The “Super Circuit” is a series of 3 meets Long Course meets to be held in May and June of 2013, in order to offer a short meet format and opportunities for swimmers to compete in more long course meets. These meets are directed by the Niagara LSC Technical Planning committee and held with the assistance of area clubs

**Order of Events**

|  |  |  |
| --- | --- | --- |
| Women | Event Description | Men |
| 1 | 12&U 50 Breaststroke | 2 |
| 3 | Open 200 M Medley | 4 |
| 5 | Open 200 M Freestyle | 6 |
| 7 | 12&U 50 M Butterfly | 8\* |
| 9 | Open 200 Backstroke | 10 |
| 11 | Open 50 M Freestyle | 12 |
| 13 | 12&U 50 M Backstroke | 14\* |
| 15 | Open 100 M Butterfly | 16 |
| 17 | Open 100 M Breaststroke | 18\*\* |
| 19^ | Open Mixed 800 M Freestyle | 19^ |

^Entry may be limited based on numbers of entries to 4 heats

\* 5 minute break following highlighted events.

\*\* 10 minute break following highlighted event

DATE: Saturday, June 22, 2013

MEET TIME: Warm up: 8:30 am

Meet start: 9:30 am

LOCATION: Ithaca College Athletic and Events Center  
Aquatics Pavilion  
953 Danby Rd  
Ithaca, NY 14850

FACILITIES: TheIthaca College Aquatics Pavilion Pool is an indoor 9 lane, 50 meter pool with non-turbulent lane lines. Depending on volume of athletes, the pool may be used as a 7 lane competition pool with 1 lane of continuous warm up/warm down or 9 lanes competitive. The starting blocks are located at both ends of the pool. Competition for all events except the 50’s will start in the shallow end. All 50’s will start from diving well area. Ithaca College uses a Colorado VI Timing System and Hy-Tek computer scoring. Ample seating is available. The water depth at the start end is 2.4m/2.4m at a distance of 1.0m/5.0m, and the water depth at the far end is 4.5m/4.5m at a distance of 1.0m/5.0m. The competition course has been certified in accordance with §104.2.2C(4).

EVENTS: The meet will be swum in accordance with the accompanying schedule of events. This is a “no recall” meet. Prepare for flyover starts.

WARM DOWN: The outdoor 25yd pool will be available for continuous warm up/ warm down from 9:30am until the end of event 18. If available, breaks will be eliminated based on timeline. If unavailable due to weather, breaks will serves as wu/wd. Also, based on meet host discretion, pool may be swum in 7 or 8 lanes with 1 lane as continuous wu/wd. The 800s will be swum in all 9 lanes.

|  |  |  |
| --- | --- | --- |
| **MEET DIRECTOR**  **Adam Zaczkowski**  **315 446-1409**  **Adam@medleyaquatics.com** | **OFFICIALS**  **Paul Bartlett** | **MEET MARSHALL**  **Dennis Burgos** |

OFFICIALS:Anyone interested in officiating at this meet is welcome. Please contact Paul Bartlett.

TIMERS: Volunteers from participating clubs will be expected to time. Timing lists will be sent to teams prior to meet. **Athletes participating in the 800m Freestyle must provide their own timer and counters.**

FORMAT: This will be timed finals for ALL EVENTS.

SEEDING: These meets will be pre-seeded, swum slowest to fastest with the exception of the 800 m Freestyle event. The 800 will be deck seeded with positive check-in required by the end of the warm-up period for that session. **800m Freestyle may be limited to four heats and the event may be swum with 2 swimmers per lane. The 800 will compete fastest to slowest.**

Positive Check in will be at the timing table and available 15 mins prior to warm ups.

It is the swimmer’s responsibility to be at the blocks when their event and heat is called. Failure to swim after positive check-in will result in disqualification from the meet.

AWARDS: No awards given for this meet.

ENTRIES: 1. Swimmers may enter and swim no more than three (3) individual events.

1. All events are “open”, except those listed as 12&U.
2. Deck entries will be permitted based on space and proof of USA Swimming registration. Deck entries are cash only and must present valid USA swimming ID card.
3. No entries will be accepted without a swimmer’s current USA number.
4. Payment of entry fees and original signed waiver for such entries must be submitted by the entry deadline. Swimmers whose entry fees are unpaid will be barred from competition at the meet.

ENTRY

FEES: $ 4.00 per individual event

$ 5.00 deck fee per swimmer

Club checks only – no personal checks

Checks should be made payable to: ***Medley Aquatics***

COMPUTER

ENTRIES: The Niagara LSC has standardized on Hy-Tek’s ***Team Manager*** and ***Meet Manager*** software. Please submit your entry file by e-mail. Computer entries should be emailed by Friday, June 14, 2013, to: **meetentry@medleyaquatics.com**

ENTRY

DEADLINE: Entries with payment and signed meet summary/waiver form must be received no later than Friday, June 14, 2013. **No certified mail please**. Send waiver/check to:

**Medley Aquatics**

**PO Box 54**

**DeWitt, NY 13214**

RULES: The meet will be conducted in accordance with the rules of USA Swimming and Niagara LSC applicable to a pre-seeded, championship meet format. Niagara LSC guidelines for warm-up procedures in an eight-lane pool will apply.

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.

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

DECK ID: Only swimmers, coaches, officials and meet personnel are allowed on deck. Coaches must wear the USAS ID, no exceptions.

CONDUCT: We are fortunate to be permitted to use the facilities at Ithaca College. Proper conduct on the part of all swimmers and spectators is expected at all times.

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.

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***.

PROGRAMS: Programs for the meet will be on sale.

VENDORS: The Deep End will be on-site for your convenience.

###### Warm-up Procedures for all Sanctioned Meets in 9 Lane Pools

I. **Pre-Meet warm-up period**

A. Control/Supervise - Key words 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 are for general warm-ups in all lanes.

B. There shall be **NO DIVING** off the blocks or the edge 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 an nine-lane pool, each lane shall be scheduled as follows:

a. Lanes 1 & 9 push off one or two lengths & back, beginning at the starting end of the pool. Circle

swimming only.

b. Lanes 2 & 8 racing start only. Swim one length only. All swimmers begin at the starting end of the

pool.

c. Lanes 3, 4, 5, 6, 7 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 Marshal 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.

**Please e-mail your meet file to:** [**meetentry@medleyaquatics.com**](mailto:meetentry@medleyaquatics.com) **and send this report to**

***Medley Aquatics; PO Box 54, DeWitt, NY 13214-0054 by June 14, 2013.***

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

LSC \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Coach’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Person submitting Entry (if different from above) Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ E-mail \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Results will be sent via e-mail address of entry submitter*

Total number of individual entries \_\_\_\_\_\_\_ X $ 4.00 = $ \_\_\_\_\_\_\_\_\_

Total number of swimmers \_\_\_\_\_\_\_ X $ 5.00 = $ \_\_\_\_\_\_\_\_\_

Total Due ^ $ \_\_\_\_\_\_\_\_\_

Make checks payable to ***Medley Aquatics***

**Team checks only please!!**

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 SYCH, Medley Aquatics, USA Swimming, Niagara Swimming and Ithaca College 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, parent or guardian

Date

^ Team Credit Cards Accepted with a 3% surcharge. Please contact the meet director for more details.