

2023 Niagara Championships 14 & Under



Meet Announcement Summary

Meet Dates: March 17-19, 2023

Host & Contact: Webster BlueFins & Syracuse Chargers

meetdirector@medleyaquatics.com

Meet Referee: Matt Sarkisian

Location:

Webster Aquatic Center

875 Ridge Road

Webster, NY, 14850



Qualifying Period and Entry Deadline: September 1, 2021 – March 6th, 2023

Late Entry Provision: March 7th, 2023 - March 13th, 2023

Meet Warm Up & Session Start times:

			Warm ups	Meet Start
Session 1	Friday Morning	11-14 Prelims	9:00 AM	10:00 AM
Session 2	Friday Evening	11-14 Finals, 10 & U TF	4:00 PM	5:00 PM
Session 3	Saturday Morning	11-14 Prelims	7:30 AM	8:30 AM
Session 4**	Saturday Afternoon	10 & Under TF	12:30 PM	1:00 PM
Session 5	Saturday Evening	11-14 Finals	4:30 PM	5:30 PM
Session 6	Sunday Morning	11-14 Prelims	7:30 AM	8:30 AM
Session 7**	Sunday Afternoon	10 & Under TF	12:30 PM	1:15 PM
Session 8	Sunday Evening	11-14 Finals	4:30 PM	5:30 PM

**Subject to change depending on Session 3 & 6 projected end time.

General Meeting: Friday, March 17, 2023. 7:50am

Entry Limit: 6 Individual Events per swimmer
Max of 3 per day.

Bonus Rule: Make 1 Get 3
Make 2 Get 2
Make 3 Get 1,
Make 4 No Bonus

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2023 Niagara Championships 14 & Under
Hosted by The Webster BlueFins and Syracuse Chargers

March 17-19, 2023

Meet Sanction #NI2223-046
Held under the Sanction of USA Swimming

General Information

Co-Meet Directors: Randy Naccarella & Courtney Christ meetdirector@medleyaquatics.com
Meet Referee: Matt Sarkisian matt@sarkisians.com
Meet Entry Chair: Will Chidsey meetentry@medleyaquatics.com
(315) 430-5481

Location and Facility:

- 50-meter pool will be set up as 6-10 lane, 25-yard pool with non-turbulent lane dividers and electronic timing.
- Water depth: From start end, pool depth ranges from 6'8" to 7'6" at 1 meter and 6'8" to 7'6" at 5 meters. From turn end, pool depth ranges from 6'8" to 7'6" at 1 meter and 6'8" to 7'6" at 5 meters.
- The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
- Lanes will be available for continuous warm-up and cool down.
- Swimmers will sit with their teams on the pool deck.

Coaches Meeting:

There will be a coach's meeting Friday March 17th, 2023 at **8:50am**. All and any final decisions will be communicated at this meeting. Coaches and teams are accountable for the information presented. Accordingly, please make sure that there is at least one representative from your club in attendance.

Timers:

Teams entering the meet will be required to provide timers for all prelims and timed final sessions per the directive of the Niagara LSC. Swimmers will be responsible for supplying their own timers and counters for the 500 Free and 1650 Free. Webster BlueFins (WEBS) and Syracuse Chargers (SYCH) will provide timers for Finals, Saturday-Sunday. The Meet Director will specify assignments based on the proportionate size of each team's entry. Documentation of volunteer hours is available and can be provided upon request.

Facility Schedule:

Friday, March 17th: 8:15am-End of finals
Saturday, March 18th: 7:00am-End of finals
Sunday, March 19th: 7:00am-End of finals

Team Check-In:

Upon arrival, you must check-in and show your coaching credentials.

Meet Schedule:

			Warm-ups	Meet Start
Session 1	Friday Morning	11-14 Prelims	9:00 AM	10:00 AM
Session 2	Friday Evening	11-14 Finals, 10 & U TF	4:00 PM	5:00 PM
Session 3	Saturday Morning	11-14 Prelims	7:30 AM	8:30 AM
Session 4**	Saturday Afternoon	10 & Under TF	12:30 PM	1:00 PM
Session 5	Saturday Evening	11-14 Finals	4:30 PM	5:30 PM
Session 6	Sunday Morning	11-14 Prelims	7:30 AM	8:30 AM
Session 7**	Sunday Afternoon	10 & Under TF	12:30 PM	1:00 PM
Session 8	Sunday Evening	11-14 Finals	4:30 PM	5:30 PM

**Subject to change depending on Session 3 & 6 projected end time.

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 submit their entries via OME and late entries via email.

Warm-Up Procedure:

Current Niagara Swimming and USA Swimming rules govern all aspects of the warm-up. No diving and feet-first entry are required except in designated lanes and times. Warm-up procedures will be posted on deck.

Meet Format:

Events will be swum in accordance to the included Order of Events.

1. Timed Finals format will be used for all 10 & Under events. A prelims/finals championship format will be used for 11-12 and 13-14 except for events designated as "Timed Finals."
2. The top 3 heats in each age-group category (11-12 and 13-14) for both male and female will advance to swim in the finals session.
3. The 13-14 500 Freestyle, 13-14 400 IM, 13-14 1650 Free timed final distance events will alternate female/male, Fastest to Slowest, with the fastest heats swimming in finals. If a 2 pool course is used, they will not alternate.
4. Seeding will be SCY, LCM, SCM.
5. All Relays will be timed finals and Swim in the prelim session except for the 400 Freestyle

- relay, which will be swum in the finals session on Friday.
6. The meet will be pre-seeded except for the 1650 Freestyle
 - a. 1650 Free 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 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 or a \$50 fine payable to host.
 7. It is the swimmer's responsibility to stand directly behind the correct starting block/lane when called by the Referee/Starter/Announcer for their races by verbal announcement and whistle blasts. Coaches are strongly advised to instruct swimmers to regard the call to compete from the Referee/Starter/Announcer as the final authority. All instances of confusion will be clarified by the Referee prior to the race. Swimmers who miss any race will not be re-seeded into subsequent heats for any race in which they failed to report as above. Swimmers who fail to report for a preliminary or timed-final event that does not require positive check-in will remain eligible to compete in all remaining events in which he/she was properly entered, except as stated elsewhere in this announcement regarding finals or positive check-in events.
 8. Any swimmer who may require assistance to properly report for races as stated shall be identified to the Referee immediately preceding all sessions in which that swimmer is scheduled to compete.
 9. Flyover starts may be used at the discretion of the Referee during all preliminary and timed final sessions.
 10. 11-12 200 Back, 11-12 200 Breast, 11-12 200 Fly will use the respective 13-14 time standard, they will be combined with 13-14 using the age group 11-14. The 11-14 events will be scored as 11-14 with no exclusion or separation. This is so swimmers trying to make the zone cut for those events have the ability to swim them.

Medical Supervision:

The Webster Aquatics Center (WAC) has lifeguards stationed on the pool deck monitoring the competition and warmup/cooldown pool. A lifeguard office is located off the pool deck with medical supplies.

Eligibility & Fees:

This Meet is open to any Niagara LSC registered USA Swimming athlete with a NI 14 and Under Championship qualifying time.

Qualification Period: September 1, 2021 through meet entry deadline.

Regular Entry Deadline: Monday, March 6th, 2023 at 11PM EST.

Seeding Order: SCY, LCM, SCM. Bonus entries are seeded last in the same order.

Entry Fees: \$9.00 for individual events

\$15.00 for relay events

\$10.00 per swimmer surcharge

Payment for entries is accepted by check due by team check-in.

Payable to: Webster Swim Association, Treasurer, PO BOX 262, Webster, NY 14580.

After you submit your entry via email, you will be sent a confirmation via e-mail. Have all communications available if needed with you to the meet.

All entries are to be emailed via hytek file by entry deadline.

New qualifier period March 7-12th, 2023. Entries due by midnight on March 13th, 2023. This is for new cuts made within the window only. Email meet entry chair your new entries.

Late Entry Provision:

Any team or athlete missing the initial entry deadline of **March 6th, 2023** with entries achieved during the entry qualifying period, will be permitted to enter late, subject to the following requirements.

- Hy-Tek Team Manager entry file must be submitted to the Meet Entry Chair at meetentry@medleyaquatics.com **no later than 4:00pm ET, Monday, March 13th, 2023**
- Team or entrant must pay a one-time processing fee of \$150 plus \$15 per individual event and \$30 per relay event

Entry Rules:

1. 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.
2. Relays:
 - a. There are no time standards for relays.
 - b. If you have 4 swimmers in an age group qualified and entered in the meet they can participate in any or all of the relays.
 - c. Relay only swimmers are allowed and are eligible for all relays with the following criteria:
 - i. Relay only swimmers entered in one relay can swim all relays on all days.
 - ii. Relay only swimmers are only permitted on an A or B relay.
 - iii. A total of 3 relay only swimmers are allowed per event, no matter how many relays you have in that event.
 - iv. No relay only alternates are allowed.
 - v. Mixed relays must be comprised of 2 males and 2 females.
 - d. Max 4 relays per team per event.
 - e. Only A and B relays are eligible to score.
 - f. Participants can only participate in one (1) relay event on Friday.
3. Individual entry times must be equal to or faster than the applicable Niagara LSC Short Course 14 & Under Championship standards as posted on Niagara's website and meet host site. Qualifying times must be achieved between September 1, 2021 and **March 6th, 2023**, dates inclusive. Non-conforming entry times for SCM and LCM must be equal to or faster than the applicable Niagara Short Course Championship (Gold) qualifying time standards.

4. Other than the provisions outlined elsewhere in this announcement, no late entries will be accepted.
5. No deck entries will be accepted.
6. 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.

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.

Bonus Events:

Swimmers entering one (1) qualifying time will be permitted to enter three (3) bonus events.
Swimmers entering two (2) qualifying times will be permitted to enter two (2) bonus events.
Swimmers entering three (3) qualifying times will be permitted to enter one (1) bonus event.
Swimmers entering four (4) or more qualifying times will not be permitted to enter bonus events.

1. 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.
2. Events of 400 yards and greater are not eligible for selection as bonus events.

Proof of Time:

- Proof of Times, which shall include the date and name of the meet where there time was achieved, must be included with the entry file.
 - For Team Unify users, this report can be generated by going to the committed athlete tab, and clicking entry report. Under display option in this screen click show proof of times. Then generate report. Send that report along with your entries.
 - If you do not have Team Unify, a similar report from the team is required for entries to be accepted that includes all necessary information.
- Any additional requested Proof of Times must be submitted to meetentries@medleyaquatics.com prior to the Scratch deadline for the session in which the event is being swum. The Proof of Times must include the name and USA-S ID of the athlete as well as the meet, event and time swum.
- Times achieved in High School, College, YMCA and similar non-USAS swims must be from a USA Swimming Observed meet.
- After the meet, the meet host will conduct an audit of entry times vs. meet results. Based on the results of this audit, the meet host may require a club or unattached swimmer to provide Proof of Times for selected swims for which entry times were not previously proven. Proof of Time has been defined as a time included in the SWIMS database, or which can be proven by official meet results (including the cover sheet).
- If a club or unattached swimmer fails to provide a valid Proof of Time, the club or unattached swimmer will be fined one hundred dollars (\$100) for each entry time not proven. Failure to pay the fine will result in exclusion from future Niagara Championships for the club or unattached swimmer until the fine is paid.
- Warning: Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$100.00, and no further entries will be accepted from the club until the fine is paid. All swimmers, coaches and officials must be properly registered with USA Swimming for 2023.

Scratch Rule:

Niagara Swimming's Scratch Rule is in effect for this meet (referenced below).

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.

Time Standards:

Time Standards can be found on Niagara Swimming's website.

Scoring:

Top 20 finishers will score points per the outline below.

All Individual Events: A Final 24-21-20-19-18-17-16-15-14-13

B Final 11-9-8-7-6-5-4-3-2-1

All Relay Events: 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

*Only the A & B Relays for each team will score

Awards:

Individual Events:

Medals 1st – 10th.

Relays:

Medals 1st – 3rd.

Age Group High Point:

Male and Female (10 & U, 11-12, 13-14), based on individual points scored during competition.

Team High Point:

Top 3 overall Team (highest scores) and Small Teams 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 are to be picked up by Team Reps prior to final departure from the meet. Unclaimed awards can be mailed at team's expense. For special pickups, see Meet Director.

Coach Information and Deck Access

Please use designated pool entry areas. Any coach not on the original entry MUST show proof of current credentials prior to receiving coach's packets or deck credentials. Only swimmers, coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. These must be visible at all times when on deck. Teams will be allocated deck passes for coaches using the following Niagara LSC formula based on the number of athletes entered into individual events:

1-5 swimmers in individual events or	1 coaching pass
6-12 swimmers in individual events:	2 coaching passes
13-22 swimmers in individual events:	3 coaching passes
23-30 swimmers in individual events:	4 coaching passes
31-39 swimmers in individual events:	5 coaching passes
40-49 Swimmers in individual events:	6 coaching passes
50+ swimmers in individual events:	7 coaching passes

Unattached swimmers entered without a team: 1 coaching pass
*Unattached swimmers with a team will be counted in the numbers for the team

Hospitality:

Hospitality will be located just off the Competition Pool in the Conference Room. The hospitality area is for officials, coaches and meet staff and must have appropriate credentials to enter the hospitality area.

Locker Rooms:

There are two sets of locker rooms for both women and men. All are located on deck. Please follow signs. Locker Rooms are for Athletes only. Do not leave locks on locker overnight; locks may be cut off. Webster Central School District, Webster Aquatic Center, Syracuse Chargers Swimming and Webster Swim Association are NOT responsible for lost or stolen property.

Spectators and Fans

Heat Sheets & Admissions:

Programs will be posted on the hosted meet site, they will not be available for sale. Admission is free.

Parking:

Parking in lots surrounding the Aquatic Center will be available at no charge.

Vendors:

Northwest Designs will be on site for official meet merchandise.
Ultimate Swim Shop will be at the meet for all your goggle, suit and cap needs. Contact them ahead of time if you need something specific.

Officials

Signups for Assigned positions (Deck Referees, Starters and Chief Judges) will be done through a Google Form, and a link to the form will be sent out in late February. If you would like to work in one of these positions, please RSVP by Sunday, March 5, 2023.

Signups for Stroke & Turn Judges will be done through TeamApp. In order for credentials to be checked in advance, please RSVP by Wednesday, March 15, 2023. If you are unable to sign up in advance, we will gladly accept your help as a “walk-in”.

Because this is a Championship meet, we will not be able to accommodate uncertified or advancing officials who wish to shadow as an apprentice.

Officials’ briefings will take place one hour prior to the published starting time of each session. Officials working a session should be onsite and signed in prior to the start of the pre-session briefing. If you have any questions, please contact Matt Sarkisian (matt@sarkisians.com).

Rules and Regulations

- 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.
- No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in USA Swimming Rules and Regulations, Article 302.
- 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.
- 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.
- **Deck ID:**
- Only Swimmers, Coaches, Officials, and Meet Personal allowed on deck. There must be a designated team seating area and designated spectator seating area.
- 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.
- 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.
- In applying for this sanction, the Host, Webster Swim Association & Syracuse Chargers (WEBS & SYCH), 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.

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.

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

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

EVENT ORDER

Session 1 Friday Prelims

Prelims for ages 11-14

Female	Age	Event	Male
5	11-12	500 Freestyle (TF) Fastest Heat Swimming in Finals	6
7	11-12	100 Breaststroke	8
9	13-14	100 Breaststroke	10
11	11-12	50 Backstroke	12
13	11-14	200 Backstroke	14
15	11-12	200 IM	16
17	13-14	400 IM (TF) Fastest Heats Swimming in Finals	18

Session 2 Friday Finals

Finals for ages 11-14, Timed Finals for 10 & Under

Female	Age	Event	Male
101	10 and Under	Mixed 400 Freestyle Relay (TF)	101
1	12 and Under	400 Freestyle Relay (TF)	2
3	13-14	400 Freestyle Relay (TF)	4
103	10 & Under	200 IM (TF)	104
5	11-12	500 Freestyle Fastest 10 Men & Fastest 10 Women Only	6
7	11-12	100 Breaststroke	8
9	13-14	100 Breaststroke	10
105	10 & Under	200 Freestyle (TF)	106
11	11-12	50 Backstroke	12
13	11-14	200 Backstroke	14

15	11-12	200 IM	16
17	13-14	400 IM Fastest 10 Men & Fastest 10 Women Only	18

Session 3 Saturday Prelims			
Prelims for ages 11-14			
Female	Age	Event	Male
19	11-12	200 Freestyle Relay	20
21	13-14	200 Freestyle Relay	22
23	11-12	200 Freestyle	24
25	13-14	200 Freestyle	26
27	11-12	100 IM	28
29	13-14	100 IM	30
31	11-12	50 Freestyle	32
33	13-14	50 Freestyle	34
35	11-12	100 Butterfly	36
37	13-14	100 Butterfly	38
39	11-12	200 Medley Relay	40
41	13-14	200 Medley Relay	42
43	13-14	1650 Freestyle (TF) Fastest Heats Swimming in Finals	44

Session 4 Saturday Timed Finals			
Timed Finals 10 and Under			
Female	Age	Event	Male
107	10 & Under	200 Medley Relay	108
109	10 & Under	100 IM	110
111	10 & Under	100 Butterfly	112
113	10 & Under	50 Backstroke	114
115	10 & Under	100 Breaststroke	116
117	10 & Under	50 Freestyle	118
119	10 & Under	200 Mixed Freestyle Relay	119

Session 5 Saturday Finals			
Finals for ages 11-14			

Female	Age	Event	Male
43	13-14	1650 Freestyle Fastest 10 Men & Fastest 10 Women Only	44
23	11-12	200 Freestyle	24
25	13-14	200 Freestyle	26
27	11-12	100 IM	28
29	13-14	100 IM	30
31	11-12	50 Freestyle	32
33	13-14	50 Freestyle	34
35	11-12	100 Butterfly	36
37	13-14	100 Butterfly	38

Session 6 Sunday Prelims			
Prelims for ages 11-14			
Female	Age	Event	Male
45	11-12	200 Mixed Freestyle Relay (TF)	45
46	13-14	200 Mixed Freestyle Relay (TF)	46
47	13-14	200 IM	48
49	11-12	100 Backstroke	50
51	13-14	100 Backstroke	52
53	11-12	50 Breaststroke	54
55	11-14	200 Breaststroke	56
57	11-12	100 Freestyle	58
59	13-14	100 Freestyle	60
61	11-12	50 Butterfly	62
63	11-14	200 Butterfly	64
65	11-12	400 Medley Relay (TF)	66

67	13-14	400 Medley Relay (TF)	68
69	13-14	500 Freestyle (TF) Fastest Heats Swimming in Finals	70

Session 7 Sunday Timed Finals			
Timed Finals 10 and Under			
Female	Age	Event	Male
120	10 & Under	200 Mixed Medley Relay	120
121	10 & Under	50 Butterfly	122
123	10 & Under	100 Freestyle	124
125	10 & Under	50 Breaststroke	126
127	10 & Under	100 Backstroke	128
129	10 & Under	200 Freestyle Relay	130

Session 8 Sunday Finals			
Finals for ages 11-14			
Female	Age	Event	Male
69	13-14	500 Freestyle (TF) Fastest 10 Men & Fastest 10 Women Only	70
47	13-14	200 IM	48
49	11-12	100 Backstroke	50
51	13-14	100 Backstroke	52
53	11-12	50 Breaststroke	54
55	11-14	200 Breaststroke	56
57	11-12	100 Freestyle	58
59	13-14	100 Freestyle	60
61	11-12	50 Butterfly	62
63	11-14	200 Butterfly	64

Warm-up: Niagara LSC warm-up procedures will be followed. General warm-up will commence 60 minutes before the meet when marshals will be in position. Detailed warm-up procedures will be posted at the pool.

Warm-up Procedures for all Sanctioned Meets in 6-10 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 15 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) During COVID restricted meets it is at the Meet directors discretion to alter the warm-up period to best suit the situation.
- c) In a ten-lane pool, each lane shall be scheduled as follows:
 - Lanes 1 & 10 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
 - Lanes 2, 5 & 9 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 - Lanes 3, 4, 6, 7 & 8 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 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.

March 17-19, 2023
Niagara LSC Sanction # NI - 2223-046
ENTRY SUMMARY SHEET

Person submitting entries:_____

Complete mailing address:_____

Telephone: Home:_____ Work: _____

All checks and signed waiver forms must be completed and received prior to the start of the meet.

Mail entries to: Webster Swim Association, Treasurer
PO Box 262
Webster, NY 14580

Payment: Make checks payable to **Webster Swim Association.**
CLUB CHECKS ONLY.

Entry Fees:

_____ Individual Entries @ \$9.00 \$_____

_____ Relay Entries @ \$15.00 \$_____

_____ Swimmer Surcharge @ \$10.00 \$_____

Total \$_____

I/We enclose a total of \$_____ covering fees for all events I/we have entered. In consideration of this entry, I/we waive and release any and all claims against Niagara Swimming, Inc., USA Swimming, meet management personnel, Medley Aquatics Inc, Webster Central School District, Webster Swim association (WEBS) and the Syracuse Chargers Swim Team(SYCH) for injuries incurred at this meet or while traveling to and from the meet. I/We are Bona-fide amateur athlete(s) and eligible in all events I/we have entered.

Signature of Club Official, Parent or Guardian

Official Team Name: _____ Code: _____

Head Coach: _____

Telephone: Home: _____ Work: _____

Assistant Coaches: _____