STAR SWIMMING
HOSTS THE
LONG COURSE OPEN SWIM MEET
Age Group and Senior

Friday, Saturday, and Sunday
JUNE 23-25, 2017

FLICKINGER AQUATIC CENTER
Erie Community College, Buffalo, New York
HELD UNDER THE SANCTION OF USA SWIMMING: NI 1617- 302
8 & UNDER, 10 & UNDER, 11-12, 13-14 and Senior

MEET INFO ALSO AVAILABLE AT www.starswimming.org

POOL LOCATION:
21 Oak Street, Buffalo, New York 14203

FACILITIES:
50 meter pool with continuous flow through gutters and Kieffer-McNeil lane dividers. Separate 25 yard six lane pool for continuous warm-up and warm-down. Colorado Electronic Timing System with flat wall touch pads, horn starts and scoreboard readouts. 8 & Unders, 10 & Unders and 11-12 will swim in AM session, 13-14 and Senior will swim in PM session. The competition course has not been certified in accordance with 104.2.2C(4). From the start end, the pool depth is 7 feet at 1 meter and 7 feet at 5 meters. From the turn end, the pool depth is 13 feet 6 inches at 1 meter and is13 feet 6 inches at 5 meters.

SITE OF:
1993 World University Games
1997 Phillips 66 USS National Championships
1998 USS Speedo Junior Championships - Long Course
1999 USA Swimming Speedo Junior Championships - Short Course
2000 USA Swimming Speedo Junior Championships - Short Course
Numerous Sectional and Zone Meets

MEET DIRECTORS:
Phil Aronica and Chris Reilly
Phone: 716-997-0658
E-Mail: starentries@gmail.com

MEET MARSHALL: **Kevin Blake**
MEET REFEREE: **Lynda Blake**

HOTELS:
Hotel information is posted on the Star Swimming website at: http://www.starswimming.org.
PLEASE RESERVE EARLY.

OFFICIALS:
Anyone interested in officiating at this meet is welcome. Please contact Lynda Blake LJBlake2000@yahoo.com.

TIMERS:
All timing (except for 800 Free) provided by STAR Parents so you can enjoy your children's swim from the balcony spectator area. Swimmers will need to provide timers and counters for 800 Free.

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

ENTRY RESTRICTIONS:
No swimmer may enter more than five (5) individual events per day and a maximum of two relays per day. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. No late or phone entries accepted. The Meet Director reserves right to return entries in order to control meet size. Deck entries permitted at discretion of Meet Director and Meet Referee. Deck entry fees will be $5.00/individual event & $15/relay.

ENTRY FEES:

1. Individual Event	$5.00
2. Relay Event	$15.00
3. Swimmer surcharge	$7.00

Make checks payable in **US DOLLARS** to: **STAR SWIMMING, INC.**

Send Express Mail or FedEx. With signature waiver to:

STAR Swimming
PO Box 361
Hamburg, NY 14075
Phone: 716-997-0658
E-MAIL TO: starentries@gmail.com

Entries will be removed from the meet if Entry Fees are not paid by the Coaches Meeting Saturday June 24, 2017.

Entries will NOT BE ACCEPTED BEFORE 9:00am on May 12, 2017. Entry forms and fees must be received by 6 PM on June 18, 2017. Entries by Team Manager Export file are greatly appreciated.

ENTER EARLY AS THIS MEET FILLS EARLY EVERY SINGLE YEAR! The ability to make entry changes will also depend upon available space, so please make sure that your initial entry is accurate!! Many events typically have every lane filled at this meet!

COACHES MEETING:
Saturday, June 24, 2017 at 8:15 AM and at other times as required.

STARTING TIMES:

		Warm-up starts	**Warm-up ends**	**Meet starts**
Friday	All ages	3:30pm	4:55pm	5:00pm
Sat and Sun	12 & Unders	7:30am	8:25am	8:30am
Sat and Sun	Open	12:30pm	1:25pm	1:30pm

SEEDING:

The meet will be **DECK-SEEDED. These are all positive check in events.** You must check in for these events **45 minutes prior** to meet start time. Positive check in will be posted by end of days competition for following morning sessions and located on the glass patrician between main competition pool and warm/cool down pool. If you are traveling and unable to meet check in deadline please contacts meet director who will accept email as positive check in for Friday events only. The 800 Free may be limited to top two heats of men and women. Submit proof of time for this event. Deck entries permitted only at the discretion of the Meet Director.

SCORING: Per 2017 USA Rulebook

AWARDS: 12 & Under: A-BB-B Individual: Ribbons 1 - 3
8 & Under: Ribbons 1 - 8
Relays: Ribbons 1 - 3

TEAM AWARDS: 1ST, 2ND and 3RD
Each team must designate a representative to pick up and sign for all awards for their team. Awards should be picked up in the classroom across the hall - They will be in either room 111 or 113.

ADMISSION:
Admission is $2.00 per person for each session. Heat Sheets are $3.00 each session..

HEAT SHEETS:
$3.00 for paper copies. These will be available once the deck seeding has been completed and all changes have been made.

FREE heat sheets will also be available to **view** from our site. (www.starswimming.org). These will be available once the deck seeding has been completed and all changes have been made.

Balcony seating is for 1200

PARKING:
Parking is available at Mike's Parking at the corner of Elm & Swan Street and at the Adam's Parking Ramp at the corner of Washington and North Division Street. Mike's Parking has attendants supervising parking from 1/2 hour before the start of warm-up through the last session of the day. The Adam's Parking Ramp offers free parking on weekends but is unsupervised

CONDUCT:
Proper conduct on the part of all swimmer and spectators is expected at all times, and will be enforced by coaches, meet marshals, college officials and college security. ANY SWIMMER found in the posted out of bounds areas will be barred from the remainder of the meet without recourse. Swimmers are not allowed to swim under the bulkhead. Disciplinary action will be immediate expulsion from the meet.

The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway, balcony and stands. Any swimmers competing that are found in an area designated out-of-bounds will be barred from participating in the remainder of the meet. Posted out-of-bounds areas include, but are not limited to: the emergency stairwells, the weight room, and the track and gym areas. USE OF THE EMERGENCY DOORS BY ANYONE WITHOUT EXPRESS PERMISSION TO USE THE CODE IS PROHIBITED. The USA Swimming Code of Conduct will be enforced. No 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.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as 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 Article 302.

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

Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

Unless approved in writing in advance of the competition by the Vice President of Program Operations, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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.

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."

F**ly over starts will be used at this meet to help control meet duration.**

ORDER OF EVENTS 12 & UNDER

WOMEN		MEN
	FRIDAY, JUNE 23	
1	12 & Under 200 IM *	2
3	Open 400 IM	4
5	12 & Under 200 Free *	6
7	Open 400 Free	8
	SATURDAY, JUNE 24	
9	12 & Under 200 Fly	10
11	8 & Under 50 Back	12
13	12 & Under 50 Back	14
15	8 & Under 100 Free	16
17	12 & Under 100 Free	18
19	10 & Under 200 Medley Relay	20
21	12 & Under 200 Medley Relay	22
23	12 & Under 100 Breast	24
25	8 & Under 50 Fly	26
27	12 & Under 50 Fly	28
29	10 & Under 400 Free Relay	30
31	12 & Under 400 Free Relay	32
	SUNDAY, JUNE 25	
33	12 & Under 200 Breaststroke	34
35	8 & Under 50 Free	36
37	12 & Under 50 Free	38
39	12 & Under 100 Back	40
41	10 & Under 200 Free Relay	42
43	12 & Under 200 Free Relay	44
45	12 & Under 200 Back	46
47	8 & Under 50 Breast	48
49	12 & Under 50 Breast	50
51	12 & Under 100 Fly	52
53	10 & Under 400 Medley Relay	54
55	12 & Under 400 Medley Relay	56

* In the 12 & Under Events - scoring and places will still be awarded by age group (10 & Under & 11-12)

**** Please Note - as per the event numbers, the 10 & Under Girls Relays will be followed by the 12 & Under Girls Relays - then the boys relays will swim.**

OPEN ORDER OF EVENTS

WOMEN		MALE
	FRIDAY, JUNE 23	
3	400 IM	4
7	400 Free	8
	SATURDAY, JUNE 24	
57	100 free	58
59	100 Back	60
61	200 Medley Relay	62
63	200 Breast	64
65	100 Fly	66
67	400 Free Relay	68
	SUNDAY, JUNE 25	
69	50 Free	70
71	200 Back	72
73	200 Free Relay	74
75	200 Free	76
77	100 Breast	78
79	200 Fly	80
81	200 IM	82
83	400 Medley Relay	84
	10 Minute Break	
85	800 Free (11 & Over ONLY)	86

(The 800 Free may be limited to top two heats of men and women)

The 800 Free will be swum fastest to slowest, alternating heats of women, then men.

2017 STAR LONG COURSE MEET
ENTRY RECAPITULATION

TEAM_____TEAM CODE _____

COACH_____TEL. NO. _____
ADDRESS_____CITY_____STATE____ZIP_____
E-MAIL ADDRESS _____
CONTACT PERSON_____TEL NO _____
TEAM HOTEL_____TEL NO _____
(IN CASE OF EMERGENCY)

Women Individual Entries _____x $5.00 = $_____

Number of Women Swimmers_____x $6.00 = $_____

Men Individual Entries _____x $5.00 = $_____

Number of Men Swimmers _____x $6.00 = $_____

Number of Relay Entries _____x $15.00 = $_____

TOTAL AMOUNT ENCLOSED $_____

MAKE CHECKS PAYABLE IN **US DOLLARS** TO "**STAR SWIMMING**"
***** THIS FORM MUST BE RETURNED WITH ENTRY FORMS *****
TO BE CONSIDERED A COMPLETE ENTRY.
MAIL, POSTAL EXPRESS OR FED EXPRESS WITH **SIGNATURE WAIVER** TO:

Star Swimming, INC
PO Box 361
Hamburg, NY 14075

E-MAIL TO: Starentries@gmail.com

ENTRY FEE CHECK MUST ARRIVE THREE (3) DAYS FROM DATE OF ENTRY.
Entries will be removed from the meet if Entry Fees are not paid by the
Coaches Meeting Saturday June 24, 2017
Entries will NOT BE ACCEPTED BEFORE 9:00am on May 12, 2017.
ENTRIES CLOSE 6 PM, June 18, 2017 (Strictly Enforced)

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 Star Swimming, Inc., Niagara Swimming, Inc., USA Swimming, and the Erie Community 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.

_____ _____

Date Signature of club official, parent or guardian

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:
      a. Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
      b. Lanes 2 & 7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
      c. 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 modified by the meet Referee according to the needs of the meet.