**STAR SWIMMING WINTER CHALLENGE**

**SHORT COURSE - YARDS**

**January  26-28,  2018**

**ERIE  COMMUNITY  COLLEGE,  BUFFALO,** **NEW  YORK**

HELD  UNDER  THE  SANCTION  OF  USA SWIMMING:  NI  1718-032

8 & Under,  10 & Under,  11-12,  13 & Over

**Meet  Information  also  available  at**[**www.starswimming.org**](http://www.starswimming.org/)

**POOL  LOCATION**

21  Oak  Street,  Buffalo,  New  York  14203

**FACILITIES**

Eight lane 25 yard pool with continuous flow through gutters and Kieffer- McNeil lane dividers. Two 25 yard eight lane pools and separate 25 yard six lane pool for continuous warm-up and warmdown. Colorado 5000 Electronic Timing System with gutter mounted touch pads, horn starts and scoreboard readouts for each course. The competition course has been certified in accordance with 104.2.2C(4). From the start end, the pool depth is 7 feet at 1 meter and 7 feet at 5 meters. From the turn end, the pool depth is 13 feet 6 inches at 1 meter and is13 feet 6 inches at 5 meters.

**VENUE**

**12  &  Under  will  swim  in  the  East  end  course  and  13 & Over  will  swim  in  the  West  end course.** Warm-up  is  in  a  separate  warm-up  pool.

**SITE  OF**

1993  World  University  Games

Numerous  USA  Junior  Nationals-Long  Course  and  Short  Course  1994  USA  Open

1997  USA  Phillips  66  Senior  Nationals

2004,  2006,  2009,  and  2010-2017  Eastern  Zone  “Super  Sectional”  Meet

**MEET  DIRECTOR**

Phil  Aronica

[Starentries@gmail.com](mailto:Starentries@gmail.com)

**MEET  MARSHALL**

Kevin  Blake

**HOTELS**

Hotel  information  is  posted  on  the  Star  Swimming  website  at [www.starswimming.org](http://www.starswimming.org/).

PLEASE RESERVE EARLY.

**OFFICIALS**

**Meet  Referee:** Lynda Blake and Hannah Burkett.

Anyone interested in officiating this meet is welcome. Please contact Lynda at [**LJBlake2000@yahoo.com**](mailto:LJBlake2000@yahoo.com)

OFFICIAL’S  BRIEFINGS  will  take  place  one  hour  before  the  start  of  each  session.

**TIMERS**

All  timing  will  be  provided  by  STAR  Swimming**except**  for  the  1000  Free. **Teams may need to provide volunteer timers at the discretion of the meet director.**

**EVENTS**

The  meet  will  be  swum  in  accordance  with  the  accompanying  schedule  of  events.

**ENTRY  RESTRICTIONS**

No swimmer may enter more than five (5) individual events per day and a maximum of two relays per day. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. No late or phone entries accepted. The Meet Director reserves right to return entries in order to control meet size especially for 12 & Under session. Deck entries permitted at discretion of Meet Director and Meet Referee. Deck entry fees will be $6.00/individual event & $15/relay.

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 (by the Niagara LSC), per such meet. The fine applies either when the athlete is unregistered or has not properly transferred registration.

**ENTRY FEES**

1. Individual Event $6.00
2. Relay Event $15.00
3. Swimmer Surcharge $7.00

Make checks payable to: **STAR SWIMMING, INC**

**Mail to: STAR  Swimming**

**PO  Box  361**

**Hamburg,  NY  14075**

**Email to:**  [**Starentries@gmail.com**](mailto:Starentries@gmail.com)

**ENTRY  FORMS  AND  FEES  must  be  received  no  later  than  11:00  PM,  January  19,  2018.**

**ENTER  SOON  THIS  MEET  FILLS  EARLY.**

Entries will be accepted on a first come basis. Teams not accepted will have their entries returned as soon as possible.

**COACHES  MEETING**

Saturday, January 27th at 8:45 and at other times as needed.

**STARTING  TIMES**

**Warm-up Warm-up Ends Start Meet**

Friday: 4:30 PM 5:25 PM 5:30 PM

Sat/Sun:   8:00 AM 8:55 AM 9:00 AM

**SEEDING**

The meet will be **Deck Seeded.** **THESE ARE POSITIVE CHECK-IN EVENTS**. Please have your swimmers positively checked in by 4:45 PM on Friday and 8:15 AM on Saturday and Sunday. If you are traveling on Friday and are unable to make a positive check in for Friday’s events, please email the meet director at [starentries@gmail.com](mailto:starentries@gmail.com).

**SCORING**

Per 2018 USA Rulebook.

**AWARDS**

Individual Events: 8 & Under Age Group – Ribbons 1st -8th

9&10 Age Group – Ribbons 1st-3rd

11&12 Age Group – Ribbons 1st-3rd

Relays: 10 & Under – Ribbons 1st-3rd

11&12 Age Group – Ribbons 1st-3rd

Each team must delegate a representative to pick up all awards for their team.

Bell Ringer Prizes will be provided in selected heats.

**RESULTS**

Real time results will be posted during the meet on the Star Swimming website at [www.starswimming.org](http://www.starswimming.org).

A result file for Team Manager and a Meet Manager Backup file will be posted following the meet.

**ADMISSION**

There will be a $2.00 admission fee for each spectator ages 12 & up for each session of the meet. The admission table will open an hour before the start of each session.

**HEAT SHEETS**

Programs will be available for $1.00 per session. There will be separate programs for the 12&Under pool and the 13&Over pool. The programs will not be available until 10 minutes prior to the start of each session due to the fact that this is a deck seeded meet. Each program will also be posted on the Star Swimming website 15 minutes prior to the start of the session at [www.starswimming.org](http://www.starswimming.org).

**SEATING**

Balcony seating is for 1200 people.

**WI-FI**

There will be signs posted throughout the balcony for instructions on how to access the wi-fi at Erie Community College.

**PARKING**

Parking is available at Mike’s Parking at the corner of Elm & Swan Streets and at the Adam’s Parking Ramp at the corner of Washington and North Division Streets. Mike’s Parking has attendants supervising parking from ½ hour before the start of warm-ups through the last session of the day. The Adam’s Parking Ramp offers free parking on the weekends but is unsupervised.

**CONDUCT**

Proper  conduct  on  the  part  of  all  swimmer  and  spectators  is  expected  at  all  times,  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.  Swimmers  are  not  allowed  to  swim  under  the  bulkhead.

Disciplinary  action  will  be  immediate  expulsion  from  the  meet.

The  meet  area  is  restricted  to  the  pool  and  adjoining  locker  rooms,  the  adjacent  hall  way,

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.  Posted  out-of-bounds

areas  include,  but  are  not  limited  to:  the  emergency  stairwells,  the  weight  room,  and  the  track

and  gym  areas.  USE  OF  THE  EMERGENCY  DOORS  BY  ANYONE  WITHOUT  EXPRESS

PERMISSION  TO  USE  THE  CODE  IS  PROHIBITED.  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.

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.

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

areas,  restrooms  or  locker  rooms.

Changing  into  or  out  of  swimsuits  other  than  in  locker  rooms  or  other  designated  areas  is  not

appropriate  and  is  prohibited.

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.

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.

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.”

**Order of Events Junior Meet – 12 & Under**

|  |  |  |
| --- | --- | --- |
| **FEMALE** |  | **MALE** |
|  | **FRIDAY,  JANUARY  26** |  |
| 1 | 10  &  Under  200  Medley  Relay | 2 |
| 3 | 11-12  200  Medley  Relay | 4 |
| 5 | 12  &  Under  200  IM | 6 |
| 7 | 11-12 400 IM | 8 |
| 9 | 12  &  Under  200  Free | 10 |
| 11 | 11-12 500 Free | 12 |
|  |  |  |
|  | **SATURDAY,  JANUARY  27** |  |
| 13 | 11-12  200  Fly | 14 |
| 15 | 8  &  Under  25  Breast | 16 |
| 17 | 12  &  Under  50  Breast | 18 |
| 19 | 12  &  Under  100  Back | 20 |
| 21 | 10  &  Under  400  Medley  Relay | 22 |
| 23 | 11-12  400  Medley  Relay | 24 |
| 25 | 8  &  Under  100  Free | 26 |
| 27 | 12  &  Under  100  Free | 28 |
| 29 | 11-12  200  Breast | 30 |
| 31 | 8  &  Under  25  Free | 32 |
| 33 | 12  &  Under  50  Fly | 34 |
| 35 | 8  &  Under  100  IM | 36 |
| 37 | 12  &  Under  100  IM | 38 |
| 39 | 10  &  Under  200  Free  Relay | 40 |
| 41 | 11-12  200  Free  Relay | 42 |
|  |  |  |
|  | **SUNDAY,  JANUARY  28** |  |
| 43 | 11  &  12  200  Back | 44 |
| 45 | 8  &  Under  25  Fly | 46 |
| 47 | 12  &  Under  100  Fly | 48 |
| 49 | 8  &  Under  50  Back | 50 |
| 51 | 12  &  Under  50  Back | 52 |
| 53 | 8  &  Under  50  Free | 54 |
| 55 | 12  &  Under  50  Free | 56 |
| 57 | 8  &  Under  25  Back | 58 |
| 59 | 12  &  Under  100  Breast | 60 |
| 61 | 10  &  Under  400  Free  Relay | 62 |
| 63 | 11-12  400  Free  Relay | 64 |
|  | **10 MINUTE BREAK** |  |
| 65 | 11 & 12 1000 Freestyle \*\* | 66 |

**Will Swim ALL Sessions in the East Pool**

\*\* May be limited to 2 fastest male & female heats as time permits.

Swimmers must provide their own timers/counters. This event will swim fastest to slowest.

**Order of Events Senior Meet – Ages 13 & Over**

**Will Swim ALL Sessions in West Pool**

|  |  |  |
| --- | --- | --- |
| **FEMALE** |  | **MALE** |
|  | **FRIDAY, JANUARY 26** |  |
| 101 | 13 & Over 200 Medley Relay | 102 |
| 103 | 13 & Over 400 IM | 104 |
| 105 | 13 & Over 500 Free | 106 |
|  |  |  |
|  | **SATURDAY, JANUARY 27** |  |
| 107 | 13 & Over 100 Breast | 108 |
| 109 | 13 & Over 100 Free | 110 |
| 111 | 13 & Over 50 Fly | 112 |
| 113 | 13 & Over 200 Back | 114 |
| 115 | 13 & Over 400 Medley Relay | 116 |
| 117 | 13 & Over 200 Free | 118 |
| 119 | 13 & Over 50 Back | 120 |
| 121 | 13 & Over 200 Fly | 122 |
| 123 | 13 & Over 200 IM | 124 |
| 125 | 13 & Over 200 Free Relay | 126 |
|  |  |  |
|  | **SUNDAY, JANUARY 28** |  |
| 127 | 13 & Over 50 Breast | 128 |
| 129 | 13 & Over 100 Back | 130 |
| 131 | 13 & Over 200 Breast | 132 |
| 133 | 13 & Over 50 Free | 134 |
| 135 | 13 & Over 100 Fly | 136 |
| 137 | 13 & Over 100 IM | 138 |
| 139 | 13 & Over 400 Free Relay | 140 |
|  | **10 MINUTE BREAK** |  |
| 141 | 13 & Over 1000 Free \*\* | 142 |

\*\* May be limited to 2 fastest male & female heats as time permits.

Swimmers must provide their own timers/counters. This event will swim fastest to slowest.

**2018  STAR  SHORT  COURSE  WINTER  CHALLENGE**

HELD  UNDER  THE  SANCTION  OF  USA  SWIMMING:  NI  1718-032

**ENTRY  RECAPITULATION**

|  |  |
| --- | --- |
| TEAM: | TEAM CODE: |
| COACH: | PHONE #: |
| ADDRESS: | CITY: |
| STATE: | ZIP: |
| CONTACT PERSON: | PHONE #: |
| TEAM HOTEL: | EMERGENCY PHONE #: |

|  |  |  |
| --- | --- | --- |
| Female Individual Entries: | $6.00 = | $ |
| Number of Female Swimmers: | $7.00 = | $ |
| Male Individual Entries: | $6.00 = | $ |
| Number of Male Swimmers: | $7.00 = | $ |
| Number of Relay Entries: | $15.00 = | $ |
| **TOTAL AMOUNT ENCLOSED** | | $ |

MAKE CHECKS PAYABLE TO **“STAR SWIMMING”**

**\*\*\*\*\***  THIS  FORM  MUST  BE  RETURNED  WITH  ENTRY  FORMS**\*\*\*\*\***

TO  BE  CONSIDERED  A  COMPLETE  ENTRY.

**MAIL TO: STAR  Swimming E-MAIL ENTRIES TO:**

**PO  Box  361** [**STARENTRIES@GMAIL.COM**](mailto:STARENTRIES@GMAIL.COM)

**Hamburg,  NY  14075**

ENTRY  FEE  CHECK  MUST  ARRIVE  THREE  (3)  DAYS  FROM  DATE  OF FAX  OR  E-MAIL ENTRY. ENTRIES  NOT  COMPUTERIZED  UNTIL ALL  ENTRY  FEES  ARE  PAID.

ENTRIES  CLOSE**11:00  PM**,**January  19,  2018**

E-MAIL  ADDRESS:

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  Star  Swimmng,  Inc.,

Niagara  Swimming,  Inc.,  USA  Swimming,  and  the  Erie  Community  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.

Date Signature of club official, parent or guardian

**Warm-up Procedures for all Santioned Meets in 8 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.

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. 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  lanesother  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.  Backstrokes’  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  backstrokes  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  maybe

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  befollowed.

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.