




Niagara LC Super Circuit Meet #1

Saturday, June 4, 2022, Hosted by WEBS, FAST & PACK

Held Under the Sanction of USA Swimming, NI Sanction # 2122-077

ORDER OF EVENTS

Women	Event Description		Men
1	13 and Over Mixed	400 M Freestyle – <i>Positive Check in</i>	1
2	9 and over	100 M Backstroke	3
4	Open	50 M Breaststroke	5
6	Open	50 M Freestyle	7
8	9 and over	100 M Freestyle	9
10	11 and over	100 M Butterfly	11
12	Open	50 M Backstroke	13
14	Open	50 M Butterfly	15
16	11 and over	200 M Freestyle	17
18	13 and Over Mixed	400 M IM – <i>Positive Check in</i>	18

DATE:	Saturday, June 4, 2022		
LOCATION:	<p>Webster Aquatic Center 875 Ridge Rd Webster, NY 14580</p>  <p>50-meter pool will be set up as 6 lane, 50-meter pool with non-turbulent lane dividers and electronic timing. Pool may be extended to 7 or 8 lanes depending on number of entries. There will be either a continuous warm up/cool down lane or periodic breaks. Water depth: From start end, pool depth is 15' at 1 meter and 5 meters. From turn end, pool depth is 4' at 1 meter and 5 meters.</p> <p>The competition course has been certified in accordance with 104.2.2C (4) of the USA Swimming Rules and Regulations. A copy of this certification is on file with USA Swimming. Colorado Timing System and Hy-Tek computerized meet management software will be used. Ample spectator seating is available.</p>		
MEET TIME:	<p>Warm up: 9:00 AM, Meet start: 10:00 AM.</p> <p>Warm-up and competition start times are approximate and may be adjusted by the Meet Management 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 will be sent to all who submit their entries via email.</p>		
MEET PERSONNEL:	<p><u>Meet Director</u> Charles Evan meetdirector@wsabluefins.com 585-615-4058</p>	<p><u>Meet Referee</u> Anita Pelletier apelletier1788@gmail.com</p>	<p><u>Entries</u> Email to: adminofficial@wsabluefins.com</p>



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OFFICIALS:	<p>Anyone interested in officiating at this meet is welcome.</p> <p>EACH CLUB ENTERED IS ASKED TO PROVIDE AT LEAST 1 OFFICIAL.</p> <p>Please contact Dan Rinker at officials@wsabluefins.com</p>	
TIMERS:	<p>Participating clubs will be <u>required</u> to assist with lane timing. Schedules may be distributed prior to the meet and/or posted at the pool.</p>	
FORMAT:	<p>All events are TIMED FINALS.</p> <p>The meet will be swum in accordance with the schedule of events shown in this announcement. This is a “no recall” meet. Prepare for flyover starts.</p>	
SEEDING:	<p>This meet will be pre-seeded, slowest to fastest heat order. The 400 Free and 400 IM events will be deck seeded with positive check-in required 30 minutes before the start of the meet. It is the swimmer’s responsibility to be at the blocks when their event and heat are called.</p>	
AWARDS:	<p>No awards will be given for this meet.</p>	
ENTRY RULES:	<ol style="list-style-type: none"> 1. Swimmers may enter and swim no more than three (3) individual events. 2. All entrants must be registered members of USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 3. 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. 4. Age on the first day of the meet applies. PLEASE USE DISCRETION IF ENTERING YOUNGER SWIMMERS IN OPEN EVENTS. 5. No deck entries will be permitted. 6. Please use a “coach’s custom time (LCM)” in lieu of “NT” for proper seeding. 7. 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. 8. <i>Due to 4-hour meet constraints imposed by United States Swimming (205.3.1 F), the host has the right to restrict/modify entries in order to remain in compliance based on the scheduled timeline once entries are received.</i> 	
Entry Fees:	Deck Fee:	\$5.00 per swimmer
	Individual Entries	\$5.00 per event
ENTRY DEADLINE:	<p>The Niagara LSC utilizes Hy-Tek Team Manager and Meet Manager software for meets. Please prepare your Club's entries using the Entry Event file posted on the Niagara LSC website and submit your entry file by email. Contact entry coordinator if confirmation of receipt of entries is not received within 48 hours of submission.</p> <p>Entry Deadline: 10 PM, Monday, May 30, 2022. Email to: adminofficial@wsabluefins.com</p>	



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	<p>Club checks only – no personal checks. Make checks payable to Webster Swim Association. Payment of entry fees and signed meet summary/waiver form must be received no later than the start of warm up on the day of the meet.</p>	
	<p>Bring waiver/ club check to the meet or send via US postal mail to: No certified mail please.</p>	<p>Webster Swim Association 2022 Niagara Super Circuit Attn: Tammy Eggert P.O. Box 262 Webster NY 14580</p>
<p>PROGRAMS:</p>	<ul style="list-style-type: none"> Programs for the meet will be free and will be posted to our hosted meet site. 	
<p>CONDUCT/ OTHER: NOTICE:</p>	<ul style="list-style-type: none"> Adult supervision MUST be provided. Violations will cause swimmer expulsion from the meet. Coaches are responsible for the conduct of their swimmers in all areas throughout the duration of the meet. NO RUNNING, eating, rough play, loud radios, or flying objects will be permitted on the pool deck or in the pool facility. Vandalism, theft, or dangerous behavior will be cause for expulsion from the meet. Cooperation with the request of a Meet Marshal is expected. All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. 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. 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. 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 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, Niagara Swimming, Webster Swim Association 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 	



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COVID-19 GUIDELINES:

GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

- In applying for this sanction, the Host, Webster Swim Association (WEBS) agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Niagara Swimming (LSC), the State of New York and the Town of Webster.
- All Guests agree to ensure their own team(s) comply with all health and safety mandates and guidelines of USA Swimming, Niagara Swimming (LSC), the State of New York and the Town of Webster.

General

- We are fortunate to be permitted to use the facilities at the Webster Aquatic Center. Proper conduct on the part of all swimmers and spectators is expected at all times. The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway and balcony area. Any swimmer found in an area designated out-of-bounds will be barred from participating in the remainder of the meet.
- Only Meet personnel, volunteers, coaches and swimmers registered in the meet will be allowed on deck.
- Currently there is no mask requirement.
- **Spectators are allowed. No limitations on numbers other than a town fire code.**
- Entrance onto and from the pool deck will be through the locker rooms.

Team seating:

- Each team will have ample room for their swimmers and coaches to place their bags and sit.

Pre-meet warm-up:

- Each team may be assigned warm-up lanes. In the event of more teams than lane space, teams will be assigned warm-up lanes and timeslots.
- Swimmers are expected to minimize their time on the wall while warming up.
- Coaches are expected to oversee and monitor warm-ups to ensure proper distancing is maintained.

In-meet warm-up/warm-down:

- All swimmers asked to minimize their time on the wall during these times.

Swimmer Competition:

- A maximum of 3 heats will stage behind the blocks in each lane in designated locations.
- Swimmers are to stay in designated locations behind each lane and move forward once the heat before them moves.
- Timers are to step back from the edge of the pool once they have recorded the finish to allow the swimmer space to exit the water.

Meet personnel, volunteer, official, spectator and coach Facility Use.

- Restrooms in the lobby are available for use as well as the balcony restrooms.



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WARM-UP PROCEDURES FOR ALL SANCTIONED MEETS IN 8 LANE POOLS

Warm-up: LSC warm-up procedures will be followed. General warm-up will commence 1 hour before the meet when marshals will be in position. Detailed warm-up procedures will be posted at the pool.

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 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 15 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. Backstroke 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 backstroke swimmer 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 meet Referee may modify the above procedures according to the needs of the meet.



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Please submit with your HY-TEK entry file.

Club Name:	_____	Club Code:	_____
Person submitting	_____	Phone:	_____
Entry:	_____	E-mail:	_____
Coach's Name:	_____	Phone:	_____
Names of	_____		
Additional Coaches	_____		
who will attend:	_____		

Names of Officials who will be attending: _____

Total number of individual entries:	_____	X \$5.00 =	\$ _____
Total number of swimmers:	_____	X \$5.00 =	\$ _____
Total Due:			\$ _____

Entry Deadline: 10 PM, Monday, May 30, 2022. Email entry file to: adminofficial@wsabluefins.com

Make checks payable to **Webster Swim Association** and bring to meet with entry summary / waiver or mail to:

Webster Swim Association
 2022 Niagara Super Circuit
 Attn: Tammy Eggert
 P.O. Box 262
 Webster NY 14580

Club checks only please!!

Enclosed is payment of the entry fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assigns, waive and release all claims against FAST, PACK, WEBS, USA Swimming, Niagara Swimming and the Webster Central School District 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.

Signature of Club Official, Parent or Guardian

Date