Niagara LSC LC Championships

Ithaca, NY

7/26/2013

Ithaca College

Hosted by BAAC, MERC, SYCH



LOCATION: Ithaca College

953 Danby Road Road, Ithaca, NY 14850

FACILITY: Nine lane pool with Paddock continuous flow through lane lines and a separate outdoor warm-up, cool down pool. 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).

SESSIONS: Day Warm-up Time Meet Start Time Age Group

1 Friday AM 7:00am 8:00am 11 & Over Prelims

2 Friday PM 12:00pm 1:00pm 10 & Under Timed Finals

3 Friday (Finals) 4:00pm 5:00pm 11 & Over Finals

4 Saturday AM 7:00am 8:00am 11 & Over Prelims

5 Saturday PM 12:00pm 1:00pm 10 & Under Timed Finals

6 Saturday (Finals) 4:00pm 5:00pm 11 & Over Finals

7,8,9 Sunday AM/PM/Finals Same as Saturday

Warm-up and competition start times are approximate, and may be adjusted by the Meet Director after the entry deadline once all entries have been processed. Adjustments in start times will be posted on the Niagara LSC website at least 48 hours in advance of the meet, and will be sent to all who submit their entries via email. Please note that warm-ups for the 10 & Under afternoon sessions may overlap the morning preliminary sessions.

EVENTS: The meet will be swum in accordance with the accompanying schedule of events. Prepare for flyover starts.

**Meet Director** **Meet Referee** **Head Marshall**

Adam Zaczkowski Jim Stromski Frank Zitz

[adam@medleyaquatics.com](mailto:adam@medleyaquatics.com) [jrstromski@gmail.com](mailto:jrstromski@gmail.com)

OFFICIALS:All certified USA Swimming Officials interested in officiating this meet are welcome. Please fill out and submit the ‘Offer to Officiate’ online form which can be found here:

[2013 Niagara LSC Long Course Championship – Offer to Officiate](https://docs.google.com/spreadsheet/viewform?formkey=dHAxUkFJRGlUUWF5ZHlMNEp3b0pGVHc6MA#gid=0)

Additionally, this meet will be an N2 Officials Qualifying Meet (OQM) for all positions. Any official interested in being evaluated should contact Jim Stromski, Meet Referee, for more information. The Evaluator for this meet will be June Mundt (UN-Buffalo area). Details of the certification process can be found on the USA Swimming website.

TIMERS: For all preliminary and timed final sessions, teams entering the meet will be required to provide timers. The host clubs will provide timers for all Final Sessions. Lane timing assignments will be posted after entries are received.

Schedules will be provided in the Meet Program and posted at the pool.

Swimmers must provide their own timers and counters for the 1500 freestyle (excluding finals heats) and own timers for the 10&U 400 freestyle.

Scoring: Individual Events: top – 18 places scoring by age group, 10&U, 11-12, 13-14, Senior (15&O) by event and gender

22, 19, 18, 17, 16, 15, 14, 13, 12 (Top 9; A Final)

10, 8, 7, 6, 5, 4, 3, 2, 1 (Next 9; B Final)

Relay Events: 18 place scoring, No more than 2 relays per team score.

44, 38, 36, 34, 32, 30, 28, 26, 24

20, 16, 14, 12, 10, 8, 6, 4, 2

Team Scoring: Top 18 places score per age group/event. Only NI-LSC teams can compete for Team Title

Awards: Individual Events: By age group (10 & Under, 11-12, 13-14, 15 & Over)

Medals 1st - 3rd, Ribbons 4th - 18th

Relay Events: Medals 1st, Ribbons 2nd – 3rd

High Point award for each Age Group (M & F)

Team High Point: Two (2) Awards given - Large Team and Small Team Champions (highest score per classification).  Awards based on numbers of registered, USA Swimming Members, verified by Niagara LSC Registrar at time of entry deadline.  Small teams defined as 99 registered members or less.  Large teams defined as 100 or greater registered athletes.

Each team must designate a representative to pick up and sign for all awards for their team.  Swimmers will not be allowed to pick up awards. Awards must be picked up by Team reps prior to final departure from the meet. Unclaimed awards will not be mailed. For special pickups, see Meet Director.

Standards: **See Time Standards Document, pages 19-22.**

Seeding: Traditional seeding (circle seeding for prelims, by time for T/F events), Seeding preference for prelims/TF events is 1) LCM, 2) SCM, 3) SCY. **No converted times accepted.**

Entry Limits: 7 Individual events for the meet, no more then 3 per day.

Swimmers may only swim in a maximum of 3 relays.

Qualifying   
Period: The qualifying period for this meet is January 1, 2012 to entry deadline.

Bonus

Events: For all swimmers - 1 cut = 2 bonus (3 total), 2 cuts = 1 Bonus (3 total), 3 or more cuts = 0 Bonus (3 total). NT not accepted for bonus swims. All bonus times must be proven through SWIMS database.

The 1500m Freestyle cannot be chosen as a bonus event.

10 & Under relay only swimmers – 1 Bonus event on day of relay entered. NT not accepted for bonus swims. All bonus times must be proven through SWIMS database.

Format: 9 session meet, 3 sessions each on Friday, Saturday & Sunday. Early AM session 11 & Over Prelim session, Afternoon 10 & Under Timed final, Evening Session final for 11 & Over events on all Days.

All 10 & Under events are Timed Finals. 11/12 will be prelim/finals with the exception of 400 IM, 400 Free, 200 Back, Breast and Fly, which will be Timed Finals. 11&12 400IM, 400 Free, 200 Back, Breast and Fly will swim top 9 at finals. 13 & Over 1500 is also a timed final events. All Relays, 13 & Over 1500 Free, and all 400 Free and 400 IMs are positive check in events.

For the 1500 Free, the top 9 (male and female, multi age) swimmers after positive check in will swim in the finals session on Sunday evening. See Sunday Swim Rule.

All 13 & Over Final events are to be swum multi-age prelims and split into, 13-14, 15 & Over for the finals. Final events will be swum 11-12 A & B-Final(Men’s & Women’s), 13-14 A & B Final (Men’s & Women’s), followed by 15 & Over A & B Final (Men’s & Women’s) for each event.

For all 11&O relays, the top 9 teams after positive check in will swim in the finals session on the corresponding sessions. See Sunday Swim Rule.

Events will be awarded by age group: 10 & under, 11-12, 13-14, Senior.

10 & Unders Only: Must qualify relays via time standards. All 10U relay times are an aggregate complied time of the 4 relay swimmers.

Positively Checked in Races:

Any swimmer or relay positively checked in for a race who fails to compete in that race will be barred from further competition in the meet. If the race falls on the last day of the meet on which the swimmer is entered, the swimmer or team will be fined $25.00 by Niagara LSC. However, no penalty shall apply for failure to compete if:

1. The Referee is notified of illness or injury, accepts proof of such, and waiver the penalty.
2. It is determined by the Referee that failure to compete was caused by circumstances beyond the control of the swimmer.

FINALS SESSION:

18 Swimmers will advance to the finals session in each prelims/finals event. Any swimmer qualifying for a finals session race in an individual event who fails to compete in that race will be barred from further competition in the meet. If the race falls on the last day of the meet on which the swimmer is entered, the swimmer or team will be fined $25.00 by Niagara LSC. Only Coaches are permitted to scratch swimmers from finals. However, no penalty shall apply for failure to compete if:

1.) The Referee is notified of illness or injury, accepts proof of such, and waiver the penalty.

2.) A swimmer qualifying for such raced based upon the results of the preliminaries formally scratches from the race within 30 minutes of the announcement of the finalists for that event.

1. It is determined by the Referee that failure to compete was caused by circumstances

beyond the control of the swimmer.

Positive Check In deadlines:

For events on Friday:

11&O

Friday, 8:00am: Events 15-22.

10&U

Friday, 30 mins after start of 10&U Warm Ups: Events 107-110.

For events on Saturday:

11&O

Friday, No later than end of session 3. Events 23-28, 45-46 10&U

Friday, No later than end of session 2: Events 111-112.

For events on Sunday:

11&O

Saturday, No later than end of session 6. Events 65-70 10&U

Saturday, No later than end of session 5. : Events 121-122.

SUNDAY SWIM RULE:

Teams may choose to swim their TF races in the morning preliminary session as opposed

to finals on SUNDAY only. Teams, when positively checking in must indicate AM or PM swim on all Sunday events. Any omissions will be assumed to swim as scheduled, whether AM or PM swims are needed.

Schedule of Events:

|  |  |  |
| --- | --- | --- |
| (1) Friday AM, July 26, 2013 – 11 & Over Prelims | | |
| **Female** |  | **Male** |
| **#** | **Event** | **#** |
| **1** | **11&12 200M IM** | **2** |
| **3** | **13&Over 200M IM** | **4** |
| **5** | **11&12 100M Free** | **6** |
| **7** | **13&Over 100M Free** | **8** |
| **9** | **11&12 100M Backstroke** | **10** |
| **11** | **13&Over 200M Backstroke** | **12** |
| **13** | **11&12 200M Butterfly!** | **14** |
| **15** | **11&12 4x100M Medley Relay\*!** | **16** |
| **17** | **13&Over 4x100M Medley Relay\*!** | **18** |
| **19** | **11&12 400M Free\*!** | **20** |
| **21** | **13&Over 400M Free\*** | **22** |
|  |  |  |
| (2) Friday PM, July 26, 2013 – 10 & Under Timed Finals | | |
| **Female** |  | **Male** |
| **#** | **Event** | **#** |
| **101** | **10&Under 100M Free** | **102** |
| **103** | **10&Under 50M Breaststroke** | **104** |
| **105** | **10&Under 50M Backstroke** | **106** |
| **107** | **10&Under 4x100M Medley Relay\*** | **108** |
| **109** | **10&Under 400M Free\*** | **110** |
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|  |  |  |
|  |  |  |
| (3) Friday Finals, July 26, 2013 - 11 & Over Finals | | |
| **Female** |  | **Male** |
| **#** | **Event** | **#** |
| **1** | **11&12 200M IM** | **2** |
| **3** | **13&4 200M IM** | **4** |
|  | **Senior 200M IM** |  |
| **5** | **11&12 100M Free** | **6** |
| **7** | **13&14 100M Free** | **8** |
|  | **Senior 100M Free** |  |
| **9** | **11&12 100M Backstroke** | **10** |
| **11** | **13&14 200M Backstroke** | **12** |
|  | **Senior 200M Backstroke** |  |
| **13**  **15** | **11&12 200M Butterfly**  **11&12 4x100M Medley Relay** | **14**  **16** |
| **17** | **13&Over 4x100M Medley Relay** | **18** |
| **19** | **11&12 400M Free** | **20** |
| **21** | **13&14 400M Free** | **22** |
|  | **Senior 400M Free** |  |
|  |  |  |
| (4) Saturday AM, July 27, 2013 – 11 & Over Prelims | | |
| **Female** |  | **Male** |
| **#** | **Event** | **#** |
| **23** | **11&12 200M Free Relay\*!** | **24** |
| **25** | **13&Over 200 Free Relay\*!** | **26** |
| **27** | **11&12 400M IM\*!** | **28** |
| **29** | **13&Over 400M IM\*** | **30** |
| **31** | **11&12 50 M Free** | **32** |
| **33** | **13&Over 50M Free** | **34** |
| **35** | **11&12 50M Fly** | **36** |
| **37** | **13 & Over 100M Fly** | **38** |
| **39** | **11&12 100M Breast** | **40** |
| **41** | **13&Over 200M Breast** | **42** |
| **43** | **11&12 200M Backstroke!** | **44** |
| **45** | **13& Over 800 Free Relay\*!** | **46** |
|  |  |  |
|  |  |  |
| (5) Saturday PM, July 27, 2013 – 10 & Under Timed Finals | | |
| **Female** |  | **Male** |
| **#** | **Event** | **#** |
| **111** | **10&Under 200 Free Relay\*** | **112** |
| **113** | **10&Under 200M IM** | **114** |
| **115** | **10&Under 50M Free** | **116** |
| **117** | **10&Under 100M Fly** | **118** |
| **119** | **10&Under 100M Breast** | **120** |
|  |  |  |
| (6) Saturday Finals, July 26, 2013 - 11 & Over Finals | | |
| **Female** |  | **Male** |
| **23** | **11&12 200M Free Relay** | **24** |
| **25** | **13&Over 200 Free Relay** | **26** |
| **27** | **11&12 400M IM** | **28** |
| **29** | **13&14 400M IM** | **30** |
|  | **Senior 400m IM** |  |
| **31** | **11&12 50M Free** | **32** |
| **33** | **13&14 50M Free** | **34** |
|  | **Senior 50M Free** |  |
| **35** | **11&12 50M Fly** | **36** |
| **37** | **13&14 100M Fly** | **38** |
|  | **Senior 100M Fly** |  |
| **39** | **11&12 100M Breast** | **40** |
| **41** | **13&14r 200M Breast** | **42** |
|  | **Senior 200M Breast** |  |
| **43** | **11&12 200M Backstroke** | **44** |
| **45** | **13& Over 800 Free Relay** | **46** |
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|  |  |  |
| (7) Sunday AM, July 28, 2013 – 11 & Over Prelims | | |
| **Female** |  | **Male** |
| **#** | **Event** | **#** |
| **47** | **11&12 200M Free** | **48** |
| **49** | **13&Over 200M Free** | **50** |
| **51** | **11&12 50M Breast** | **52** |
| **53** | **13&Over 100M Breast** | **54** |
| **55** | **11&12 50M Back** | **56** |
| **57** | **13&Over 100M Back** | **58** |
| **59** | **11&12 100M Fly** | **60** |
| **61** | **13 & Over 200M Fly** | **62** |
| **63** | **11&12 200M Breast!** | **64** |
| **65** | **11&12 400 Free Relay\*^!** | **66** |
| **67** | **13&Over 400 Free Relay\*^!** | **68** |
| **69** | **13&Over 1500\*^!** | **70** |
|  |  |  |
|  |  |  |
| (8) Sunday PM, July 28, 2013 – 10 & Under Timed Finals | | |
| **Female** |  | **Male** |
| **#** | **Event** | **#** |
| **121** | **10&Under 200m Medley Relay\*** | **122** |
| **123** | **10&Under 200M Free** | **124** |
| **125** | **10&Under 100M Back** | **126** |
| **127** | **10&Under 50M Fly** | **128** |
| **129** | **10&Under 400M Free Relay\*** | **130** |
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|  |  |  |
| (9) Sunday Finals, July 28, 2013 - 11 & Over Finals | | |
| **Female** |  | **Male** |
| **#** | **Event** | **#** |
| **69** | **13&Over 1500M Free** | **70** |
| **47** | **11&12 200M Free** | **48** |
| **49** | **13&4 200M Free** | **50** |
|  | **Senior 200M Free** |  |
| **51** | **11&12 50M Breast** | **52** |
| **53** | **13&14 100M Breast** | **54** |
|  | **Senior 100M Breast** |  |
| **55** | **11&12 50 Back** | **56** |
| **57** | **13&14 100M Back** | **58** |
|  | **Senior 100M Back** |  |
| **59** | **11&12 100M Fly** | **60** |
| **61** | **13-14 200M Fly** | **62** |
|  | **Senior 200M Fly** |  |
| **63** | **11&12 200M Breast** | **64** |
| **65** | **11&12 400M Free Relay** | **66** |
| **67** | **13&Over 400M Free Relay** | **68** |
|  |  |  |

**\*indicates positive check in event**

**^indicates Sunday Swim Rule event**

**! indicates timed final event; top 9 entries (after positive check in, if applicable) swim in finals.**

ENTRY FEES: $ 5.00 per individual event

$ 12.00 per relay

$ 10.00 deck fee per swimmer

$ 5.00 per coach deck pass (includes hospitality)

**Club checks only – no personal checks**

Checks should be made payable to:

Medley Aquatics

PO Box 54, Dewitt, NY 13214

Credit cards are accepted, but not preferred. If teams wish to pay via credit card, host reserves the right to impose a 3% surcharge

ENTRY

DEADLINE: Entries with payment and signed meet summary/waiver form must be received no later than 11:59 pm EST, July 19, 2013. **No certified mail please**.

All Relays and 10&U relay only swimmer bonus event declarations must be sent via Team Manager/Team Unify files to:

Will Chidsey, PO Box 54, DeWitt, NY 13214  
[meetentry@medleyaquatics.com](mailto:meetentry@medleyaquatics.com)

There will be no deck entries allowed at this meet.

All individual events, including coaching deck pass registration, must be done via USA Swimming’s On-Line Meet Entry system. Please see below for directions.

**No individual event entries will be accepted via Team Manager/Team Unify file.**

**All 10&U relays must be entered with swimmer names. All 11&Over relays can be submitted without name.**

LATE ENTRY

DEADLINE: Additional entries from qualifying swims achieved at meets occurring on the weekend of July 20-21, 2013 are due by 5:00 PM (EST) on Monday, July 22, 2013.

Only those teams who have been accepted into the meet may submit additional entries.

OME must also be used for these additional entries. Follow instructions given in the section below for the meet named *2013 NI LSC Long Course Championships – LATE ENTRIES.*

Late entries may not be used to improve the seed time of an earlier entry.

COACHES PASS SCHEDULE:

1-5 Athletes: 1 Coach  
6-12 Athletes: 2 Coaches  
13-22 Athletes: 3 Coaches  
23-30 Athletes: 4 Coaches  
31-39 Athletes: 5 Coaches  
40-49 Athletes: 6 Coaches  
50+ Athletes: 7 Coaches

GENERAL

MEETING: A coaches’ meeting will be held on Friday, July 26th at 7:20am in the conference room at the pool. If necessary, additional coaches’ meetings will be held as determined by the meet referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coach’s meetings. Coaches are responsible for all information from these meetings including changes in the meet conduct.

CREDENTIALS: Coaches may pick up their team’s credentials and meet packet beginning Friday, July 26th at 7:00am at the conference room at the pool. Credentials will only be issued for coaches who register via OME.

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 nine-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.

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

Except where venue facilities require otherwise, changing into or out of swimsuits other that in locker rooms or other designated areas is not appropriate and is prohibited.

DECK ID: **ONLY SWIMMERS, CREDENTIALED, Registered COACHES, AND MEET PERSONNEL ALLOWED ON DECK. No exceptions.**  Non-credentialed coaches, officials not working, and parents who attempt to gain pool deck access via locker rooms are not allowed on the pool deck. Offenders are potentially subject to a fine of $100 from Niagara Swimming. ***ALL COACHES MUST DISPLAY THEIR 2013 MEMBERSHIP CARD and MEET CREDENTIALS AT ALL TIMES.***

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

We are fortunate to be permitted to use the facilities of Ithaca College. Proper conduct on the part of all swimmers and spectators is expected at all times, and will be enforced by coaches, meet marshals, college officials and college security at all times. The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway and balcony area, and the outdoor warm-up/warm-down pool. 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. Swimmers may not dive off or swim under the bulkheads of the pool.

PROGRAMS: Programs for the meet will be on sale.

PARKING**:** Parking in large lots next to the Ithaca Aquatic Center will be available.

WARM UP/

DOWN POOL**:** 6 lane, outdoor warm up/down pool will be open immediately following warm ups for sessions 1, 3, 4, 6, 7 and 9. The pool will close at the conclusion of the aforementioned sessions. Horseplay will not be tolerated. Teams must monitor their swimmers while using the warm up/down pool. Meet Marshals shall be stationed at the pool; only athletes entered in the meet and coaches with official meet credentials will have deck access.

###### USA Swimming Online Meet Entry Guidelines and Instructions

Go to [www.usaswimming.org](http://www.usaswimming.org) and sign into your USAS account

Scroll over to the EVENTS tab and click on the On-line Meet Entry link.

Click on “Available Meets” on the left hand side of the screen. Search for *2013 NI LSC Long Course Championships* or *2013 NI LSC Long Course Championships – LATE ENTRIES* and click Enter Team (or enter unattached for athletes competing as such)

You will be forwarded to a General Information Page. Please click on Next on the bottom right hand side.

Enter your information and sign into the system (a Valid USAS ID # is required)

Follow prompt and enter information where indicated

Prior to step 3, print your team’s eligibility reports or confirmed entrants to the meet. Here, athletes can be selected by age group and gender. Click on each athlete that wants to compete. Click next to review your roster

Step 4 will allow you to enter each swimmer into the events they qualify. The SWIMS database time for each event with a qualifying time will appear. Please remember that swimmers will be seeded based off of LCM times first, followed by SCM, with SCY last.  
  
All 10&Under Events are Numbered 100-130  
All 11-12 Events are numbered 1-99  
All 13-14 Female Events are numbered 201-299  
All 13-14 Male Events are numbered 401-499  
All Senior (15&O) Female Events are numbered 302-398  
All Senior (15&O) Male Events are numbered 502-598  
All events will filter into the correct numbers for seeding and meet competition purposes

Step 5/6 will allow your club to reserve deck passes for the meet. We will use the NI LSC Guidelines for number of coaches allow from each team. A valid USAS ID# will be needed for each coach.

Step 7/8 will allow you to review your team’s entry.

Upon completion, USAS sends the meet host your entry file and coach pass information. Please make checks payable to Medley Aquatics, Inc., PO Box 54, DeWitt, NY 13214-0054.

You can update times up to 7/19/2013 through this system

For additional information with the process, contact Anthony Buhr, [abuhr@usaswimming.org](mailto:abuhr@usaswimming.org), 719-866-3581

**\*\*ALL RELAYS AND 10&U relay only athletes and corresponding bonus swims must be completed through Team Unify/Team manager files\*\***

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

1. **Pre-Meet warm-up period**
   1. Control/Supervise - Key words for safe warm-ups.
   2. Marshals should be actively supervising the warm-ups to ensure that proper procedures are followed.
2. **General warm-up period**
   1. The first 30-45 minutes are for general warm-ups 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.
   4. Inside Lanes - Swimming and pulling only; no paddles.
   5. No sprinting or pace work.
3. **Specific warm-up period**
   1. Last 30-45 minutes of pre-meet warm-up period.
   2. In an nine-lane pool, each lane shall be scheduled as follows:
      1. Lanes 1 & 9 Pace lanes, push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
      2. Lanes 2, & 8 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
      3. Lane 7 racing start only from deep end when 50’s are competed in the session
      4. Lanes 3, 4, 5 & 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 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.

**Hotels**

**Least expensive, most convenient option:**

**Rooms will be available at Ithaca College in the dorms. The rate is $89 night, double occupancy, tax included. Linens (fitted and flat sheets) and a pillow are provided.**

**Please call (315) 877-1227 to reserve. After the tone please leave your name, phone number, team you represent, arrival date and departure date. You will receive a return call to complete the reservation.**

**Check in available:  
Thursday, 7/25 from 7-9pm   
Friday – Saturday, 7/26-27 from 9am-12noon and 5pm-9pm.  
  
Check out:  
On departure date by noon.**

Other Lodging Options:

[Best Western University Inn](http://business.tompkinschamber.org/list/member/best-western-university-inn-ithaca.htm)

East Hill Plaza Ithaca NY 14850

(607) 272-6100

[Clarion University Hotel](http://business.tompkinschamber.org/list/member/clarion-university-hotel-ithaca.htm)

1 Sheraton Dr. Ithaca NY 14850

(607) 257-2000

[Country Inn & Suites](http://business.tompkinschamber.org/list/member/country-inn-suites-ithaca.htm)

Rt 96B Ithaca NY 14850

(607) 256-1100

[Econo Lodge](http://business.tompkinschamber.org/list/member/econo-lodge-ithaca.htm)

2303 N. Triphammer Rd. Ithaca NY 14850

(607) 257-1400

[Hampton Inn-Ithaca](http://business.tompkinschamber.org/list/member/hampton-inn-ithaca-ithaca.htm)

337 Elmira Rd. Ithaca NY 14850

(607) 277-5500

[Hilton Garden Inn](http://business.tompkinschamber.org/list/member/hilton-garden-inn-ithaca.htm)

130 E. Seneca St. Ithaca NY 14850

(607) 277-8900

[Homewood Suites by Hilton](http://business.tompkinschamber.org/list/member/homewood-suites-by-hilton-ithaca.htm)

36 Cinema Dr. Ithaca NY 14850

(607) 266-0000

[Ithaca Courtyard by Marriott](http://business.tompkinschamber.org/list/member/ithaca-courtyard-by-marriott-ithaca.htm)

29 Thornwood Dr. Ithaca NY 14850

(607) 330-1000

[Ithaca Downtown Holiday Inn](http://business.tompkinschamber.org/list/member/ithaca-downtown-holiday-inn-ithaca.htm)

222 S. Cayuga St. Ithaca NY 14850

(607) 272-1000

[La Tourelle Resort & Spa](http://business.tompkinschamber.org/list/member/la-tourelle-resort-spa-ithaca.htm)

1150 Danby Rd. Ithaca NY 14850

(607) 273-2734

[Meadow Court Inn](http://business.tompkinschamber.org/list/member/meadow-court-inn-ithaca.htm)

529 S. Meadow St. Ithaca NY 14850

(607) 273-3885

[Ramada Inn Ithaca and Conference Center](http://business.tompkinschamber.org/list/member/ramada-inn-ithaca-executive-conference-center-ithaca.htm)

2310 N. Triphammer Rd. Ithaca NY 14850

(607) 257-3100

[Rodeway Inn & Suites](http://business.tompkinschamber.org/list/member/rodeway-inn-suites-ithaca.htm)

654 Elmira Rd. Ithaca NY 14850

(607) 272-5252

[The Statler Hotel at Cornell University](http://business.tompkinschamber.org/list/member/the-statler-hotel-at-cornell-university-ithaca.htm)

130 Statler Dr. Ithaca NY 14853

(607) 257-2500

[Super 8 Motel](http://business.tompkinschamber.org/list/member/super-8-motel-ithaca.htm)

400 S. Meadow St. Ithaca NY 14850

(607) 273-8088

[Taughannock Farms Inn](http://business.tompkinschamber.org/list/member/taughannock-farms-inn-trumansburg.htm)

2030 Gorge Road Trumansburg NY 14886

607-387-7711

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

Coaches Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Person submitting Entry Phone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Address for meet results \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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Total number of 10&U Bonus entries \_\_\_\_\_\_\_X $ 5.00 = $ \_\_\_\_\_\_\_\_\_

Total number of Relays \_\_\_\_\_\_\_X $ 12.00 = $ \_\_\_\_\_\_\_\_\_

Total number of 10& Bonus swimmers \_\_\_\_\_\_\_X $ 10.00 = $ \_\_\_\_\_\_\_\_\_

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

Make checks payable to:

Medley Aquatics, Inc. PO Box 54, DeWitt, NY 13214-0054

^Credit Cards Accepted, though not preferred, with 3% surcharge. Contact Meet Director for further instructions.

**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, MERC, BAAC, USA or 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.

By entering the meet, the visiting team agrees to monitor its’ athletes during the course of the competition. Athletes caught tampering with or vandalizing Ithaca College property are subject to full replacement cost of the defaced item.

Signature of club official, parent or guardian

Date

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| --- | --- | --- | --- | --- | --- | --- |
| **Niagara LSC LC Championships** | | | | | | |
| **Qualifying Time Standards** | | | | | | |
| **LCM Championship 2013** | | | | | | |
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| **10 & Under** | | | | | | |
| **Female** | | | **Event** | **Male** | | |
| **SCY** | **SCM** | **LCM** |  | **LCM** | **SCM** | **SCY** |
| 35.69 | 39.39 | 40.69 | **50 Free** | 39.69 | 38.59 | 34.99 |
| 1:21.09 | 1:29.59 | 1:32.19 | **100 Free** | 1:30.89 | 1:27.69 | 1:19.39 |
| 2:58.29 | 3:16.99 | 3:23.39 | **200 Free** | 3:13.29 | 3:08.09 | 2:50.19 |
| 7:39.49 | 6:42.09 | 6:51.59 | **400/500 Free** | 6:44.59 | 6:36.09 | 7:32.59 |
| 43.29 | 47.79 | 49.59 | **50 Back** | 49.49 | 47.79 | 43.19 |
| 1:33.49 | 1:43.29 | 1:48.39 | **100 Back** | 1:43.89 | 1:40.29 | 1:30.79 |
| 47.79 | 52.79 | 54.69 | **50 Breast** | 54.69 | 52.49 | 47.49 |
| 1:45.59 | 1:56.69 | 2:01.69 | **100 Breast** | 1:58.39 | 1:52.69 | 1:41.99 |
| 42.39 | 46.79 | 47.89 | **50 Fly** | 46.79 | 45.79 | 41.39 |
| 1:40.39 | 1:50.89 | 1:53.99 | **100 Fly** | 1:52.79 | 1:49.89 | 1:39.39 |
| 3:17.29 | 3:37.99 | 3:43.89 | **200 IM** | 3:42.49 | 3:36.99 | 3:16.29 |
| 2:26.76 | 2:41.59 | 2:46.79 | **200 Free Relay** | 2:42.79 | 2:38.39 | 2:23.99 |
| 5:32.29 | 6:06.39 | 6:16.79 | **400 Free Relay** | 6:11.59 | 5:58.76 | 5:25.59 |
| 2:53.19 | 3:10.79 | 3:16.89 | **200 Medley Relay** | 3:14.69 | 3:08.69 | 2:51.09 |
| 6:28.69 | 7:08.49 | 7:24.29 | **400 Medley Relay** | 7:04.29 | 6:58.59 | 6:19.59 |
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| **11-12** | | | | | | |
| **Female** | | | **Event** | **Male** | | |
| **SCY** | **SCM** | **LCM** |  | **LCM** | **SCM** | **SCY** |
| 31.69 | 35.09 | 35.99 | **50 Free** | 35.09 | 33.99 | 30.69 |
| 1:08.29 | 1:15.49 | 1:18.99 | **100 Free** | 1:16.29 | 1:14.09 | 1:06.99 |
| 2:29.69 | 2:45.39 | 2:50.69 | **200 Free** | 2:46.19 | 2:41.29 | 2:25.99 |
| 6:38.59 | 5:48.89 | 5:56.49 | **400/500 Free** | 5:48.69 | 5:43.79 | 6:32.79 |
| 13:44.69 | 12:01.69 | 12:30.19 | **800/1000 Free** | 12:19.59 | 11:50.19 | 13:31.49 |
| 36.09 | 39.79 | 41.69 | **50 Back** | 41.49 | 39.79 | 36.09 |
| 1:19.49 | 1:27.79 | 1:31.09 | **100 Back** | 1:30.09 | 1:25.59 | 1:17.49 |
| 2:46.69 | 3:04.19 | 3:12.89 | **200 Back** | 3:08.29 | 2:59.89 | 2:42.79 |
| 40.59 | 44.79 | 45.59 | **50 Breast** | 45.99 | 44.59 | 40.29 |
| 1:28.69 | 1:37.99 | 1:41.89 | **100 Breast** | 1:39.99 | 1:35.59 | 1:26.49 |
| 3:11.09 | 3:31.19 | 3:37.89 | **200 Breast** | 3:33.59 | 3:22.79 | 3:03.49 |
| 34.59 | 38.19 | 38.79 | **50 Fly** | 39.29 | 38.39 | 34.69 |
| 1:19.39 | 1:27.69 | 1:29.69 | **100 Fly** | 1:28.29 | 1:25.69 | 1:17.59 |
| 2:49.39 | 3:07.19 | 3:14.19 | **200 Fly** | 3:08.09 | 3:02.69 | 2:45.39 |
| 2:49.49 | 3:07.29 | 3:13.49 | **200 IM** | 3:11.39 | 3:04.99 | 2:47.39 |
| 6:00.89 | 6:38.69 | 6:52.09 | **400 IM** | 6:42.49 | 6:29.99 | 5:52.99 |
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| **13-14** | | | | | | |
| **Female** | | | **Event** | **Male** | | |
| **SCY** | **SCM** | **LCM** |  | **LCM** | **SCM** | **SCY** |
| 27.69 | 30.59 | 31.59 | **50 Free** | 29.89 | 28.69 | 25.99 |
| 59.79 | 1:06.09 | 1:08.39 | **100 Free** | 1:04.89 | 1:02.69 | 56.69 |
| 2:09.19 | 2:22.79 | 2:26.69 | **200 Free** | 2:21.29 | 2:16.89 | 2:03.89 |
| 5:52.99 | 5:08.89 | 5:14.89 | **400/500 Free** | 5:15.29 | 4:52.19 | 5:33.89 |
| 12:07.59 | 10:36.79 | 10:47.99 | **800/1000 Free** | 10:29.39 | 10:03.99 | 11:30.19 |
| 20:12.19 | 20:05.09 | 20:39.79 | **1500/1650 Free** | 19:55.69 | 19:08.99 | 19:15.69 |
| 1:07.99 | 1:15.09 | 1:20.79 | **100 Back** | 1:16.29 | 1:12.49 | 1:05.59 |
| 2:28.69 | 2:44.29 | 2:50.69 | **200 Back** | 2:44.59 | 2:36.89 | 2:21.99 |
| 1:17.89 | 1:26.09 | 1:29.79 | **100 Breast** | 1:25.59 | 1:22.49 | 1:14.59 |
| 2:50.19 | 3:08.09 | 3:15.69 | **200 Breast** | 3:06.09 | 2:58.99 | 2:41.99 |
| 1:07.69 | 1:14.79 | 1:16.39 | **100 Fly** | 1:13.79 | 1:11.29 | 1:04.49 |
| 2:31.09 | 2:46.39 | 2:59.29 | **200 Fly** | 2:44.29 | 2:38.39 | 2:23.29 |
| 2:30.59 | 2:46.39 | 2:52.89 | **200 IM** | 2:47.09 | 2:39.79 | 2:24.69 |
| 5:15.89 | 5:55.69 | 6:08.59 | **400 IM** | 5:54.49 | 5:40.49 | 5:08.19 |
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| **Senior** | | | | | | |
| **Female** | | | **Event** | **Male** | | |
| **SCY** | **SCM** | **LCM** |  | **LCM** | **SCM** | **SCY** |
| 26.59 | 29.29 | 30.39 | **50 Free** | 26.79 | 26.29 | 23.79 |
| 57.49 | 1:03.49 | 1:05.49 | **100 Free** | 59.59 | 57.39 | 51.99 |
| 2:03.89 | 2:16.89 | 2:21.09 | **200 Free** | 2:10.79 | 2:05.49 | 1:53.59 |
| 5:43.99 | 5:01.09 | 5:08.89 | **400/500 Free** | 4:48.69 | 4:41.09 | 5:21.19 |
| 11:52.39 | 10:23.39 | 10:37.09 | **800/1000 Free** | 10:00.69 | 9:42.89 | 11:05.99 |
| 19:48.19 | 19:41.29 | 20:27.39 | **1500/1650 Free** | 19:07.79 | 18:33.49 | 18:39.99 |
| 1:05.39 | 1:12.19 | 1:15.99 | **100 Back** | 1:09.69 | 1:05.99 | 59.79 |
| 2:21.19 | 2:36.09 | 2:42.29 | **200 Back** | 2:28.89 | 2:23.59 | 2:09.89 |
| 1:15.69 | 1:23.59 | 1:26.69 | **100 Breast** | 1:18.89 | 1:14.99 | 1:07.89 |
| 2:42.79 | 2:59.89 | 3:05.69 | **200 Breast** | 2:49.99 | 2:43.69 | 2:28.09 |
| 1:05.29 | 1:12.09 | 1:13.89 | **100 Fly** | 1:07.09 | 1:05.09 | 58.99 |
| 2:22.99 | 2:37.99 | 2:42.29 | **200 Fly** | 2:29.09 | 2:25.19 | 2:11.39 |
| 2:24.79 | 2:39.99 | 2:46.39 | **200 IM** | 2:32.79 | 2:26.19 | 2:12.29 |
| 5:07.29 | 5:39.59 | 5:49.69 | **400 IM** | 5:24.49 | 5:13.79 | 4:43.99 |
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