2016 Niagara Championship Qualifier

Hosted By

Town of Tonawanda Titans Swim Club

February 26th, 27th & 28th 2016
Held under the Sanction of U S.A. Swimming
Sanction # 1516-046
Tonawanda Aquatic and Fitness Center
OPEN TO NIAGARA LSC 18 & Under SWIMMERS

Wear your finest Hawaiian outfits Saturday Night for finals!

Facility: The Tonawanda AFC, 1 Pool Plaza, Kenmore, NY 14223 is an 8 lane, 50 meter pool with Competitor Gold continuous flow through lane lines and Paddock gutter system, Colorado Timing System, electronic scoreboard with an 8 lane readout and computer scoring (HYTEK). The AFC is next to Sheridan Plaza on Sheridan Drive between Delaware Rd. & Colvin Blvd. Enter on Pool Plaza from Delaware Rd. From I 90 take I 290 to Delaware South Exit.

The water depth at the start end is 13' at 1 meter and 5 meters away from wall, the turn end is 10'3" at 1 meter and 5 meters away from wall.

The competition course has been certified in accordance with 104.2.2c (4). The copy of such certification is on file with USA Swimming.

Parking: FREE Parking lot adjacent to the building or on local side streets adjacent to the pool. Parking is not permitted in the "above lots" near Aldi's, Sears or Firestone.

Meet Sites: The Niagara Championship Qualifier Meets will be held at three Venues: Buffalo, Rochester, and Binghamton. For planning purposes and to minimize the potential for over subscribing a meet, Niagara Swimming requests that clubs attend the meet in their region.

Sessions:	1	Friday Night	All Ages	Timed Finals
	2	Saturday AM	All Ages	Preliminaries
	3	Saturday PM	Top 16 for 11-12, 13-14 & 15-18	FINALS
	4	Sunday AM	All Ages	Preliminaries
	5	Sunday PM	Top 16 for 11-12, 13-14 & 15-18	FINALS

Starting Times:	1	Friday	4:00 PM Warm-Up	5:00 PM Start
	2	Saturday AM	7:30 AM Warm-Up	8:30 AM Start
	3	Saturday Night	5:00 PM Warm-Up	6:00 PM Start
	4	Sunday AM	7:30 AM Warm-Up	8:30 AM Start
	5	Sunday Night	3:30 PM Warm-Up	4:30 PM Start

Meet Contacts:

Meet Director
Tim Bennett
716-863-6933
tmbennett1@roadrunner.com

Meet Entries
Scott Vanderzell
927 Stony Point
Grand Island, NY 14072
(716) 208-5372
Scottvanderzell@gmail.com

Meet Referee

Julio Garcia & Pat Scherer

Officials: Anyone interested in officiating, contact Pat Scherer at Patsev@aol.com or 716-220-6299

Timers: Participating Clubs will be asked to supply timers for preliminaries. The Host Club will provide timers for Saturday Finals and Sunday Finals. **Swimmers in the 400 IM, 500, 1000, and 1650 Freestyle Events must provide their own Timers.**

Entry Restriction:

1. Swimmers may enter and swim no more than three (3) individual events and two (2) relay events per day, and no more than (8) individual events for the meet.
2. Relay swimmers must be qualified, entered and swim in at least one (1) individual event in the meet. Any swimmer who is entered in the meet can participate on any relay.
3. Entry times submitted must be **actual best times.** All times will be proved through the SWIMS Database. Acceptable proof of time can be obtained at a USA Swimming sanctioned meet, an approved meet, or for an observed swim. **Seeding will be SCY, SCM, LCM.**
4. Entry times must be equal to or faster than the applicable Niagara Championship Qualifier time standards, and slower than the Niagara Championship time standard for the event. The only exception to this rule is for an event formally designated as a bonus event.
5. **BONUS EVENT** - Swimmers achieving only one Championship Qualifier time are allowed to enter two additional bonus events. Swimmers achieving two Championship Qualifier times are allowed to enter ONE additional bonus event. Swimmers entering 3 events will get no bonus swims. Swimmers may not enter bonus events in which they have achieved a Niagara Championship time. Bonus events will be subject to over swim fines if not properly designated as bonus events. Directions on how to properly designate bonus events appear below. Bonus event entries for the following events may be restricted to control the length of the preliminary session: 400 IM, and the 500, 1000 & 1650 freestyle events. Please submit an Entry Report (sorted by Athlete last name) for verification of bonus events.

   Check to make sure you do not have the: Show Only "Faster than" Time STD/Qualifying Times Check box selected in the System Defaults Window! (Get there by: Set-up-Preferences-System Preferences). If selected, you will not be excluding **"Niagara Championship" TIMES** when you do your entries.
6. No late entries will be accepted.
7. No deck entries will be permitted.
8. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
9. Age of swimmer on the first day of competition determines eligibility.
10. 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.
11. No entries will be accepted without a swimmer's current USA number.
12. 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.
13. 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. The fine applies either when the athlete is unregistered or has not properly transferred registration.
14. Swimmers aging up between the Championship Qualifier Meet 2/26/16 and the NI Championship Meet 3/10/16 and have made the NI Championship cut in the lower age but not the New age may participate in the meet in that event at there current age group at the meet.

It is the Coach / Entry Person's responsibility to check the accuracy of their club's entries. Entries that do not meet the applicable time standards, Bonus criteria or exceed the entry limit WILL BE DELETED WITHOUT NOTIFICATION!!!

Entry Fees:

Individual Events	$ 5.00	Make checks payable to Town of Tonawanda Titans
Relay Events	$ 12.00	
Deck Fee	$ 5.00	**Club Checks Only Please!**

Entry Deadline: Entry forms, fees, and waivers must be received, no later than **9:00 P.M., Sunday, February 14th 2016. Late entries Qualifiers.**
Times achieved between Feb 15-21 may be submitted Feb 21 by 9pm.(entries must be submitted with proof of time) Any times achieved prior to that date must be submitted by Feb 14th deadline or will not be accepted

Do not send entries by registered mail.

Clubs that register early are asked to limit all FINAL revisions to team entries to the 14th of February.

DEADLINE(S) AND RESTRICTIONS WILL BE STRICTLY ENFORCED

Seeding: Seeding will be SCY, SCM, LCM.

The meet is Pre-Seeded. It is the swimmers responsibility to be at the blocks when their event and heat is called.

POSITIVE CHECK - IN WILL BE REQUIRED for the 400 IM, 500, 1000, and 1650 freestyle events.

Failure to swim after positive check-in will result in disqualification from the meet.

All positive check-in events will be seeded & swum together and awarded by age group.

The 1650/1000 will be swum FASTEST to SLOWEST, alternating Female and Male.

The Meet Director reserves the right to combine 200 yard and longer events to keep the meet manageable.

It will be at the Meet Director's & Meet Referee's discretion to run 2 per lane for 1000 and 1650 events.

The top 16 from prelims for 11-12, 13-14 and 15-18 will swim at Finals. Alternates will be utilized from 17th & 18th places. Qualifying for NI Championships in prelims does not eliminate a swimmer from finals.

Finals Heats may be combined.

Awards: RELAYS: Medal for 1st place, ribbons for places 2nd – 16th

INDIVIDUAL EVENTS: Medal for 1st place, ribbons for places 2nd -16th for each age group & gender in each event (9, 10, 11-12, 13-14, 15-18)

Scoring: There is no team or individual scoring for this meet.

Programs: Programs for the meet will be on sale for $ 10.00. Finals programs - $5.00.

Conduct: Coaches, Host Club parents & Meet Marshals will enforce proper conduct at all times. Swimmers found in restricted areas will be disqualified from the remainder of the meet.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. They are banned from behind the blocks during the entire meet, including warm-up, competition and cool down periods.

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.

Coaches & parents are responsible for the conduct of their swimmers. Swimmers found in restricted areas or causing damage to the facility will be barred from the meet at the discretion of the meet director. **Expenses for damages will be billed to the club/s of the swimmer/s responsible.**

Deck ID: Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request.

Meetings: **Coaches**: 30 minutes prior to start Friday, Saturday, & Sunday Preliminaries & Finals as needed

Officials: 45 minutes prior to all session start times.

Scratches: Niagara Swimming's Scratch Rule is in effect for this meet (referenced below). **Scratches MUST BE MADE BY THE COACH**, swimmers may not scratch themselves from an event.

Niagara Swimming's SCRATCH RULE

Any swimmer qualifying for a Consolation or Championship Final heat in an individual event who fails to compete in that Consolation or Championship race shall be disqualified from further competition for the remainder of the meet (except as noted below).

Exceptions for failure to compete - no penalty shall apply if:

- The Referee is notified in the event of illness or injury and accepts proof of same.
- The swimmer qualifying for a Consolation or Championship Final heat formally scratches from the finals within thirty (30) minutes after announcement of the qualifiers for finals.
- It is determined by the Referee that failure to compete is caused by a circumstance beyond the control of the swimmer.

Penalty for Violation

In addition to being barred from competition for the balance of the meet, a swimmer who fails to properly scratch from an event falling on the swimmers last day of the meet shall also pay a fine of $ 25.00 for each missed finals event.

Proof of Time: **ALL TIMES SUBMITTED WILL BE CHECKED WITH THE SWIMS DATA BASE**

It is required that teams using Hy-tek's Team Manager or Team Unify to bring (when not included with the team entries) their Meet Entries report (checking the "include proof of time" from "other options" - which lists the date and meet) or the Top Time Report (get there by: Reports-Performance-Top Times Report; DO NOT use the Top Times Spreadsheet) to the meet to prove over-swims. These reports can serve as a team's official log.

Exception Reports: The Meet Director will post the Exception Report on the Niagara Website 5 days prior to the first day of the meet.

Clubs must check the report on the website before going to the meet to see if any of their swimmers are on the report. Any swimmer listed on the Exception Report must prove their current membership before the meet begins. If a swimmer does swim without proof of membership the club will be fined $100 per swimmer.

Entry fees for swimmers without proof of membership will remain with the host club.

Time Standards for the Championship Qualifier Meet

Qualifying times for the meet are listed below. The Slower than time listed is the qualifying time for the Niagara Championships in March. Times listed are Short Course Yard (SCY) times. Times achieved in Short Course Meter (SCM) and Long Course Meter (LCM) pools may also be used to qualify for the meet. For these times, please reference the Time Standards listing posted on the Niagara Swimming website.

Female		**9 and Under**	**Male**	
Qualifying Time	Must Be Slower Than		Qualifying Time	Must Be Slower Than
38.89	32.79	50 Free	38.09	33.19
1:31.09	1:14.09	100 Free	1:29.09	1:15.29
3:28.29	2:43.19	200 Free	3:17.69	2:44.49
8:04.99	7:14.99	500 Free	7:57.69	7:17.19
47.39	38.89	50 Back	47.29	40.19
1:45.19	1:25.99	100 Back	1:41.99	1:26.79
52.29	44.29	50 Breast	51.99	46.19
1:58.79	1:36.59	100 Breast	1:54.39	1:41.59
46.49	38.49	50 Fly	45.39	39.79
1:53.99	1:32.29	100 Fly	1:52.69	1:36.09
1:43.79	1:24.99	100 IM	1:41.29	1:27.99
3:49.79	3:05.79	200 IM	3:48.39	3:09.99

Female		**10 Year Old**	**Male**	
Qualifying Time	Must Be Slower Than		Qualifying Time	Must Be Slower Than
36.69	32.79	50 Free	35.89	33.19
1:24.29	1:14.09	100 Free	1:22.49	1:15.29
3:09.29	2:43.19	200 Free	2:59.69	2:44.49
8:04.99	7:14.99	500 Free	7:57.69	7:17.19
44.69	38.89	50 Back	44.59	40.19
1:37.39	1:25.99	100 Back	1:34.39	1:26.79
49.29	44.29	50 Breast	48.99	46.19
1:49.99	1:36.59	100 Breast	1:45.89	1:41.59
43.79	38.49	50 Fly	42.79	39.79
1:45.49	1:32.29	100 Fly	1:44.29	1:36.09
1:36.09	1:24.99	100 IM	1:33.79	1:27.99
3:28.89	3:05.79	200 IM	3:27.59	3:09.99

Female		11 Year Old	Male	
Qualifying Time	Must Be Slower Than		Qualifying Time	Must Be Slower Than
33.09	28.79	50 Free	33.09	29.29
1:12.59	1:03.09	100 Free	1:11.29	1:04.59
2:36.49	2:18.19	200 Free	2:35.69	2:23.99
6:56.29	6:08.99	500 Free	6:55.59	6:24.99
13:44.69	13:26.39	1000 Free	14:30.99	13:23.99
37.69	33.89	50 Back	38.19	34.89
1:23.89	1:12.19	100 Back	1:22.89	1:15.49
2:55.79	2:37.99	200 Back	2:53.79	2:42.59
42.39	38.29	50 Breast	43.19	40.29
1:33.29	1:23.49	100 Breast	1:33.29	1:26.49
3:20.09	3:01.99	200 Breast	3:18.19	3:06.19
35.99	33.89	50 Fly	37.19	34.09
1:23.39	1:13.79	100 Fly	1:23.19	1:16.19
3:00.39	2:54.89	200 Fly	2:58.99	2:51.09
1:23.29	1:13.79	100 IM	1:22.39	1:15.99
2:57.79	2:38.99	200 IM	2:58.99	2:43.99
6:19.49	5:45.99	400 IM	6:16.69	5:48.99

Female		12 Year Old	Male	
Qualifying Time	Must Be Slower Than		Qualifying Time	Must Be Slower Than
31.69	28.79	50 Free	31.89	29.29
1:08.29	1:03.09	100 Free	1:09.19	1:04.59
2:29.69	2:18.19	200 Free	2:30.89	2:23.99
6:56.29	6:08.99	500 Free	6:55.59	6:24.99
13:44.69	13:26.39	1000 Free	14:30.99	13:23.99
36.09	33.89	50 Back	37.19	34.89
1:21.69	1:12.19	100 Back	1:20.19	1:15.49
2:55.79	2:37.99	200 Back	2:53.79	2:42.59
40.59	38.29	50 Breast	41.79	40.29
1:31.09	1:23.49	100 Breast	1:29.99	1:26.49
3:20.09	3:01.99	200 Breast	3:18.19	3:06.19
34.59	33.89	50 Fly	35.99	34.09
1:20.99	1:13.79	100 Fly	1:20.39	1:16.19
3:00.39	2:54.89	200 Fly	2:58.99	2:51.09
1:21.29	1:13.79	100 IM	1:19.79	1:15.99
2:53.69	2:38.99	200 IM	2:53.19	2:43.99
6:19.49	5:45.99	400 IM	6:16.69	5:48.99

Female		13 Year Old	Male	
Qualifying Time	Must Be Slower Than		Qualifying Time	Must Be Slower Than
31.29	26.59	50 Free	29.39	25.89
1:07.59	57.99	100 Free	1:04.09	56.29
2:26.09	2:05.799	200 Free	2:19.99	2:03.89
6:29.79	5:36.99	500 Free	6:15.59	5:34.99
13:26.89	12:03.99	1000 Free	12:56.44	11:58.99
22:29.79	20:45.99	1650 Free	21:40.19	20:03.89
1:14.19	1:05.89	100 Back	1:11.09	1:05.19
2:41.09	2:24.99	200 Back	2:33.79	2:21.99
1:25.29	1:16.69	100 Breast	1:20.79	1:15.39
3:04.39	2:47.99	200 Breast	2:55.49	2:44.99
1:14.19	1:06.69	100 Fly	1:09.89	1:04.99
2:43.69	2:31.09	200 Fly	2:35.29	2:24.99
2:44.99	2:22.99	200 IM	2:36.69	2:21.99
5:45.69	5:14.99	400 IM	5:33.79	5:09.99

Female		14 Year Old	Male	
Qualifying Time	Must Be Slower Than		Qualifying Time	Must Be Slower Than
30.49	26.59	50 Free	28.19	25.89
1:06.39	57.99	100 Free	1:01.59	56.29
2:22.89	2:05.799	200 Free	2:14.19	2:03.89
6:22.39	5:36.99	500 Free	6:15.59	5:34.99
13:26.89	12:03.99	1000 Free	12:56.44	11:58.99
22:29.79	20:45.99	1650 Free	21:40.19	20:03.89
1:13.59	1:05.89	100 Back	1:09.69	1:05.19
2:41.09	2:24.99	200 Back	2:33.79	2:21.99
1:24.39	1:16.69	100 Breast	1:18.89	1:15.39
3:04.39	2:47.99	200 Breast	2:55.49	2:44.99
1:13.29	1:06.69	100 Fly	1:08.69	1:04.99
2:43.69	2:31.09	200 Fly	2:35.29	2:24.99
2:41.09	2:22.99	200 IM	2:33.59	2:21.99
5:45.69	5:14.99	400 IM	5:33.79	5:09.99

Female		15 – 18 Year Old	Male	
Qualifying Time	Must Be Slower Than		Qualifying Time	Must Be Slower Than
29.99	25.69	50 Free	26.89	23.39
1:04.99	55.69	100 Free	58.69	50.49
2:19.99	1:58.99	200 Free	2:08.39	1:50.49
6:18.09	5:25.09	500 Free	5:47.89	5:06.79
13:04.79	11:32.99	1000 Free	12:19.99	10:52.99
21:53.59	20:12.59	1650 Free	20:44.42	19:05.99
1:10.79	1:03.29	100 Back	1:04.69	59.29
2:35.39	2:19.69	200 Back	2:23.69	2:09.19
1:21.99	1:12.49	100 Breast	1:13.59	1:06.79
2:58.69	2:39.69	200 Breast	2:43.09	2:29.99
1:10.69	1:01.19	100 Fly	1:05.19	57.19
2:37.59	2:22.29	200 Fly	2:24.99	2:12.99
2:39.49	2:16.29	200 IM	2:25.79	2:09.09
5:39.39	4:59.49	400 IM	5:13.19	4:43.19

Order of Events

Session 1 Friday Night

All Friday night events are timed finals

Female	Event		Male
1	11-12	200 Backstroke	2
3	13-18	400 IM	4
5	10 & U	200 IM	6
7	11-12	200 IM	8
9	10 & U	200 Freestyle	10
11	11-12	500 Freestyle	12
13	13-18	500 Freestyle	14

Session 2 Saturday Morning

Preliminary Session for 11 and Older Events
Timed Finals for 10 and Under Events and Relays

Female	Event		Male
15	11-12	200 Breaststroke (Timed Final)	16
17	13-18	200 Backstroke	18
19	10 & U	100 Backstroke (Timed Final)	20
21	11-12	100 Backstroke	22
23	13-18	100 Breaststroke	24
25	10 & U	50 Breaststroke (Timed Final)	26
27	11-12	50 Breaststroke	28
29	13-18	50 Freestyle	30
31	10 & U	50 Freestyle (Timed Final)	32
33	11-12	50 Freestyle	34
35	13-18	200 Butterfly	36
37	10 & U	100 Butterfly (Timed Final)	38
39	11-12	100 Butterfly	40
41	13-18	100 Freestyle	42
43	10 & U	100 IM (Timed Final)	44
45	11-12	100 IM	46
47	14 & U	200 Freestyle Relay (Timed Final)	48
49	18 & U	200 Freestyle Relay (Timed Final)	50
51	10 & U	200 Freestyle Relay (Timed Final)	52
53	12 & U	200 Freestyle Relay (Timed Final)	54
55	13-18	1650 Freestyle (Timed Final)	56
57	10 & U	500 Freestyle (Timed Final)	58
59	11-12	1000 Freestyle (Timed Final)	60

The top 16 from prelims for 11-12, 13-14 and 15-18 will swim at Finals, with the exception of the 11-12 200 Breaststroke.

Session 3 Saturday Evening (Finals)

Female	Event		Male
17	13-18	200 Backstroke	18
21	11-12	100 Backstroke	22
23	13-18	100 Breaststroke	24
27	11-12	50 Breaststroke	28
29	13-18	50 Freestyle	30
33	11-12	50 Freestyle	34
35	13-18	200 Butterfly	36
39	11-12	100 Butterfly	40
41	13-18	100 Freestyle	42
45	11-12	100 IM	46

There will be up to two heats (top 16) for 11-12, 13-14 and 15-18. The first is a consolation final, the second is Finals. Alternates may be called but only for the consolation heat.

Session 4 Sunday Morning

Preliminary Session for 11 and Older Events
Timed Finals for 10 and Under Events and Relays

Female	Event		Male
61	11-12	200 Butterfly (Timed Final)	62
63	13-18	200 Breaststroke	64
65	10 & U	100 Breaststroke (Timed Final)	66
67	11-12	100 Breaststroke	68
69	13-18	100 Backstroke	70
71	10 & U	50 Backstroke (Timed Final)	72
73	11-12	50 Backstroke	74
75	13-18	200 Freestyle	76
77	11-12	200 Freestyle	78
79	13-18	200 IM	80
81	10 & U	50 Butterfly (Timed Final)	82
83	11-12	50 Butterfly	84
85	13-18	100 Butterfly	86
87	10 & U	100 Freestyle (Timed Final)	88
89	11-12	100 Freestyle	90
91	14 & U	200 Medley Relay (Timed Final)	92
93	18 & U	200 Medley Relay (Timed Final)	94
95	10 & U	200 Medley Relay (Timed Final)	96
97	12 & U	200 Medley Relay (Timed Final)	98
99	13-18	1000 Freestyle (Timed Final)	100
101	11-12	400 IM (Timed Final)	102

The number of heats of the 1000 free & 400 IM will be limited to keep the meet manageable

The top 16 from prelims for 11-12, 13-14 and 15-18 will swim at Finals, with the exception of the 11-12 200 Butterfly.

Session 3 Sunday Evening (Finals)

Female	Event		Male
63	13-18	200 Breaststroke	64
67	11-12	100 Breaststroke	68
69	13-18	100 Backstroke	70
73	11-12	50 Backstroke	74
75	13-18	200 Freestyle	76
77	11-12	200 Freestyle	78
79	13-18	200 IM	80
83	11-12	50 Butterfly	84
85	13-18	100 Butterfly	86
89	11-12	100 Freestyle	90

There will be up to two heats (top 16) for 11-12, 13-14 and 15-18. The first is a consolation final, the second is Finals. Alternates may be called but only for the consolation heat.

2016 Niagara Championship Qualifier

Liability Waiver & Financial Summary Form

Held under the sanction of U.S.A. Swimming

Sanction NI-1516-046

Club Name: _____ Club Code: _____

Coach Name: _____ Coach Phone: _____

Coach Email: _____

Entry Submitter: _____ Phone: _____

Email _____

Number of Swimmers	_____	x $5.00	_____
Individual Entries	_____	x $ 5.00	_____
Relays	_____	x $ 12.00	_____
		Total Due	_____

Make Checks Payable to **Town of Tonawanda Titans Swim Club**
Club checks only please!

THIS FORM MUST BE SUBMITTED AND PAYMENT, TO BE CONSIDERED A COMPLETE ENTRY.
MAIL, POSTAL EXPRESS OR FED EXPRESS TO:

DO NOT send entries by **REGISTERED MAIL** and/or **SIGNATURE FOR DELIVERY**.

Enclosed is payment of the entry fees and deck fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assignees, waive and release, any and all claims against the Town of Tonawanda Titans Swim Club OR ANY MEET MANAGEMENT PERSONEL, U.S.A. Swimming, Niagara Swimming, and the Town of Tonawanda recreation department 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.

Further the undersigned team representative certifies by his/her signature that all athletics participating for or entered by the team in this sanctioned swim meet are currently member athletes of U.S.A. Swimming. The undersigned further certifies that any person appearing on deck in the capacity of coach representing this club is currently a coach member of U.S.A. Swimming.

_____ _____ _____
(Name of Club Official, parent or guardian) (Signature) (Date)

No entry is complete without this form completed and signed and the check is received.

Niagara Swimming, Inc.
Warm-up Procedures for all Sanctioned Meets in 8 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 eight-lane pool, each lane shall be scheduled as follows:
      - Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle Swimming only.
      - Lanes 2 & 7 racing start only. Swim one length only. All swimmers begin at the starting end of the Pool.
      - 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.
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.