

# UNION AQUATIC CLUB

## 40<sup>th</sup> Annual Sertoma Invitational

July 19-21, 2013

Sanction # NI 1213-136

### 1. Location/Facility

#### **George W. Johnson Memorial Park Pool, Watson Boulevard, Endicott, NY, 13760**

Short Course (meters) 25m outdoor six-lane pool equipped with non-turbulent lane-markers, starting blocks, and electronic timing. There is spectator seating around the pool. The water depth measured from 1 m-5m length from the pool ends is 4'-8". The competition course has not been certified in accordance with 104.2.2.C(4).

### 2. Dates and Session Times

<u>Session</u>	<u>Description</u>	<u>Warm Up</u>	<u>Timed Finals</u>
1	Friday, July 19 – Morning 12 & Under	8:00 AM	9:00 AM
2*	Friday, July 19 – Distance	11:30 AM	12:15 PM
3*	Friday, July 19 – Afternoon 13 & Over	1:00 PM	2:00 PM
4	Saturday, July 20 – Morning 12 & Under	8:00 AM	9:00 AM
5*	Saturday, July 20 – Distance	11:30 AM	12:00 PM
6*	Saturday, July 20 – Afternoon 13 & Over	1:00 PM	2:00 PM
7	Sunday, July 21 – Morning 12 & Under	8:00 AM	9:00 AM
8*	Sunday, July 21 – Distance	11:30 AM	12:00 PM
9*	Sunday, July 21 – Afternoon 13 & Over	1:00 PM	2:00 PM

\* Note: Distance and Afternoon session times are approximate and may be moved up if time allows.

### 3. Entries/Fees

This meet will be pre-seeded. Swimmers are limited to five (5) individual events per day, plus relays. Swimming events for this meet are listed in Section 9.

Deck Fee	\$5.00 per swimmer
Individual Event	\$3.50 per event
Relay	\$12.00 per relay

#### **DECK ENTRIES MAY BE ACCEPTED THIS YEAR**

**Distance Events:** The meet host reserves the right to limit entries in distance events if necessary to accommodate the overall meet schedule.

#### **Email (HyTek TM) Entries To:**

Donna Striley  
dstriley@stny.rr.com

#### **Mail Handwritten Entries To:**

Union Aquatic Club  
PO Box 115  
Endicott, NY 13760

- **PROGRAM DEADLINES:** All clubs shall e-mail their entries using a HyTek Team Manager file or send the enclosed entry form. Emailed entries must be **received** no later than **Friday, July 12th, 2013**. Handwritten entries must be received by **Sunday, July 7<sup>th</sup>, 2013**.
- Please include club contact and e-mail on your entry and/or waiver.
- Please make check payable to **UNION AQUATIC CLUB**. (Team Checks Only)
- All entry fees must be in **U.S. DOLLARS** and accompany the entry and/or waiver.
- No Certified mail please
- Entry fees for scratches and no shows will not be refunded.

#### 4. Scoring

Scoring for individual events will be earned for the first twelve (12) best times in each age group. Team scores will be the sum of individual and relay event scores. Points toward individual High Point Awards can only be earned swimming in events for that particular age group. For example:

*Swimmers up to 14 years old may swim in open events, but points earned do not count toward their individual high point award. Points do, however, count for team scoring.*

<u>Place</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
Individual Event Scores	16	13	12	11	10	9	7	5	4	3	2	1
Relay Event Scores	32	26	24	22	20	18	14	10	8	6	4	2

#### 5. Awards

Awards will be earned for the first twelve (12) best times on individual events and relays for each age group. Individual High Point Award will be based on applying the scoring in Section 4.

**Ind. and Relay Events**      Medals: 1<sup>st</sup> – 3<sup>rd</sup>  
Ribbons: 4<sup>th</sup> – 12<sup>th</sup>

**High Point Awards**      Top 3 boys and girls in each age group

**Team Championship**      Top 3 total team scores

#### 6. Eligibility

All swimmers with current USA-S, Swimming Canada or Mexican Swimming Federation membership are eligible to compete. Participants shall enter the appropriate age category based on their age on **July 19, 2013**

#### 7. Sanction

Niagara District has issued Sanction # **NI1213-136** for this meet and this meet will be "held under the sanction of United States Swimming, Inc." All current rules and regulations of USA Swimming and Niagara Swimming shall be complied with and enforced.

#### 8. Meet Rules

- A. Each swimmer may swim five (5) individual events per day, plus relays.
- B. 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.
- C. "No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302"
- D. USA/Canadian/Mexican registration numbers must appear on the entry form for each participant.
- E. Swimmers in the 400 IM, 400 Freestyle, and 1500 Freestyle **shall provide their own timers and counters.**
- F. We will accept a total of 3000 entries for this meet. If greater than 3000 entries are received, then the entries will be returned unopened.
- G. If the need arises we may ask participating clubs to volunteer to help with timing. Stopwatches will be provided for any volunteers wishing to assist with back up timing.
- H. A coaches meeting will be held at 8:30 AM each morning of the meet.
- I. Relay teams may not include more than two male swimmers.
- J. Deck entries may be accepted at the discretion of the Meet Director**
- K. The Clerk of Course will check for current Coach Certification when Coaches pick up their coaches' packets.
- L. Fly-Over Starts may be used at the Meet Director's discretion to control the duration of the sessions. **COACHES, PLEASE PREPARE YOUR SWIMMERS FOR FLY-OVER STARTS.**
- M. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- N. Except where venue facilities require otherwise, changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and is prohibited.
- O. There are no cut time restrictions for this meet.**

## 9. Meet Program

Day 1			
Friday, July 19, 2013			
Morning Session			
Girls Event	Age	Event Description	Boys Event
1(Mixed)*	11-12	200 Meter Free <b>Mixed</b> Relay	1(Mixed)*
2(Mixed)*	10&U	200 Meter Free <b>Mixed</b> Relay	2(Mixed)*
3(Mixed)*	8&U	200 Meter Free <b>Mixed</b> Relay	3(Mixed)*
4	11-12	200 Meter Freestyle	5
6	10&U	200 Meter Freestyle	7
8	8&U	200 Meter Individual Medley	9
10	11-12	200 Meter Individual Medley	11
12	10&U	200 Meter Individual Medley	13
*MIXED RELAYS MAY NOT INCLUDE MORE THAN TWO MALE SWIMMERS			
Distance Session			
14**	Open	1500 Meter Freestyle	15**
**Positive sign in required by 11:30 AM.			
Afternoon Session			
16(Mixed)*	13-14	200 Meter Freestyle <b>Mixed</b> Relay	16(Mixed)*
17(Mixed)*	Open	200 Meter Freestyle <b>Mixed</b> Relay	17(Mixed)*
18	13-14	200 Meter Breaststroke	19
20	Open	200 Meter Breaststroke	21
22	13-14	200 Meter Butterfly	23
24	Open	200 Meter Butterfly	25
26**	13-14	400 Meter Freestyle	27**
28**	Open	400 Meter Freestyle	29**
*MIXED RELAYS MAY NOT INCLUDE MORE THAN TWO MALE SWIMMERS			
**Positive sign in required by 2:00 PM.			

Day 2			
Saturday, July 20, 2013			
Morning Session			
Girls Event	Age	Event Description	Boys Event
30	11-12	50 Meter Freestyle	31
32	10&U	50 Meter Freestyle	33
34	8&U	50 Meter Freestyle	35
36	11-12	100 Meter Backstroke	37
38	10&U	100 Meter Backstroke	39
40	11-12	50 Meter Breaststroke	41
42	10&U	50 Meter Breaststroke	43
44	8&U	50 Meter Breaststroke	45
46	11-12	100 Meter Butterfly	47
48	10&U	100 Meter Butterfly	49
50	11-12	100 Meter 100 IM	51
52	10&U	100 Meter 100 IM	53
54	8&U	100 Meter 100 IM	55
56 (Mixed)*	11-12	200 Meter Medley <b>Mixed</b> Relay	56 (Mixed)*
57 (Mixed)*	10&U	200 Meter Medley <b>Mixed</b> Relay	57 (Mixed)*
58 (Mixed)*	8&U	200 Meter Medley <b>Mixed</b> Relay	58 (Mixed)*
*MIXED RELAYS MAY NOT INCLUDE MORE THAN TWO MALE SWIMMERS			
Distance Session			
59**	13-14	400 Meter Individual Medley	60**
**Positive sign in required by 11:30 AM.			
Afternoon Session			
61	13-14	100 Meter Freestyle	62
63	Open	100 Meter Freestyle	64
65	13-14	200 Meter Backstroke	66
67	Open	200 Meter Backstroke	68
69	13-14	100 Meter Breaststroke	70
71	Open	100 Meter Breaststroke	72
73	13-14	200 Meter Individual Medley	74
75	Open	200 Meter Individual Medley	76
77 (Mixed)*	13-14	400 Meter Medley <b>Mixed</b> Relay	77 (Mixed)*
78 (Mixed)*	Open	400 Meter Medley <b>Mixed</b> Relay	78 (Mixed)*
*MIXED RELAYS MAY NOT INCLUDE MORE THAN TWO MALE SWIMMERS			

Day 3			
Sunday, July 21, 2013			
Morning Session			
Girls Event	Age	Event Description	Boys Event
79	11-12	50 Meter Butterfly	80
81	10&U	50 Meter Butterfly	82
83	8&U	50 Meter Butterfly	84
85	11-12	100 Meter Freestyle	86
87	10&U	100 Meter Freestyle	88
89	8&U	100 Meter Freestyle	90
91	11-12	50 Meter Backstroke	92
93	10&U	50 Meter Backstroke	94
95	8&U	50 Meter Backstroke	96
97	11-12	100 Meter Breaststroke	98
99	10&U	100 Meter Breaststroke	100
101(Mixed)*	11-12	400 Meter Free <b>Mixed</b> Relay	101(Mixed)*
102(Mixed)*	10&U	400 Meter Free <b>Mixed</b> Relay	102(Mixed)*
*MIXED RELAYS MAY NOT INCLUDE MORE THAN TWO MALE SWIMMERS			
Distance Session			
103**	Open	400 Meter Individual Medley	104**
**Positive sign in required by 11:30 AM			
Afternoon Session			
105	13-14	50 Meter Freestyle	106
107	Open	50 Meter Freestyle	108
109	13-14	100 Meter Backstroke	110
111	Open	100 Meter Backstroke	112
113	13-14	200 Meter Freestyle	114
115	Open	200 Meter Freestyle	116
117	13-14	100 Meter Butterfly	118
119	Open	100 Meter Butterfly	120
121(Mixed)*	13-14	400 Meter Free <b>Mixed</b> Relay	121(Mixed)*
122(Mixed)*	Open	400 Meter Free <b>Mixed</b> Relay	122(Mixed)*
*MIXED RELAYS MAY NOT INCLUDE MORE THAN TWO MALE SWIMMERS			

## **10. Warm-Up Procedures**

### **Warm-up Procedures for all Sanctioned Meets in 6 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.
- F. ***Lane 6 may be reserved for 8 & Under swimmers only at discretion of meet personnel.***

#### **III. Specific warm-up period**

- A. Last 30-45 minutes of pre-meet warm-up period.
- B. In a six lane pool, each lane shall be scheduled as follows:
  - a. Lanes 1 & 6 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only. NO DIVING.
  - b. Lanes 2 & 5 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
  - c. Lanes 3 & 4 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.

## 11. Other

- **Concessions:** As always, there will be a well-stocked and varied supply of food at the pool. Concessions will open at 8:00 am daily.
- **Discipline:** Coaches and parents are responsible for the conduct of their swimmers. Anyone is caught damaging or misusing the facilities in any way will be asked to leave the meet. GLASS CONTAINERS ARE NOT PERMITTED IN THE POOL AREA.
- **Officials:** If your club has officials who will be traveling to this meet and would like to assist in officiating the meet, please call Pete Burnett at (607) 754-8566 or email [pburnett@stny.rr.com](mailto:pburnett@stny.rr.com) We would be grateful for their assistance.
- **Timing:** UNAC may request volunteer timers if necessary.
- **Vendor:** *The Deep End*. Goggles, suits, caps, sandals, etc. If you need a special item, call 585-272-1920 and it can be brought to the meet.
- **Programs and meet T-shirts will be available for purchase**

## 12. Facility Information and Directions

The George W. Johnson Memorial Park Pool ("Northside Pool") is located on Watson Boulevard, Endicott, New York. The Northside Pool is an outdoor, 6-lane, newly renovated, 25-meter facility shaped in a "L" configuration. The pool will be equipped with non-turbulent lane-markers, starting blocks, and electronic timing.

From the North, South, or East: Traveling via Interstate 81 North or South: At Binghamton, merge onto NY Route 17 West toward Endicott/Elmira. Follow Route 17 West to Exit 67N (NY Route 26 North). Continue straight onto McKinley Avenue. At the 3<sup>rd</sup> light, turn left off McKinley onto Watson Boulevard. About ½ mile down Watson, turn right onto Bermond. The pool is on the right.

From the West: Follow Route 17 East to Exit 67N (NY Route 26 North). Continue straight onto McKinley Avenue. At the 3<sup>rd</sup> light, turn left off McKinley onto Watson Boulevard. About ½ mile down Watson, turn right onto Bermond. The pool is on the right.

## 13. Director and Sponsors

Sponsors: Union Aquatic Club, Endicott Sertoma Club, Village of Endicott

Meet Director: Donna Striley	<a href="mailto:dstriley@stny.rr.com">dstriley@stny.rr.com</a>	(607) 621-3835
Meet Operations: Pete Burnett	<a href="mailto:pburnett@stny.rr.com">pburnett@stny.rr.com</a>	(607) 754-8566
Meet Referee: Joseph Dempsey	<a href="mailto:JoeSwimD@gmail.com">JoeSwimD@gmail.com</a>	
Meet Marshall: Margo Sarkisian	<a href="mailto:msarkisi@stny.rr.com">msarkisi@stny.rr.com</a>	(607) 757-9019

## 14. Camping

<b>CHENANGO VALLEY STATE PARK</b> New York Route 369; Chenango Forks, NY (607) 648-5251	<b>GREENWOOD COUNTY PARK</b> Greenwood Rd. Nanticoke, NY (Outside of Maine, NY) (607) 862-9933
<b>DORCHESTER COUNTY PARK</b> New York Route 26; Whitney Point, NY (607) 692-4612	<b>PINE VALLEY CAMPGROUNDS</b> (closest to the pool) 600 Boswell Hill Road; Endicott, NY (607) 785-6868

## 15. Hotels Visit [www.visitingbinghamton.org](http://www.visitingbinghamton.org)

# FEE SUMMARY AND WAIVER

TEAM NAME

TEAM CODE

COACH NAME(S)

PHONE(S)

( ) -

( ) -

( ) -

TEAM CONTACT

PHONE

( ) -

ADDRESS

## MEET ENTRY SUMMARY

	Cost	Total
# Swimmers	@ \$5.00	
# Individual Entries	@ \$3.50	
# Relays	@ \$12.00	
Total Cost		

- Please make check payable to **UNION AQUATIC CLUB**.
- Mail to: UNAC  
PO Box 115  
Endicott, NY 13760

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-S Inc., Union Aquatic Club, Greater Endicott Sertoma, Village of Endicott, 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)



## ENTRY GRID (copy as needed)

[illegible]