

**2022 Niagara LSC
Long Course Championship
Sanction # NI-2122-085
July 21-24, 2022
University at Buffalo – Alumni Arena
Hosted by BAAC Swimming**



Meet Announcement Summary

Meet Dates: July 21-24, 2022

Host & Contact: BAAC Swimming, baac.meets@gmail.com

Meet Referee: Richard Bleichfeld, richbleichfeld@gmail.com

Location: University at Buffalo, Alumni Arena, Amherst, NY 14260

Qualifying Period: September 1, 2020 – July 11, 2022

Initial Entry Deadline: July 11, 2022

Second Entry Period (New Qualifying Swims): July 12, 2022 – July 18, 2022

Qualifying Times: https://www.teamunify.com/eznslsc/UserFiles/Image/QuickUpload/2022-ni-long-course-championship-standards_090813.pdf

Meet Warm Up & Session Start times:

Thursday, July 21:

Warm-up: 3:00pm

Start: 4:00pm

Friday, July 22:

Prelim Warm-up: 7:00am

Prelim Start: 8:00am

Finals Warm-up: 4:00pm

Finals Start: 5:00pm

Saturday, July 23

Prelim Warm-up: 7:00am

Prelim Start: 8:00am

Finals Warm-up: 4:00pm

Finals Start: 5:00pm

Sunday, July 24

Prelim Warm-up: 7:00am

Prelim Start: 8:00am

Finals Warm-up: 3:00pm

Finals Start: 4:00pm

General Meeting: Friday, July 22, 2022. 6:45am Alumni Arena Rm. 97

Entry Limit: 8 Individual Events per swimmer
3 events per day max

Bonus Rule: Make 1 Get 2
Make 2 Get 1
Make 3 No Bonus

To bonus an event the swimmer must have achieved a time that is equal to or faster than the applicable Niagara Championship Qualifier (Silver) standard.

Concessions: There will be vendors in the lobby throughout the meet selling meet apparel and swim gear (goggle, suits, etc.). The University at Buffalo will also operate food concessions stands throughout the meet in the lobby.

Lodging: Please see the Meet Host website for information regarding local hotels offering special rates and room blocks.
<https://www.teamunify.com/team/niubam/page/baac-hosted-meets/lc-championship-lodging>

General Information

LOCATION: Alumni Arena, University at Buffalo, Buffalo, NY 14260

FACILITY: 8 lane, 50-meter competition course with slanted starting blocks. The competitive course will run at depths ranging from 7 feet at the start end and 4 feet at the turn end. The diving well will be open for continuous warm-up/down. Only coaches, athletes, and volunteers are permitted on the pool deck. Locker rooms are adjacent to the pool. The competition course has not been certified in accordance with 104.2.2C(4).

TIMING: Colorado Timing Systems and Scoreboards will be used. Touchpads at both ends of the pool.

RULES: Current USA Swimming Rules and Regulations will apply except as otherwise noted.

DISCLAIMER: In applying for this sanctioned event, the Host, Buffalo Area Aquatic Club, agrees to comply and to enforce all health and safety measures and guidelines of USA Swimming, Niagara LSC, the State of New York, and Erie County.

Buffalo Area Aquatic Club has taken enhanced health and safety measures – for you, our guests, and all athletes. You must follow all posted instructions while attending the meet hosted by Buffalo Area Aquatic Club. 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 guests with underlying medical conditions are especially vulnerable. By attending the competition, you voluntarily assume all risks related to exposure to COVID-19.

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 NIAGARA SWIMMING, INC. 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Meet Director	Meet Referee
Thomas Killian killiatd@gmail.com	Richard Bleichfeld richbleichfeld@gmail.com

SCHEDULE:

Day	Warm Up	Meet Start Times
Thursday	3:00pm	4:00pm
Friday Prelims	7:00am	8:00am
Friday Finals	4:00pm	5:00pm
Saturday Prelims	7:00am	8:00am
Saturday Finals	4:00pm	5:00pm
Sunday Prelims	7:00am	8:00am
Sunday Finals	3:00pm	4:00pm

Warm-up and competition start times are approximate and may be adjusted by the Meet Director after the entry deadline once all entries have been processed. Adjustments in start times will be posted on the Niagara LSC website at least 48 hours in advance of the meet and sent via email.

ELIGIBILITY:

This Meet is open to any Niagara LSC registered USA Swimming athlete with a qualifying time. All athletes and coaches participating in USA Swimming sanctioned competitions must be current members of the Niagara LSC and USA Swimming. 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 swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

CREDENTIALS:

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. Deck Pass is acceptable proof of USA Swimming membership.

OFFICIALS:

For assigned positions of Referee, Starter and Chief Judge wishing to work the meet, please RSVP to Team App prior to Sunday, July 3. Stroke and Turn Officials please RSVP to Team APP no later than Sunday, July 10. Official's briefings will take place prior to each session; Officials working that session should sign in one-hour prior the start of racing

TIMERS:

Teams entering the meet will be required to provide timers for all prelim and timed final sessions per directive of the Niagara LSC. BAAC will provide timers for Finals, Friday-Sunday. Assignments will be specified by the Meet Director based on the proportionate size of each team's entry. Schedules will be provided by the Meet Director to each participating team.

Swimmers must provide their own counters for the 1500 free on Thursday night. BAAC will provide the timers on Thursday for all events.

Swimmers must provide their own timers and counters for the 800 free prelims on Sunday. Those swimmers who are swimming in the finals of the 800 free on Sunday will need to provide their own counters.

SCORING:

Individual Events: top – 16 place scoring by age group, 10&U, 11-12, 13-14, Senior (15&O) by event and gender.

Relay Events: Only two (2) relay teams may score for each team in each relay event.

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual Scores	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay Scores	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

Team Scoring: Top 16 places score per age group/event.

AWARDS: Individual Events: By age group (10 & U, 11-12, 13-14, 15 & Over) Medals 1– 10

Relay Events: Medals 1-3

High Point award for each age group, 10 & Under, 11-12, 13-14, 15 & Over (Male & Female)

Top three (3) teams overall and top one (1) Small Team Champions. Small teams defined as 99 registered members or less at time of entry.

Each team must designate a representative to pick up and sign for all awards for their team. Swimmers will not be allowed to pick up awards. Awards must be picked up by Team reps prior to final departure from the meet. Unclaimed awards will not be mailed. For special pickups, see Meet Director.

SEEDING: Traditional seeding (circle seeding for prelims, by time for T/F events), Seeding preference for prelims/TF events is 1) LCM, 2) SCM, 3) SCY.

ENTRY LIMITS: 8 Individual events for the meet, no more than 3 per day.

BONUS EVENTS: For all swimmers - 1 cut = 2 bonus (3 total), 2 cuts = 1 Bonus (3 total), 3 or more cuts = 0 Bonus (3 total). To bonus an event the swimmer must have achieved a time that is equal to or faster than the applicable Niagara Championship Qualifier (Silver) standard. All bonus times must be proven through SWIMS database.

Bonus events must be 50's, 100's or 200's. No 400's, 800's or 1500's can be chosen as a bonus event.

FORMAT: 7 session meet, 1 evening session on Thursday, 2 sessions each on Friday, Saturday & Sunday. Morning 11 & Over Prelim session and 10 & Under Timed Finals, Evening Session finals for 11 & Over events Friday, Saturday & Sunday.

All 10 & Under events and Relays are Timed Finals.

All 11-12, 11&Over and 13&Over events will be prelim/finals, except for: 12&Under 400 Free, 13&Over 800 Free and 13&Over 1500 Free which will be timed finals.

All 11&Over prelim/final events will be swum as multi-age group at prelims and broken out at finals to 11-14 (A&B) and 15&Over (A&B).

All 13&Over prelim/final events will be swum as multi-age group at prelims and broken out at finals to 13-14 (A&B) and 15&Over (A&B).

The 13&Over 400 Free and 11&Over 400IM prelim events will be swum fastest to slowest alternating genders.

For all Open relays, the top 16 seeded teams will swim in the finals on Friday and Saturday. The Sunday Open relays will all swim during prelims.

All Thursday evening events and the 13&Over 800 free on Sunday are positive check in events.

The "Sunday Rule" will apply to the 800 freestyle.

- All swimmers entered in this event will be asked to indicate a preference for swimming with preliminaries or finals when positively checking in for the event.
- The fastest eight (8) females and males who wish to swim in the Sunday evening finals will swim during the finals. All other swimmers will swim during the Sunday prelim session. Swimmers will swim Fast to slow alternating genders.

The meet will be pre-seeded except for the 12&Under 400 Free, 13&Over 800 Free and 13&Over 1500 Free

- Those events will be deck seeded with positive "Intent to Swim" check-in required 45 minutes prior to the start time of the session. Any swimmer who fails to check-in by the designated time will be not be seeded in that event with no further penalty.
- b. Any swimmer who positively checks in but does not compete in that event will be barred from their immediate next individual event.

FINALS:

16 Swimmers will advance to the finals session in each prelims/finals event. Any swimmer initially qualifying, prior to scratches, for a finals session race in an individual event who fails to compete in that race will either be

1. Barred from further competition in the meet.
- or
2. \$50 Fine payable to host.

If the race falls on the last day of the meet on which the swimmer is entered, the swimmer or team will be fined \$50.00 by Niagara LSC if failure to show.

Only **Coaches** are permitted to scratch swimmers from finals. However, no penalty shall apply for failure to compete if:

- The Referee is notified of illness or injury, accepts proof of such, and waives the penalty.
- A swimmer qualifying for such race based upon the results of the preliminaries formally scratches from the race within 30 minutes of the announcement of the finalists for that event.
- It is determined by the Referee that failure to compete was caused by circumstances beyond the control of the swimmer.

DISABILITY:

USA Swimming National Disability Committee released parallel time standards to foster and promote the inclusion of nontraditional athletes in their LSC Championships. The parallel times are designed to provide a fair, equitable and structured path for these athletes. Time Standards are posted on the Niagara Website. The standards are divided up into three "P" groups. The groups are to place athletes with similar disabilities into the same grouping. The groupings are as follows:

- P1- non-ambulatory (wheelchair bound)- limited use of all four extremities
- P2- dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body
- P3- single limb deficiencies, visual impairment, intellectual impairment, ambulatory without significant assistance

If you know of or are a nontraditional athlete who may be classified in one of the "P" groups, please contact Niagara's Disability Chair- Courtney Christ (disability@niagaraswim.org). Please submit all disability qualifications and any accommodations needed to Niagara's Disability Chair for Proof of Time. After they are approved the entry and accommodations will be submitted to the host via the Disability Chair.

Order of Events

Thursday Finals

Girls	Event	Boys
1	13 & Over 1500 Free	2
3	12 & Under 400 Free	4
5	15 & Over 800 Free Relay	6

Friday Prelims

Girls	Event	Boys
10	Mixed Open 200 Free Relay	
11	10 & Under 100 Breast	12
13	11-12 100 Breast	14
15	13 & Over 200 IM	16
17	10 & Under 50 Free	18
19	11-12 50 Free	20
21	13 & Over 50 Free	22
23	10 & Under 200 IM	24
25	11-12 200 IM	26
27	11 & Over 200 Breast	28
29	12 & Under 400 Medley Relay	30
31	Open 400 Medley Relay	32
33	13 & Over 400 Free	34

Friday Finals

Girls	Event	Boys
10	Mixed Open 200 Free Relay	
33	13 & Over 400 Free	34
13	11-12 100 Breast	14
15	13 & Over 200 IM	16
19	11-12 50 Free	20
21	13 & Over 50 Free	22
25	11-12 200 IM	24
27	11 & Over 200 Breast	28
31	Open 400 Medley Relay	32

Order of Events

Saturday Prelims

Girls	Event	Boys
41	12 & Under 200 Medley Relay	42
43	Open 200 Medley Relay	44
45	10 & Under 100 Fly	46
47	11-12 50 Fly	48
49	11 & Over 200 Back	50
51	10 & Under 100 Free	52
53	11-12 100 Free	54
55	13 & Over 100 Free	56
57	10 & Under 50 Back	58
59	11-12 50 Back	60
61	13 & Over 100 Fly	62
63	12 & Under 200 Free Relay	64
65	Open 200 Free Relay	66
67	11 & Over 400 IM	68

Saturday Finals

Girls	Event	Boys
43	Open 200 Medley Relay	44
67	11 & Over 400 IM	68
47	11-12 50 Fly	48
49	11 & Over 200 Back	50
53	11-12 100 Free	54
55	13 & Over 100 Free	56
59	11-12 50 Back	60
61	13 & Over 100 Fly	62
65	Open 200 Free Relay	66

Order of Events

Sunday Prelims

Girls	Event	Boys
71	10 & Under 200 Free	72
73	11-12 200 Free	74
75	13 & Over 200 Free	76
77	10 & Under 50 Breast	78
79	11-12 50 Breast	80
81	11 & Over 200 Fly	82
83	10 & Under 100 Back	84
85	11-12 100 Back	86
87	13 & Over 100 Back	88
89	10 & Under 50 Fly	90
91	11-12 100 Fly	92
93	13 & Over 100 Breast	94
95	12 & Under 400 Free Relay	96
97	Open 400 Free Relay	98
99	13 & Over 800 Free	100

Sunday Finals

Girls	Event	Boys
99	13 & Over 800 Free	100
73	11-12 200 Free	74
75	13 & Over 200 Free	76
79	11-12 50 Breast	80
81	11 & Over 200 Fly	82
85	11-12 100 Back	86
87	13 & Over 100 Back	88
91	11-12 100 Fly	92
93	13 & Over 100 Breast	94

ENTRY FEES: \$6.00 per individual event
\$15.00 per relay
\$10.00 deck fee per swimmer

Club checks only – no personal checks

Checks should be made payable to: **Buffalo Area Aquatic Club.**

Payment by mail should be sent to the following address:

Buffalo Area Aquatic Club
P.O. Box 425
Getzville. NY 14068

ENTRY DEADLINE: Electronic submission of entries in Hy-Tek format is required no later than 11:59 pm EDT, July 11, 2022. Entries must be sent via email to baac.meets@gmail.com, confirmation will be sent within 24 hrs. A second entry period for newly achieved qualifying times will take place from July 12-18, 2022. Electronic submission of those entries is required no later than 11:59 pm EDT on July 18, 2022. Payment and signed meet summary/waiver form must be received no later than team check in.

COACHES PASS SCHEDULE:

1-5 Athletes:	1 Coach
6-12 Athletes:	2 Coaches
13-22 Athletes:	3 Coaches
23-30 Athletes:	4 Coaches
31-39 Athletes:	5 Coaches
40-49 Athletes:	6 Coaches
50+ Athletes:	7 Coaches

GENERAL

MEETING: A coaches' meeting will be held on Friday, July 22, 2022, at 6:45am Classroom 97 Alumni Area (located adjacent to the pool deck). If necessary, additional coaches' meetings will be held as determined by the meet referee. It is the responsibility and obligation of each team or unattached swimmer to be represented at all coach's meetings. Coaches are responsible for all information from these meetings including changes in the meet conduct.

Coaches may pick up their team's credentials and meet packet beginning Thursday, July 21, 2022, at 2:00 pm in Classroom 97 Alumni Area (located adjacent to the pool deck). Only coaches with official meet credentials will have deck access.

HOSPITALITY: Hospitality will be in Alumni Arena Classroom 97 (adjacent to the pool deck). The hospitality area is for officials, coaches and meet staff and everyone must have appropriate credentials to enter the hospitality area.

CONDUCT: Proper conduct on the part of all swimmer and spectators is always expected, 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.

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.

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.

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

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.

HEAT SHEETS: Preliminary heat sheets are \$5.00 per day, Finals heat sheets are \$2.00 per day

PARKING: Complimentary parking is available in the University at Buffalo lots adjacent to the pool.

WARM UP/
DOWN POOL: The 50-meter pool will be open to all swimmers entered in the meet during the warm-up period. The diving well pool will be open throughout the meet for continuous warm-up and warm-down.

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. Each lane shall be scheduled as follows:
 1. Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
 2. Lanes 2&7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 3. 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 breaststrokes need more lead-time than freestylers or butterfly swimmers.
5. Back stroke swimmers 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 back stroker 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.

Entry Summary and Waiver

TEAM _____ TEAM CODE _____

COACH _____ TEL. NO. _____

ADDRESS _____ CITY _____ STATE _____ ZIP _____

CONTACT PERSON _____ TEL NO _____

CONTACT E-MAIL _____

Women Individual Entries _____ x \$ 6.00 = \$ _____

Number of Women Swimmers _____ x \$10.00 = \$ _____

Men Individual Entries _____ x \$ 6.00 = \$ _____

Number of Men Swimmers _____ x \$10.00 = \$ _____

Number of Relay Entries _____ x \$15.00 = \$ _____

TOTAL AMOUNT ENCLOSED \$ _____

MAKE CHECKS PAYABLE TO "Buffalo Area Aquatic Club"

**THIS FORM MUST BE RETURNED WITH PAYMENT
TO BE CONSIDERED A COMPLETE ENTRY**

Buffalo Area Aquatic Club

P.O. Box 425

Getzville. NY 14068

E-MAIL TO: meets.baac@gmail.com

In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assigns, waive and release all claims against Buffalo Area Aquatic Club, Niagara Swimming, Inc., USA Swimming, and SUNY at Buffalo 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