**Niagara Super Circuit 1**

**Rochester**

**May 18, 2013**

**Held under the Sanction of USA Swimming NI-1213-183**

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| **Location:** | Webster Aquatic Center  875 Ridge Road  Webster, NY |
| **Facility:** | The Webster Aquatic Center will be configured as an eight (8) lane, 50-meter setup with continuous flow gutters and non-turbulent lane dividers.  Since there is not a separate warmup / cooldown area, breaks will be added to the program at the Meet Referee’s discretion.  The competition course has been certified in accordance with 104.2.2c (4). The copy of such certification is on file with USA Swimming.  Water depth spanning 1-5 meters away from the start and turn ends of the competition course ranges from 6’8” to 7’6”. |
| **Time:** | Warm up 9:00AM  Start 10:00AM |
| **Meet Director:** | Doug Evans [devans.fast@gmail.com](mailto:devans.fast@gmail.com)  Mike Miller |
| **Meet**  **Referee:** | Sharlene Ransford [mransford@rochester.rr.com](mailto:mransford@rochester.rr.com)  Anyone interested in officiating, please contact Sharlene. |
| **Entries:** | 1. Swimmers may enter and swim no more than three (3) individual events. 2. All events are “open”, except those listed as 9-12. 3. No entries will be accepted without a swimmer’s current USA number. 4. Deck entries are at the discretion of the Meet Director. 5. Payment of entry fees and original signed waiver for such entries must be submitted by the entry deadline. |
| **Events:** | The meet will be swum in accordance with the accompanying schedule of events. This is a “no recall” meet. Prepare for flyover starts.  All events will be Timed Finals |
| **Entry Fees:** | $ 4.00 per individual event  $ 5.00 deck fee per swimmer |
| **Seeding:** | This meet will be pre-seeded with the exception of the 400-meter Freestyle. This event will be deck seeded with positive check-in required by the end of the warm-up period.  Coaches may submit watch times in lieu of ‘NT’ entries.  Heats will be swum slowest to fastest, with the exception of the 400 Freestyle which will be fastest to slowest and alternating girls / boys. |
| **Entries:** | Forward entries to John Kingston [Kingston@citlink.net](mailto:Kingston@citlink.net)  19 Pine View Heights  Avon, NY 14414 |
| **Entry Deadline:** | May 13th |
| **Awards:** | No awards will be given for this meet. |
| **Programs:** | Programs for the meet will be on sale. |
| **Timers:** | Participating clubs will be asked to assist with lane timing. |
| **Warmup:** | Niagara LSC guidelines for warm-up procedures in an eight-lane pool will apply (attached). |
| **Rules:** | * Only swimmers, coaches, officials and meet personnel are allowed on deck. * Coaches must wear their USAS ID, no exceptions. * Only coaches with registered swimmers in the meet will be allowed deck access, no exceptions. * 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. * No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. * 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. |
| **Facility Conduct:** | We are fortunate to be permitted to use the facilities at the Webster Aquatic Center. Proper conduct on the part of all swimmers and spectators is expected at all times. The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway and balcony area. Any swimmer found in an area designated out-of-bounds will be barred from participating in the remainder of the meet.  No food or glass containers are allowed in the pool and locker room areas. Misbehavior, vandalism and theft will not be tolerated and can result in being barred from participation in the meet. |

**Order of Events**

|  |  |  |
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| Women | Event Description | Men |
| 1 | Open 200 IM | 2 |
| 3 | 9-12 100 M Freestyle | 4 |
| 5 | Open 200 M Backstroke | 6 |
| 7 | 9-12 50 M Backstroke | 8 |
| 9 | Open 100 M Freestyle | 10 |
| 11 | 9-12 100 M Butterfly | 12 |
| 13 | Open 100 M Breaststroke | 14 |
| 15 | 9-12 50 M Breaststroke | 16 |
| 17 | Open 400 M Freestyle | 18 |

**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.

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

|  |  |  |  |
| --- | --- | --- | --- |
| Club Name: |  | Club Code: |  |
| Head Coach: |  | Phone: |  |
|  |  | E-mail: |  |
| Person  Submitting Entries: |  | Phone: |  |
|  |  | E-mail: |  |

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Total number of individual entries |  | x $4.00 = | $ |  |
| Total number of swimmers |  | x $5.00 = | $ |  |
|  |  | **Total Due** | **$** |  |

Make Checks payable to: **GCOM**

John Kingston

19 Pine View Heights

Avon, NY 14414

***Club 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 FAST, GCOM, or PACK Swim Club, Meet Management personnel, Webster Aquatic Center, 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.

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| Signature of club official, parent or guardian |

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|  |  |  |
|  | Date |  |