each = \_\_\_\_\_\_\_\_\_\_\_**

**Individual Events #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ @ $3.50 each = \_\_\_\_\_\_\_\_\_\_\_**

 **Total amount enclosed = \_\_\_\_\_\_\_\_\_\_\_**

**Entries via e-mail to:**

Bob DiNunzio [rdinunzio@rochester.rr.com]

Or mail to: Bob DiNunzio

 98 Mill Run Drive

 Rochester, NY 14626

Club Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Prepared By:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Club Code:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone #:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Spencerport/Greece Marlins Swim Club

INDIVIDUAL ENTRY GRID

|  |  |
| --- | --- |
| **NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **USS ID # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  | **EVENT**  |
| **TIME**  |
| **NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **USS ID #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  | **EVENT**  |
| **TIME**  |
| **NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** **USS ID #\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  | **EVENT**  |
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| **TIME** |

***This meet is held under the sanction of USA Swimming Sanction #* NI 1213-036**