Welcome to our Annual Snowball Invitational
February 6th and 7th, 2016
Penfield High School Pool

Visit the Sea Dragons on the web at www.seadragons.org

SDSC SNOWBALL INVITATIONAL SWIM MEET

Saturday & Sunday - February 6th & 7th , 2016

Held under the sanction of USA Swimming, USA SWIMMING SANCTION # 1516-040

Location : Penfield High School
25 High School Drive, off Five Mile Line Road, north of Route 441
Penfield, New York 14526
Pool entrance opposite the athletic stadium entrance

Time :

Session 1 – Saturday Feb 6th Mixed Open Events
Warm-ups 4:00pm - 4:45 pm. Meet starts promptly at 5:00 pm.
For the 400 IM each swimmer must provide his or her own timer for this event.
For the 500 and 1000 freestyle each swimmer must provide his or her own timer and counter.
Positive check in is required for all events and must be completed by 4:15 pm

Session 2 – Sunday Feb 7th 8 & Under, 10 & Under
Warm-ups 8:00 - 8:45 am. Meet starts promptly at 9:00 am.

Session 3 – Sunday Feb 7th 11-12, 13 & Over Events
Warm-up: 12:00 p.m. (or 15 minutes after the end of session 2, whichever is later).
Meet starts: 1:00 p.m. (or after 1-hour warm-up).

Limit of 2 individual events on Saturday and 5 individual events plus 1 relay per swimmer on Sunday.

Niagara LSC Warm-up procedures will be followed.
Meet Management may combine sessions and/or events as necessary based upon entries.

Facilities : Six lane, 25 yard pool, with ample seating. Diving well available for continuous warm-ups/cool-down during competition. The competition course has not been certified in accordance with 104.2.2C(4).
Electronic timing and scoreboard with computer scoring. All events are timed finals.
Gymnasium / Cafeteria area for swimmers. Ample free parking.

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Entry Data:

* Age on the day of the meet applies.
* No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302
* Entries must include USA Swimming number.
* Swimmers may compete in a maximum of 5 individual events- plus relays.
* Swimmers may only enter 1 session per day to comply with the 4-hour rule.
* Only the first 800 entries will be accepted for each session or until session is full.
* 10 & U events will be seeded by the clerk of course. All other events will report directly to their lanes. It is ultimately the SWIMMERS RESPONSIBILITY to report to their lane on time.
* 25 Yard events will start in the water at the shallow end of the pool.
* Mixed medley relays shall consist of any combination, but must include at least 1 girl and 1 boy.
*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 on-deck registration will be allowed.
* Deck changes are prohibited.
* It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Electronic Entries are appreciated using HYTEK Comlink file!
(Note that if submitting electronic entries, please still sign the attached entry form, noting entries are electronic, and mail with your team check.)

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.

Entry Fees: $5.00 per Individual Event, $12.00 per Relay Event. $5.00 Deck Fee per swimmer.
Make checks payable to: **Sea Dragons Swim Club** (One team check for all entries, please.)

Entry Deadline: Entries Due by: **January 30th**, 2016, 11:59 PM
Mail Entries to: Snowball Meet 2016
Attn: Oliver Hahn
P.O. Box 112
Penfield, N.Y. 14526
meets@seadragons.org

SEA DRAGONS SWIM CLUB

Awards:	Individual Events:	Heat Ribbons for each event (10 & U only)	
	8 & Under	Ribbons	1 - 12
	9 & 10	Ribbons	1 - 12
	11 & 12	Ribbons	1 - 12
	13 & Over	Ribbons	1 - 12

Unclaimed Awards will not be mailed; it is each Team's responsibility to collect their awards!

Scoring: **Like Distance events may be combined and swum as one event, but will be scored according to the scheduled event list.**

Individual High Point Trophy:
High point awards go to the top scorers in each age group, Male and Female, based on total points won.
Points shall be awarded for places 1-16 in individual events only.
Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

TIE BREAKER: Best overall conglomerate finish between first 3 common events swum.

Pool Depth: From the start end, the pool depth is 108" at 3 feet 3 ½ inches and 108" at 16 feet 5 inches. From the turn end, the pool depth is 42" at 3 feet 3 ½ inches and is 48" at 16 feet 5 inches

Deck Changing: 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.

Rules of Conduct: Parents & Coaches are responsible for the conduct of swimmers in all areas throughout the meet. Vandalism, theft or dangerous behavior, including throwing of objects in the gym/cafeteria areas will be cause for exclusion from the meet. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. No Diving is allowed in the diving well at any time.

Deck ID: Only Swimmers, Coaches, working Officials, and Meet Personnel will be allowed on deck. Coaches must wear their USA Swimming ID.

Food: The cafeteria area will be available by 7:45 A.M. on Sunday. Light lunches, snacks, or other refreshments will be on sale throughout the duration of the meet.

Seeding: All events except the 500 Freestyles will be pre-seeded. Swimmers entered in the 500 Freestyle must positively circle in no later than 20 minutes prior to the scheduled start of the session. The event will be seeded with those swimmers who have checked in.

Director: Oliver Hahn
email: oghahn@gmail.com

Meet Referee: Tom Ebert
Email: twebert@gmail.com

Volunteer officials from other clubs are always appreciated

Timers: Participating clubs will be asked to contribute lane timers. Lane timer assignments will be emailed to participants.

SEA DRAGONS SWIM CLUB

Niagara LSC Warm-up procedures will be followed:

Warm-up:

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. Each lane will be scheduled as follows:
   a. Lanes 2 and 5: Racing start only. Swim one length only.
      All swimmers begin at the starting end of the pool.
   b. Lanes 1 and 6: Push off one or two lengths and back, beginning at the starting end of the pool. Circle swimming only. No diving.
   c. Lanes 3 and 4: General warm-up only as above. No diving.

Points for Warm-up Period:

1. **No diving** in lanes other than those designated for diving.
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. 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 allowed 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 at practice.
7. Marshals have authority through the meet directors over the warm-up period. Swimmers should recognize this authority to ensure a safe warm-up period.

Starting Procedures:

Starts will follow the "Whistle Start" and "No False Start" recall procedures.

- Whistle chirps from referee signals swimmers to get behind blocks and ready to step up/in
- Long whistle from referee to step up/in (second whistle in backstroke to place feet)
- Referee turns over to Starter with outstretched arm
- Starter indicates "Take Your Mark"
- Upon observing swimmers motionless, starter gives start signal
- If one or more swimmer leaves early, NO RECALL signal is normally given
- Swimmers are notified of DQs for False Starts at the end of the race.

SESSION I 4:00 PM Warm-Up, 5:00 PM Start

Event #	Girls	Events	Boys	Event #
		OPEN Mixed		
1		200 Breaststroke		1
2		200 Backstroke		2
3		200 Fly		3
4		400 Individual Medley		4
5		500 Freestyle		5
6		1000 Freestyle		6

SESSION II 8:00 AM Warm-Up, 9:00 AM Start

Event #	Girls	Events	Boys	Event #
		8 & Under		
7		100 IM		8
13		25 Freestyle		14
17		25 Breaststroke		18
21		100 Mixed Medley Relay		
23		25 Butterfly		24
27		25 Backstroke		28
31		50 Freestyle		32
35		100 Free Relay		36
39		200 Freestyle		40
		9 & 10 year olds		
9		100 IM		10
11		200 IM		12
15		50 Freestyle		16
19		50 Breaststroke		20
22		200 Mixed Medley Relay		
25		50 Butterfly		26
29		50 Backstroke		30
33		100 Freestyle		34
37		200 Freestyle Relay		38
41		200 Freestyle		42

SESSION III No earlier than 12:00 Noon Warm-Up, 1:00 PM Start

Event #	Girls	Events	Boys	Event #
		11 & 12 year olds		
43		200 IM		44
47		50 Freestyle		48
51		50 Breaststroke		52
55		200 Mixed Medley Relay		
57		50 Butterfly		58
61		50 Backstroke		62
67		100 Freestyle		68
69		200 Freestyle Relay		70
73		200 Freestyle		74
		13 & Over		
45		200 IM		46
49		50 Freestyle		50
53		100 Breaststroke		54
56		200 Mixed Medley Relay		
59		100 Butterfly		60
63		100 Backstroke		64
67		100 Freestyle		68
71		200 Freestyle Relay		72
75		200 Freestyle		76

Entry and Financial Form Summary

SDSC SNOWBALL INVITATIONAL
February 6th & 7th , 2016

Held under the sanction of U.S.A Swimming.
Sanction Number # NI-1516-040

Club Name: _____ Club Code: _____

Coaches Name/s: _____ Coaches Phone: _____

Coaches E-mail: _____

Person submitting entries: _____ Phone: _____

E-mail: _____

Total # of Individual Entries _____ x $5.00/Event = $_____

Total # of Swimmers _____ x $5.00/Swimmer (Deck Fee) = $_____

Total #of Relays Entries _____ x $12.00/Entry = $_____

Total Amount Due= $_____

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 Swimming Inc., Niagara Swimming Inc., Sea Dragons Swim Club, Penfield School District, 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)

_____

Make checks payable to **Sea Dragons Swim Club**
Club checks only please!
Receipt of email entries will be acknowledged by e-mail.

Mail to:
SDSC Snowball Invitational 2016
Attn: Oliver Hahn
P.O. Box 112
Penfield, N.Y. 14526