

Niagara LSC Long Course Championships

July 18-21, 2019

Hosted by STAR Swimming

Niagara LSC Sanction NI1819-312

Held under the Sanction of USA Swimming

LOCATION: Erie Community College, 21 Oak Street, Buffalo, New York 14203

FACILITY: Eight lane 50-meter pool with continuous flow through gutters and Kieffer-McNeil lane dividers. One 50 meter eight lane pool and separate 25 yard six lane pool for continuous warm-up and cool-down. Colorado 6 Electronic timing system with gutter mounted touchpads, horn starts and scoreboard readouts at each end of pool. The competition course has been certified in accordance with 104.2.2C (4). The copy of such certification is on file with USA Swimming. Pool depth at start end is 7' at turn end pool is 9'6" in depth.

Day	Warm Up	Meet Start Times
Thursday	4:00pm	5:00pm
Fri - Sun Prelims	7:00am	8:00am
Fri - Sun Finals	4:00pm	5:00pm

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 will be sent to all who have submitted entries.

EVENTS: The meet will be swum in accordance with the accompanying schedule of events. Prepare for flyover starts.

Meet Director	Meet Referee
Phil Aronica, Jeff Hewett	Colin Adams
starentries@gmail.com	ployment@yahoo.com

OFFICIALS: Any officials interested in working the meet, please sign up for the specific meet in the team app. Any questions, contact Colin Adams, Meet Referee, for more information

TIMERS: Teams entering the meet will be required to provide timers for all prelim sessions per directive of the Niagara LSC. STAR Swimming 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 in the Meet Program and posted at the pool.

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

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

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Scoring: Individual Events: top – 16 places 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 1st – 8th.

Relay Events: Medals 1st – 3rd.

High Point award for each age group (Male & Female).

Team High Point Trophy: Top three (3) overall Team Champion and Small Team Champion, Small Team is designated by having <100 registered swimmers.

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.

STANDARDS: See Niagara swimming or host website.

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. **No converted times will be accepted.**

ENTRY RULES:

1. 11& Over swimmers may enter and swim in no more than three (3) individual events and two (2) relay events per day, including bonus events. A maximum of Six (6) individual entries for the entire meet is allowed. 10 & Under maximum will be Six (6) individual entries with a maximum of four (4) individual events in a single session, including bonus events, and a Max of 2 relays per swimmer.
2. Relays:
 - a. There are no time standards for relays.
 - b. A team with 4 swimmers in an age group qualified and entered in the meet may participate in any or all of the relays.
 - c. For each event, swimmers can compete in only one of the following age groups: 10 & under, 11-14 and 15 & Over.
 - d. Relay only swimmers are allowed and are eligible for all relays with the following criteria:
 - i. A total of 2 relay only swimmers are allowed per age group in each event.
 - ii. No relay only alternates are allowed.
 - e. 10 & Under relays: Will be swum combined as girls, boys, or mixed gender and be scored together. If entered as a mixed gender relay, the relay must be compromised of 2 girls and 2 boys swimmers.

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- f. Max 4 relays per team, per event when all relay swimmers are individual event qualifiers. With one exception: If relay only swimmers are entered in the event, then only 2 relays per age group.
 - g. Only A and B relays are eligible to score.
3. Individual entry times must be equal to or faster than the applicable Niagara LSC Long Course Championship standards. Qualifying times must be achieved between July 1, 2017 and July 15, 2019.
 - a. No deck entries will be accepted.
 - b. Consult your club coach before contacting meet host personnel with entry and meet questions. If necessary, coaches should contact meet personnel to obtain answers to questions posed by team members.
 - c. Only times that are achieved at a USA Swimming sanctioned or observed/approved meets are valid. They must be in the SWIMS database to prove times. No other time will be accepted.

DISABILITY:

USA Swimming National Disability Committee released motivational time standards to foster and promote the inclusion of nontraditional athletes in their LSC Championships. The motivational 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 wheel chair 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.

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). NT not accepted for bonus swims. 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.

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FORMAT:

7 session meet, 1 session on Thursday, 2 sessions each on Friday, Saturday & Sunday. Morning session; 11 & Over Prelim session and 10 & Under Timed final, Evening Session final; for 11 & Over events on all Days.

All 10 & Under events and Relays are Timed Finals. All 11&12 events will be prelim/finals with the exception of the 400 IM, 400 Free, 200 Back, 200 Breast and 200 Fly, which will be Timed Finals. The 11-12 400 Free, 200 Back, 200 Breast and 200 Fly will swim the top 8 seeded swimmers at finals. The 13 & Over 800 and 1500 are also timed final events.

All Thursday's events are positive check in, deadline is 4:15pm Thursday. The 13 and over 800 free on Sunday is also a positive check in event, deadline is 8:30am Sunday.

For the 800, the top 8 (male and female, multi age) swimmers after positive check in will swim in the finals session. The 800 will swim in prelims alternating girls than boys and swum fastest to slowest. **The Sunday Swim Rule for the 800 free will be in effect.** The "**Sunday Rule**" will apply to the 13 & Over 800 freestyle. All swimmers entered in the 800 freestyle will be asked to indicate a preference for swimming during prelims or finals when positively checking in for the event. The top 8 female and top 8 male, (multi-age) who wish to swim in the evening will swim during the Sunday finals session. All other swimming with the morning prelims session in a multi-age, single gender format, seeded fastest to slow, alternating heats by gender.

The 1500 will also be alternating gender and swum fastest to slowest.

All 13 & Over Final events are to be swum multi-age prelims and split into, 13-14, 15 & Over for the finals. Final events will be swum 11-12 A & B-Final (Women's & Men's), 13-14 A & B Final (Women's & Men's), followed by 15 & Over A & B Final (Women's & Men's) for each event.

For all 11&O relays, the top 8 seeded teams will swim in the finals each night. **The Sunday Swim Rule for Sunday's relays will be in effect.** All relay teams entered in Sunday relays will be asked to indicate a preference for swimming with preliminaries or finals when positively checking in for the event. The fastest eight teams who wish to swim in the **Sunday** evening finals will swim during the finals. All other teams will swim during the **Sunday** morning preliminaries.

FINALS SESSION:

16 Swimmers will advance to the finals session in each prelims/finals event. **Any swimmer qualifying for a finals session race in an individual event who fails to compete in that race will be barred from further competition in the meet.** If the race falls on the last day of the meet on which the swimmer is entered, the swimmer or team will be fined \$25.00 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.

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Order of Events

Thursday Finals

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
1	11-14 800 Free Relay	2
3	15 & Over 800 Free Relay	4
5	10 & Under 400 Free	6
7	11-12 400 IM	8
9	13 & Over 1500 Free	10

Friday Prelims

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
11	11-12 200 Back	12
13	13 & Over 200 Back	14
15	10 & Under 50 Free	16
17	11-12 50 Free	18
19	13 & Over 50 Free	20
21	10 & Under 100 Breast	22
23	11-12 100 Breast	24
25	13 & Over 200 Breast	26
27	11-12 50 Fly	28
29	11-14 400 Medley Relay	30
31	15 & Over 400 Medley Relay	32
33	10 & Under 200 IM	34
35	11-12 200 IM	36
37	13 & Over 400 IM	38

Friday Finals

<i>Girls</i>	<i>Event</i>	<i>Boys</i>
11	11-12 200 Back	12
13	13 & Over 200 Back	14
35	11-12 200 IM	36
37	13 & Over 400 IM	38
17	11-12 50 Free	18
19	13 & Over 50 Free	20
23	11-12 100 Breast	24
25	13 & over 200 Breast	26
27	11-12 50 Fly	28
29	11-14 400 Medley Relay	30
31	15 & Over 400 Medley Relay	32

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Order of Events

Saturday Prelims

Girls	Event	Boys
39	10 & Under 200 Medley Relay	39
41	11-14 200 Medley Relay	42
43	15 & Over 200 Medley Relay	44
45	11-12 200 Fly	46
47	13 & Over 100 Fly	48
49	10 & Under 100 Free	50
51	11-12 100 Free	52
53	13 & Over 100 Free	54
55	10 & Under 50 Back	56
57	11-12 100 Back	58
59	13 & Over 200 IM	60
61	10 & Under 100 Fly	62
63	11-14 200 Free Relay	64
65	15 & Over 200 Free Relay	66
67	11-12 400 Free	68
69	13 & Over 400 Free	70

Saturday Finals

Girls	Event	Boys
41	11-14 200 Medley Relay	42
43	15 & Over 200 Medley Relay	44
67	11-12 400 Free	68
69	13 & Over 400 Free	70
45	11-12 200 Fly	46
47	13 & Over 100 Fly	48
51	11-12 100 Free	52
53	13 & Over 100 Free	54
57	11-12 100 Back	58
59	13 & Over 200 IM	60
63	11-14 200 Free Relay	64
65	15 & Over 200 Free Relay	66

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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	13 & Over 100 Breast	82
83	10 & Under 100 Back	84
85	11-12 50 Back	86
87	13 & Over 100 Back	88
89	10 & Under 50 Fly	90
91	11-12 100 Fly	92
93	13 & Over 200 Fly	94
95	11-12 200 Breast	96
97	10 & Under 200 Free Relay	97
99	11-14 400 Free Relay	100
101	15 & Over 400 Free Relay	102
103	13 & Over 800 Free	104

Sunday Finals

Girls	Event	Boys
103	13 & Over 800 Free	104
73	11-12 200 Free	74
75	13 & Over 200 Free	76
79	11-12 50 Breast	80
81	13 & Over 100 Breast	82
85	11-12 50 Back	86
87	13 & Over 100 Back	88
91	11-12 100 Fly	92
93	13 & Over 200 Fly	94
95	11-12 200 Breast	96
99	11-14 400 Free Relay	100
101	15 & Over 400 Free Relay	102

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

Credit cards via OME only will be accepted for payment.

OME will open for this meet on June 1, 2019 at www.usaswimming.org/ome.

Online Meet

Entry:

All entries for qualifying swims between July 1, 2017 and July 15, 2019 must be submitted through USA Swimming's website using OME (Online Meet Entry). Ensure that relay only swimmers are included in the team roster entry. All coaches planning to attend the meet **MUST** be included with the entry for the confirmation of coach credentials prior to arriving at the meet. Any coach not on the original entry **MUST** show proof of current credentials prior to receiving coach's packets or deck credentials.

Entry Instructions: Payment for entries using OME is accepted using Visa, MasterCard, American Express or Discover. After you complete your online entry, you will be sent confirmation via e-mail. Bring all communications with you to the meet. You can return to your entry to modify entry times through the July 15, 2019 entry deadline July 15, 2019. Once you have paid for your entry, you may add events to your entry but you cannot delete events. Entries will not be considered accepted until entry fees are received. Entry times, under OME, are taken from the SWIMS national database, or a custom time from a USA sanctioned, observed, or approved meet, may be entered. All swims entered as a custom time must be proven in hard copy prior to the start of the meet. Times must be entered in the proper course in which achieved; converted times will not be accepted. Times other than long course meters will be treated as "nonconforming" and will be seeded according to USA Swimming procedures. Do not convert times before entering them.

Questions Regarding OME? Contact: Jaime Lewis, jlewis@usaswimming.org, 719-866-3581

ENTRY DEADLINE: Entries with payment and signed meet summary/waiver form must be received no later than 11:59 am EST, July 15, 2019. No certified mail please.

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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 19, 2019 at 8:10am in the small pool area. 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.

CREDENTIALS:

Coaches may pick up their team's credentials and meet packet beginning Thursday, July 18, 2019 at 3:00pm at the check-in table located in the hallway outside of the training room doors. Only coaches with official meet credentials will have deck access.

RULES:

The meet will be conducted in accordance with the rules of USA Swimming and Niagara LSC applicable to a pre-seeded, championship meet format.

Niagara LSC guidelines for warm-up procedures in an eight-lane pool will apply.

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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 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. Posted out-of-bounds areas include, but are not limited to: the emergency stairwells, the weight room, and the track and gym areas.

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 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.

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.

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. **Non-credentialed coaches and officials not working, and parents who attempt to gain pool deck access via locker rooms, are not allowed on the pool deck. Offenders are potentially subject to a fine of \$100 from Niagara Swimming.**

Fly over starts will be used at this meet to help control meet duration.

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Heat Sheets: Preliminary heat sheets are \$5.00 per day
Finals heat sheets are \$2.00 per day

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. 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 weekends, but is unsupervised.

WARM UP/
DOWN POOL: During prelims, the 50 meter pool will be open to any and all swimmers entered in the meet during the warm-up period. The 25 yard pool will be open **ONLY** to 10 and under swimmers for PRELIMS ONLY during the warm-up period. Once the preliminaries have started, the 25 yard pool will be open to all swimmers entered in the meet.

At the conclusion of each session, the 25 YARD pool will close and the 50 meter pool will remain open for an additional 20 minute warm down. Horseplay will not be tolerated. **There is absolutely no exit through the GREEN DOORS in the warm down area. If anyone is caught using these doors, the penalty can be immediate removal from the remainder of the meet.**

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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. In an eight-lane pool, each lane shall be scheduled as follows:
 - i. Lanes 1 & 8 Pace lanes, push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
 - ii. Lanes 2, & 7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 - iii. Lane 7 racing start only from deep end when 50's are competed in the session
 - iv. Lanes 3, 4, 5 & 6 general warm-up only (as above) NODIVING.

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.

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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 \$ _____

All payments must be by credit card via Online Meet Entry (OME).

Star Swimming, Inc.

PO Box 361

Hamburg, NY 14075 E-MAIL TO: Starentries@gmail.com

ENTRIES CLOSE 11:59 am, July 15, 2019

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 Swimming, 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

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