

# 2021 EAST AURORA/Kiwanis OPEN SWIM MEET

Slower Than "A"

Saturday, November 6, 2021

Held under the Sanction of USA Swimming

Held under Sanction # NI-2122-023

Sponsored by EAST AURORA SWIM TEAM

**LOCATION:** East Aurora High School, 1003 Center Street, East Aurora, NY 14052

**TIME:** Session 1: 8 & Under G & B, 11-12 Girls only: 7:30 AM warm-up, 8:15 AM start  
Session 2: 9-10 G & B and 11-12 Boys only: 45 minute warm-up starts **no earlier than 10:45 AM**  
; approx. 11:30 am start  
Session 3: 13-18 G & B; 45 minute warm-up starts **no earlier than 2:15pm;** approx.start 3pm

**FACILITY:** Six-lane 25 yard pool, Kiefer lane lines, Daktronics Electronic Timing System, computer scoring and 6 lane scoreboard readouts. The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depth: The water depth of the pool at the starting end is 12 feet at 1 meter out from the wall and 11 feet at 5 meters out. At the shallow end, it is 4 feet deep at 1 meter out from the wall and 4 feet 6 inches at 5 meters out.

25 yard events will be swum starting from in the water at the shallow end finishing at the starting end. In accordance with section 202.3.4C.

**MEET PERSONNEL:** **Meet Director:** Chris Musshafen (585)746-6562  
coach.moose15@gmail.com

**Meet Referee**  
Leo Gibbons (716)515-8052  
lcgjr1953@gmail.com

## **OFFICIALS**

**COACHES:** USA Swimming Certified Officials are invited to help. Please contact Chris Musshafen by email [coach.moose15@gamil.com](mailto:coach.moose15@gamil.com) or phone 585-746-6562 to volunteer.

## **COVID-19 Protocols:**

**Only 1 spectator per family will be permitted. Masks are required to be worn at all times.**

## **SOCIAL DISTANCING GUIDELINES**

1. Social distancing will be required by all participants at all times. Failure to social distance may result in removal from the facility. Swimmers are required to wear face masks at all times, except when competing or warming up.
2. Teams will be assigned areas in the Gym and are asked to maintain social distancing of 3 feet apart.
3. Ingress - swimmers, coaches, officials and meet personal will enter the high school by the athletic entrance at the south end of the school. Egress-swimmers, coaches, officials and meet personal will exit the school by way of doors located past the end of the pool by starting blocks, single file at all times.
4. Timers, coaches, officials and meet personal are required to wear face masks at all times. Extra masks and hand sanitizer will be available.

EAST has taken enhanced health and safety measures – for swimmers, meet personal and parents. You must follow all posted instructions while visiting the East Aurora High School. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

***BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.***

Statement of the Local Protocols and Requirements in applying for this sanction, EAST Swim Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Niagara Swimming, the State of New York and The Town of East Aurora, New York.

**RULES:** 2021 USA Swimming and Niagara LSC Rules and Regulations will govern this meet & warm-up guidelines will be followed.

**ENTRIES:**

1. This is a *No-Recall Timed Final Meet*.
2. Swimmers in Session 1 will be limited to **(4) individual events** and **(1) relay**.
3. Swimmers in Session 2 will be limited to **(4) individual events** and **(1) relay**.
4. Swimmers in Session 3 will be limited to **(4) individual events**
5. Age on the first day of the meet determines the swimmers eligibility.
6. The total number of swimmers will be limited to approximately **100** per session, so please enter early.
7. The hosting club will provide a Clerk of Course for sessions 1 and 2.
8. Appropriate fees, signed summary sheet and release form must accompany entries.
9. Deck entries will be considered at the discretion of the Meet Director.
10. Entry times must be slower than National "A" standard times.
11. There are no check-in/scratch procedures or penalties

**\*\*Please note: As per Niagara LSC guidelines, an exception report will be run and it will be sent to teams if there are errors. Coaches are responsible for checking this report. Any swimmer appearing on the exception report will be required to present a valid U.S.A. Swimming card the day of the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302\*\***

**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 \$100.00 per athlete, per such meet. The fine applies either when the athlete is unregistered or has not properly transferred registration.**

**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's legal guardian to ensure compliance with this requirement.**

**COMPUTER PROGRAM:** **Hytek Meet Manager**  
Please submit entries by Commlink file.

**ENTRIES:** Anna Davidson                      *davidson\_anna@yahoo.com*  
140 Geneva  
East Aurora, NY 14052  
716) 393-7171

**DEADLINE:** All entries must be received by **Thursday, October 28, 2021**.  
Late entries and deck entries accepted at discretion of meet director

**ENTRY FEES:**

Deck Fee	\$6.00/swimmer
Individual Event	\$5.00/event
Relay Events	\$12.00/relay

Please make team check out to "East Aurora Swim Team". **Club Checks Only Please! (No personal checks for entries – unless Unattached) No refunds.** All fees and release forms must be received before start of meet.

**AWARDS:** For Sessions 1 and 2: Individual Events: Ribbons 1-6  
Relays: Ribbons 1-3  
Heats: Ribbon for 1st  
**Speeding tickets will be issued to those who swim "A" times or faster.**  
For Session 3: No awards will be given except for occasional "Bell-Ringer" heats

**TIMERS:** East Aurora Swim Team will provide timers for the duration of the meet.  
Visiting parents are invited to volunteer to time.

**CONCESSION:** No concessions will be offered.

**PROGRAM:** Session Programs will be available on Meet Mobile.

**CONDUCT:** Coaches, parents, and Meet Marshals will enforce proper conduct at all times.

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

Deck changes are prohibited.

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.

**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.

**COACHES MEETING:** There will be a coach's meeting the morning of the meet at 8:00 a.m. in the Clerk of Course and at the start of each session if necessary.

**OFFICIALS' MEETING:** There will be an official's meeting 30 minutes prior to each session in the Hospitality Room.

*\*\*\*A Hospitality Room with breakfast and lunch will be provided for all coaches and officials.\*\*\**

**Liability:** 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

**EAST AURORA/Kiwanis OPEN MEET**  
**ORDER OF EVENTS**  
**November 6, 2021**  
Held under Sanction # **NI-2122-023**

Session 1: 8 & U and 11 - 12 Girls; 7:30 a.m. warm-up, 8:15 a.m. start

Girls			Boys	
Event #	Slower than time:	Event Description	Slower than time:	Event #
1	NT	8 & U 25 Back	NT	2
3	36.89	11-12 50 Breast		
4	NT	8 & U 25 Breast	NT	5
6	32.69	11-12 50 Back		
7	1:11.39	11-12 100 Back		
8	36.69	8 & U 50 Back	36.99	9
10	1:03.09	11-12 100 Free		
11	31.39	8 & U 50 Free	30.99	12
13	31.29	11-12 50 Fly		
14	NT	8 & U 25 Fly	NT	15
16	2:34.89	11-12 200 IM		
17	NT	8 & U 25 Free	NT	18
19	1:20.79	8 & U 100 IM	1:18.99	20
21	29.09	11-12 50 Free		
22	NT	8 & U 200 Free Relay		23
24	NT	11-12 200 Free Relay		

Session 2: 9 - 10 and 11-12 Boys; WU after session 1 for 45 min approx start 11:30

Girls			Boys	
Event #	Slower than time:	Event Description	Slower than time:	Event #
		11-12 50 Back	32.09	25
		11-12 100 Back	1:09.19	26
27	36.69	9-10 50 Back	36.99	28
		11-12 100 Free	1:00.89	29
30	1:10.49	9-10 100 Free	1:09.69	31
		11-12 50 Fly	31.19	32
33	36.19	9-10 50 Fly	35.39	34
		11-12 200 IM	2:30.69	35
36	1:20.79	9-10 100 IM	1:18.99	37
		11-12 50 Free	27.89	38
39	31.39	9-10 50 Free	30.99	40
		11-12 50 Breast	36.09	41
42	41.69	9-10 50 Breast	40.99	43
		11-12 200 Free Relay	NT	44
45	NT	9-10 200 Free Relay	NT	46

Session 3: 13-18; WU after session 2 for 45 min approx start 3pm

Evt #	Event Description	Girls Slower than time:			Boys Slower than Time		
		13-14	15-16	17-18	13-14	15-16	17-18
47	Mixed 13-18 50 Free	27.89	27.19	26.89	25.69	24.39	23.89
48	Mixed 13-18 200 Breast	2:43.69	2:41.29	2:38.49	2:31.39	2:24.59	2:21.89
49	Mixed 13-18 100 Breast	1:15.39	1:14.49	1:13.59	1:09.69	1:06.49	1:05.09
50	Mixed 13-18 200 Free	2:10.39	2:08.09	2:07.29	2:02.59	1:56.99	1:54.09
51	Mixed 13-18 200 Fly	2:24.89	2:21.69	2:20.19	2:15.59	2:09.69	2:06.39
52	Mixed 13-18 100 Fly	1:05.49	1:03.99	1:03.09	1:00.99	57.89	56.49
53	Mixed 13-18 400 IM	5:11.69	5:04.99	5:00.49	4:52.69	4:40.29	4:34.19
54	Mixed 13-18 100 Free	1:00.49	58.99	58.49	56.29	53.49	52.29
55	Mixed 13-18 200 IM	2:25.49	2:22.99	2:20.89	2:17.09	2:10.09	2:06.59
56	Mixed 13-18 200 Back	2:22.99	2:19.69	2:16.99	2:13.99	2:06.89	2:04.19
57	Mixed 13-18 100 Back	1:05.69	1:03.99	1:03.19	1:01.29	58.39	56.69
58	Mixed 13-18 500 Free	5:49.59	5:43.39	5:39.19	5:31.39	5:17.69	5:10.39



## **EAST AURORA SWIM TEAM RELEASE FORM**

Held under the Sanction of USA Swimming  
Held under Sanction # NI-2122-023

It is understood and agreed that the Kiwanis Club of East Aurora, Aurora Aquatic Club, a.k.a. East Aurora Swim Team, the Town of Aurora Department of Parks and Recreation, the East Aurora High School, USA Swimming and Niagara Swimming shall be free from any liabilities or claims for damages arising by reason of injury to anyone during the meet. It is also understood that I/we will be responsible for any damages to property caused by my swimmers.

**SIGNED:**

\_\_\_\_\_  
Coach or Club Representative

\_\_\_\_\_  
Name of Club

\_\_\_\_\_  
Address/E-mail

\_\_\_\_\_  
Phone

**DATE:**

\_\_\_\_\_

## LSC SWIMMING WARM-UP PROCEDURES FOR ALL SANCTIONED MEETS

- I. Pre-meet warm-up period
  - A. **Control/Supervise: key word 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 for general warm-ups in all lanes
  - B. There shall be **No Diving** off the blocks or the edges 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, and 6 general warm-up only (as above). **No Diving.**
  - C. In a six lane pool each lane shall be scheduled as follows:
    - Lanes 1 & 6 push off one or two lengths and back, beginning at the starting end of the pool. Circle swimming only.
    - Lanes 2 & 5 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
    - Lanes 3 & 4 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 the breaststrokes need more lead time than freestylers or butterfly swimmers.
5. Backstrokes should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on starting block until the backstroke 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 the 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 warm-up. A swimmer and/or coach may be removed from the deck for interfering with 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 area 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 warm-up procedures will be followed.
15. Warm-up procedures shall be followed for any breaks scheduled during 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.