2020 Chargers Last Chance Invite

2/8/20 -2/9/20 @ Le Moyne College

Held under the Sanction of USA Swimming

Sanctioned by Niagara swimming Sanction #NI-1920-039

Session 1 & 2: Le Moyne College. 1419 Salt Springs Rd, Syracuse NY 13214.

6 lane - 25 yard pool. Colorado Timing system 6 in use. The competition course has not been certified in accordance with 104.2.2C(4). Water depth at 1 m from start end, 12 feet; at 5 m, 12 feet. Water depth at turn end is 4ft at 1m, and 4 ft at 5m.

**The competition courses has not been certified in accordance with 104.2.2C(4).**

**Session 1: Deck Opens: 7:00AM. Warm ups: 7:15AM. Meet Starts: 8:15AM.**

**Session 2: Deck Opens: 7:45AM. Warm ups: 8AM. Meet Starts: 9AM.**

**Meet Director: Courtney Christ 315-446-1409, meetdirector@medleyaquatics.com**

**Meet Referee:**  **Jim Stromski**

**jrstromski@gmail.com**

**Meet Entry Coordinator: Will Chidsey 315-446-1409,** [**meetentry@medleyaquatics.com**](mailto:meetentry@medleyaquatics.com)

Warm up and start times for each session may be adjusted by the meet director to best accommodate entries. “Fly Over” starts may also be used at the discretion of the Meet Director and Meet Referee.

**Requirements:**

1. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
2. Age of swimmer on the first day of the meet determines eligibility.
3. Any club who enters a swimmer that is not USA Swimming registered or not transferred with the Niagara LSC guidelines will be fined $100.
4. Swimmers with a coach need to advise the Meet Director in advance. It is the responsibility of the club to have a coach for the swimmer(s) entered in the meet. It must be a registered coach and can be assigned from another team. This could be done in advance by contacting another coach attending the meet.
5. 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
6. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
7. Only swimmers, coaches, officials and meet personnel are allowed on deck. Coaches must wear their USAS ID pass, no exceptions. Only coaches with registered swimmers in the meet will be allowed deck access. Deck pass is acceptable proof. No exceptions.
8. Proper conduct is expected from all visitors. We are fortunate to have use of the facility. No glass is allowed on the pool deck or locker rooms. The meet is restricted to the pool and adjoining locker rooms, hallway surrounding the pool and spectator areas. Any swimmer found in unauthorized areas will be barred from participating in the remainder of the meet.
9. Deck changes are prohibited.
10. 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.
11. 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.

**Entries:**

All athletes can entry update to 6 entries per day. Entries must be submitted via Hy-Tek entry file. Those not having these capabilities contact the Meet Director. Entry times must be in Short Course years only. NT’s are allowed.

Entry Fee: $5 per event. $5 per swimmer surcharge.

Make Checks payable to: Syracuse Chargers

Send entries to: Will Chidsey, [meetentry@medleyaquatics.com](mailto:meetentry@medleyaquatics.com)

Send payment and waiver to:Syracuse Chargers, 5858 East Molloy Rd, Suite 104,

Syracuse, NY 13211

Team entries must be received by the Meet Entry Coordinator by **1/30/20.**

Deck entries will be allowed in open lanes at Meet directors and Meet Referee’s discretion.

By Submission of the entry fees for all events a team enters, 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 SYCH, Medley Aquatics, USA Swimming, Niagara Swimming and Le Moyne 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.

**Entry Deadline:**

Entries are due by Thursday January 30, 2020.

**Format:**

The meet will be pre-seed with the exception of the 1650 free. Positive check in will be required for deck seeding in those events. Positive check in will close 20 minutes prior to the start of applicable session.

The 1650 free will be swum fastest to slowest.

**Scratches:**

There will be no scratch deadline.

**Warm-Ups:**

This meet will be conducted in accordance with the rules of USA Swimming and Niagara LSC applicable rule for a pre-seeded, non-championship meet format. Niagara LSC guidelines for warm up procedures in a 6-lane pool will apply and be posted on deck.

**Timers:**

Clubs will be required to provide timers based upon their number of entries.

Swimmers have to provide their own timers for the 1650 Free.

**Services:**

Concessions TBD

**Photographers:**

Only professional photographers or videographers hired by the host team or Press Photographers, who have been approved in advance by the Meet Director, will be allowed on deck.

Swimmer’s families, taking photos of their children from the spectator area, are not subject to this policy.

*Parents and Professionals, please refer to the "Meet Policy" above for general restrictions pertaining to all photography at Sanctioned meets*.

**Awards:**

Heat Ribbons!

**Scoring:**

No Scoring for this meet.

**Officials:**

There will be an official’s meeting conducted promptly 30 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in official’s room before the start of official’s meeting.

**If you have any questions please contact the Meet Director or Meet Referee**

2020 Last Chance Meet

2/8-2/9

|  |  |  |
| --- | --- | --- |
| Order of Events | | |
|  | **Saturday, Session 1 @ Le Moyne College** |  |
| Girls |  | Boys |
| 1 | Open 50 Fly | 2 |
| 3 | Open 100 Back | 4 |
| 5 | Open 100 Breast | 6 |
| 7 | Open 50 Free | 8 |
| 9 | Open 100 Fly | 10 |
| 11 | Open 50 Back | 12 |
| 13 | Open 100 IM | 14 |
| 15 | Open 50 Breast | 16 |
| 17 | Open 100 Free | 18 |
|  |  |  |
|  |  |  |
| Girls | **Sunday, Session 2 @ Le Moyne College** | Boys |
| 19 | Open 100 Free | 20 |
| 21 | Open 200 Fly | 22 |
| 23 | Open 100 Breast | 24 |
| 25 | Open 200 Back | 26 |
| 27 | Open 100 Fly | 28 |
| 29 | Open 200 Breast | 30 |
| 31 | Open 200 Free | 32 |
| 33 | Open 100 Back | 34 |
| 35 | Open 50 Free | 36 |
| 37 | Open 200 IM | 38 |
| 39 | Open 400 IM | 40 |
| 41 | 13 & Over 1650 Free | 42 |

**$5.00 Per Individual Event Per Athlete for ALL Athletes**

**$5.00 Per Athlete Surcharge**

Syracuse Chargers

## ENTRY FEE CALCULATION SHEET CHARGERS LAST CHANCE INVITE, LE MOYNE COLLEGE 2/8-2/9/20

TEAM NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# CONTACT PERSON \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

# PHONE NUMBER \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

E-Mail ADDRESS \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

### Number of Individual Entries \_\_\_\_\_\_\_ X $5.00 = $\_\_\_\_\_\_\_\_\_\_

### Number of Swimmers \_\_\_\_\_\_\_ X $5.00 = $\_\_\_\_\_\_\_\_\_\_

Total Amount Due and Enclosed ….…………………………….$\_\_\_\_\_\_\_\_\_\_

##### ENTRY DEADLINE… Thursday 1/30/20

### *MAKE CHECKS PAYABLE TO* Syracuse Chargers INC, 5858 East Molloy Rd, Suite 104, Syracuse, NY 13211

Email your entries to the Meet Entry Coordinator

**This form Must be returned with Entry Report and Check  
to the Meet Entry Coordinator:**

Will Chidsey, 5858 East Molloy Rd, Suite 104, Syracuse, NY 13211, 315-446-1409, meetentry@medleyaquatics.com

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 any and all claims against Syracuse Chargers Inc, Medley Aquatics Inc, Meet management personnel, USA Swimming, Niagara Swimming Inc, Le Moyne 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. **YOUR SIGNATURE BELOW AFFIRMS ACCEPTANCE FO THESE CONDITIONS.**

**SIGNED CLUB**

**REPRESENTATIVE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Niagara Swimming Inc.  
Warm-up Procedures for all Sanctioned Meets in 6 Lane Pools**

1. **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.
2. **General warm-up period**

A. B. C. D. E.

The first 30-45 minutes are for general warm-ups in all lanes.  
There shall be **NO DIVING** off the blocks or the edge of the pool at this time. Outside Lanes - Kicking only.  
Inside Lanes - Swimming and pulling only; no paddles.  
No sprinting or pace work.

III. **Specific warm-up period**

A. B.

Last 30-45 minutes of pre-meet warm-up period.

In a six lane pool, each lane shall be scheduled as follows:  
a. Lanes 1 & 6 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.

b. Lanes 2 & 5 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.  
c. 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 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 be modified by the meet Referee according to the needs of the meet.