

**Welcome to our Annual Snowball Invitational**  
February 3<sup>rd</sup> and 4<sup>th</sup>, 2018  
Penfield High School Pool



**Please join us on February 3<sup>rd</sup> and 4<sup>th</sup> 2018  
at the Penfield High School Pool!**

# SDSC SNOWBALL ANNUAL INVITATIONAL

Saturday & Sunday – February 3-4, 2018

Held under the sanction of USA Swimming, USA SWIMMING SANCTION # NI-1718-051

<b>Location</b>	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
<b>Facilities</b>	<ul style="list-style-type: none"><li>• Six lane, 25 yard pool, with ample seating. 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</li><li>• Electronic timing and scoreboard with computer scoring.</li><li>• The competition course has not been certified in accordance with 104.2.2C(4).</li></ul>
<b>Time</b>	<b>Session 1 – Saturday, February 3 - Mixed Open Events</b> Warm-ups 4:00pm - 4:45 pm. Meet starts promptly at 5:00 pm.  <b>Session 2 – Sunday, February 4 - 8 &amp; Under, 10 &amp; Under Events</b> Warm-ups 7:30 - 8:00 am. Meet starts promptly at 8:00 am.  <b>Session 3 – Sunday, February 4 – 11-12 &amp; Open Events</b> 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).
<b>Warm-Up</b>	Niagara LSC Warm-up procedures will be followed. Diving well available for continuous warm-ups/cool-down during competition.
<b>Contact Information</b>	<b>Meet Director/Officials:</b> James Ashby <a href="mailto:Jashby7226@hotmail.com">Jashby7226@hotmail.com</a> <b>Meet Referee:</b> Tom Ebert, <a href="mailto:twebert@gmail.com">twebert@gmail.com</a>
<b>Entries Submissions</b>	<b>Electronic Entries are appreciated using HYTEK Comlink file!</b> (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.  Mail Waiver and Entries to: 2017 SDSC Annual Snowball Invitational Attn: James Ashby P.O. Box 112 Penfield, N.Y. 14526 <a href="mailto:jashby7226@hotmail.com">jashby7226@hotmail.com</a>
<b>Entries Deadline</b>	<b>January 27, 2018, 11:59 PM</b>  <b>Only the first 800 entries will be accepted for each session or until session is full.</b>

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<p><b>Entries Information, Seeding, Positive Check-In, Scratches</b></p>	<ul style="list-style-type: none"> <li>• Swimmers may compete in a maximum of 2 individual events in Session 1, and 4 individual events in Sessions 2 or 3. Swimmers may only enter 1 session per day to comply with the 4-hour rule.</li> <li>• Age on the first day of the meet applies.</li> <li>• No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</li> <li>• Entries must include USA Swimming number.</li> <li>• <b>For the 400 IM each swimmer must provide his or her own timer for this event.</b></li> <li>• <b>For the 500 and 1000 Freestyle each swimmer must provide his or her own timer and counter. Positive check-in required for 400 IM, 500 Free, and 1000 Free, and must be completed by 4:15 pm.</b> No on-deck registration will be allowed. Scratches for individual events must be communicated to computer table prior to meet start.</li> <li>• <b><i>Meet Management may combine sessions and/or events as necessary based upon entries.</i></b></li> </ul>
<p><b>Entries Fees</b></p>	<p>\$5.00 per individual event \$5.00 deck fee per swimmer</p> <p>Make checks payable to: <b>Sea Dragons Swim Club</b> (One team check for all entries, please.)</p>
<p><b>Competition Format</b></p>	<ul style="list-style-type: none"> <li>• All events are timed finals.</li> <li>• 25-yard events will start in the water at the shallow end of the pool.</li> </ul>
<p><b>Awards and Scoring</b></p>	<p><b>Awards for Individual Events:</b></p> <p style="padding-left: 40px;">Heat Ribbons for each event (10 &amp; U only)</p> <p style="padding-left: 80px;">8 &amp; Under – Ribbons: 1-12</p> <p style="padding-left: 80px;">9 &amp; 10 – Ribbons: 1-12</p> <p style="padding-left: 80px;">11 &amp; 12 – Ribbons: 1-12</p> <p style="padding-left: 80px;">13 &amp; Over – Ribbons: 1-12</p> <p><b><i>Unclaimed Awards will not be mailed; it is each team's responsibility to collect their awards!</i></b></p> <p><b>Scoring:</b>        There will be no team scoring for this meet.</p> <p><b>Individual High Point Trophy:</b></p> <p>High point awards go to the top scorers in each age group, Male and Female, based on total points won.</p> <p>Points shall be awarded for places 1-12 in individual events only.</p> <p>Individual events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1</p>

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<b>Racing Start Certification</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.
<b>Concessions</b>	Concessions will be available in the cafeteria or as otherwise indicated. Saturday PM session may have limited concessions.
<b>Hospitality</b>	Hospitality for officials will be provided throughout the meet, with lunch on Sunday.
<b>Deck Changes</b>	Deck changes are prohibited.
<b>Liability</b>	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.
<b>Deck ID</b>	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.
<b>Rules of Conduct</b>	<p>Parents and coaches are responsible for the conduct of swimmers in all areas throughout the meet.</p> <p>Vandalism, theft or dangerous behavior, including throwing of objects in the gym/cafeteria areas will be cause for exclusion from the meet.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p> <p>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.</p> <p>No Diving is allowed in the diving well at any time.</p>

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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.
  - b. All swimmers begin at the starting end of the pool.
  - c. 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.
  - d. 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 breaststrokes 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:

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

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

<b>Event # Girls</b>	<b>Events</b>	<b>Boys Event #</b>
<b>OPEN Mixed</b>		
1	200 Breaststroke	1
2	200 Backstroke	2
3	200 Butterfly	3
4	400 Individual Medley	4
5	500 Freestyle	5
6	1000 Freestyle	6

## *SESSION II 7:30 AM Warm-Up, 8:00 AM Start*

<b>Event # Girls</b>	<b>Events</b>	<b>Boys Event #</b>
<b>8 &amp; Under</b>		
7	100 IM	8
11	25 Freestyle	12
15	25 Breaststroke	16
21	25 Butterfly	22
25	25 Backstroke	26
29	50 Freestyle	30
33	100 Freestyle	34
<b>9 &amp; 10 year olds</b>		
9	100 IM	10
13	50 Freestyle	14
17	100 Breaststroke	18
19	50 Breaststroke	20
23	100 Backstroke	24
27	50 Butterfly	28
31	50 Backstroke	32
35	100 Freestyle	36
37	200 Freestyle	38

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

<b>Event # Girls/Women</b>	<b>Events</b>	<b>Boys/Men Event #</b>
<b>11 &amp; 12 year olds (Additional events in OPEN category)</b>		
43	50 Breaststroke	44
47	50 Butterfly	48
51	50 Backstroke	52
<b>OPEN</b>		
39	200 IM	40
41	50 Freestyle	42
45	100 Breaststroke	46
49	100 Butterfly	50
53	100 Backstroke	54
55	100 Freestyle	56
57	200 Freestyle	58

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## Entry and Financial Form Summary

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 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:  
2017 SDSC Annual Snowball Invitational  
Attn: James Ashby  
P.O. Box 112  
Penfield, N.Y. 14526