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|  | **STSL Meet #1 2023****November 19, 2023)****Sanction # NI-2324-** | **Hosted by: STSL/GGST****Glen Gators Swim Team** |

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| **MEET DIRECTOR**Jason Westervelt, wvelt11@gmail.com | **MEET REFEREE**Dr. Trung Tran, trant02@yahoo.com | **CLUB OFFICIALS CHAIR**Jerry Roberts, jroberts19@stny.rr.com |

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| **SANCTION** | * Held under the sanction of USA Swimming through Niagara Swimming: **Sanction Number.**
* In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, Host Club Name, and Facility Name shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
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| **FACILITY** | Watkins Glen High School 301 12th St, Watkins Glen, NY 14891[(607) 535-3210](https://www.google.com/search?q=watkins+glen+high+school&rlz=1C1ONGR_enUS1028US1028&oq=Qatkins+Glen+Hig+&gs_lcrp=EgZjaHJvbWUqCAgBEAAYFhgeMgYIABBFGDkyCAgBEAAYFhgeMggIAhAAGBYYHjIICAMQABgWGB4yCAgEEAAYFhgeMggIBRAAGBYYHjIICAYQABgWGB4yCAgHEAAYFhgeMggICBAAGBYYHjIICAkQABgWGB7SAQg5MzUzajBqN6gCALACAA&sourceid=chrome&ie=UTF-8)* 8-Lanes, x25 yards (SCY)
* Water depth: From the starting end, pool depth is 8 feet at 3 feet 3 ½ inches and 6 feet at 16 feet 5 inches.  From the turn end, pool depth is 3 feet 9 inches at 3 feet 3 ½ inches and 4 feet at 16 feet 5 inches.
* The competition course has not been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2(C).
* Meet host will ensure the required course dimensions.
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| **ENTRY DEADLINE** | **Tuesday Nov. 14, 2023 by 9pm**IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information. |
| **SCHEDULE** | **Sunday Nov 19, 2023]**Session 1: Warm up 9:30am Meet start 10:30am* Meet Director reserves the right to adjust times/sessions after entries are received.
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| **ELIGIBILITY** | * Open to all registered USA Swimmers.
* Athletes must be a memver os a Southern Tier Swim League Club.
* 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.
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| **DISABILITY SWIMMERS** | * NI and host clubs along with their meet directors are committed to [the Inclusion Policy](https://www.teamunify.com/team/eznslsc/page/system/res/61302) as adopted by the NI BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete’s coach) is also responsible for notifying the session referee of any disability prior to competition.
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| **TIMING SYSTEM** | * Automatic timing will be used.
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| **RULES** | * Current USA Swimming rules shall govern this meet.
* All 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](https://www.usaswimming.org/safe-sport/minor-athlete-abuse-prevention-policy) ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.
* No on-deck USA-S registration is permitted.
* In compliance with *USA Swimming Rules and Regulations*, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per NI policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.
* Deck changes are prohibited.
* 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.
* Operation of a drone or any other flying devices 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.
* Dive-over starts will/will not be used.
* The Meet Director and the NI Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.
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| **EVENT RULES** | * All events are timed finals.
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| **POSITIVE CHECK IN** | * N/A
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| **WARM-UP** | * The prescribed NI warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.
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| **SUPERVISION** | * Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
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| **SEEDING** | *.* * Clerk of course shall be provided for all 10 & Under events.
* All events shall be seeded slowest to fastest
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| **SCORING** |  * Events shall be scored as indicated in the event list.
* Scoring shall be top 16 in the following age groups: 8 & Under, 9-10, 11-12, 13-14, 15 & Over
* 1ST=32pts 2nd=28pts 3rd=26pts 4th=24pts 5th=22pts 6th=20pts 7th=18pts 8th=14pts

9th=12pts 10th=10pts 11th=8pts 12th=5pts 13th=4pts 14th=3pts 15th=2pts 16th=1pt. Relays are not scored.  |
| **AWARDS** | *.* * Heat winner ribbons
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| **PROGRAMS** | *.* * Programs will be for sale at the concession.
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| **CREDENTIALS** | * Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
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| **SPECTATOR ENTRY FEE** | *.* * N/A
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| **OFFICIALS** | * Officials interested in volunteering should contact Officials contact name and email and RSVP on TeamApp.
* Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.
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| **TIMERS** | *.** Each participating club shall provide at least 2 timers.
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| **ENTRY PROCEDURES** | *.** Entries should be submitted by email to the Meet Director.
* Include in the subject of the email, “STSL Meet #1 2023 - \*\*\*\*” with the club’s initials in place of the asterisks. If your club submits multiple entry files, include the training site in the subject of the email.
* Include in the entry email: entry file, report of entries by name, report of entries by event.
* In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact).
* Entries directly from individual team members will not be accepted.
* Entries by phone or fax will not be accepted.
* The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.
* Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of $100 by NI and no further entries will be accepted from that club until the said fine is paid.
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| **ENTRY FEES** | *.*

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| Per Swimmer Surcharge: $10 Individual event fee: $0  | Relay event fee: $0   |

* Make checks payable to Glen Gators Swim Team. Checks may be mailed to: Jason Westervelt
* Entry fees are due with meet entry. Unpaid fees will be reported to the NI Administrative Office at the conclusion of the meet.
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| **Entry Limits** | * Athletes may enter up to 3 Individual events 1 Relay
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| **Available Medical Supervision/Equipment** | *.** Medical assistance will be provided at the facility. If you require medical assistance, please notify a member of the meet staff. AED, backboard, & First Aid supplies at facility.
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**STSL Meet #1 2023**

**Sunday November 18, 2023**

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Session 1

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| Event # | Agw Group | Description | Scoring | Notes |
| 1 | Mixed 8 & Under | 25 Freestyle | Yes |  |
| 2 | Mixed 10 & Under | 50 Freestyle | Only 8 & Under | 10 & Under are only scored in the 100 Free |
| 3 | Mixed 10 & Under | 100 Freestyle | Yes |  |
| 4 | Mixed 11 & 12 | 50 Freestyle | No |  |
| 5 | Mixed 11 & 12 | 100 Freestyle | Yes |  |
| 6 | Mixed 13 & Over | 100 Freestyle | No |  |
| 7 | Mixed 13 & Over | 200 Freestyle | Yes |  |
| 8 | Mixed 8 & Under | 25 Backstroke | Yes |  |
| 9 | Mixed 10 & Under | 50 Backstroke | Only 8 & Under | 10 & Under are only scored in the 100 Back |
| 10 | Mixed 10 & Under | 100 Backstroke | Yes |  |
| 11 | Mixed 11 & 12 | 50 Backstroke | No |  |
| 12 | Mixed 11 & 12 | 100 Backstroke | Yes |  |
| 13 | Mixed 13 & Over | 100 Backstroke | No |  |
| 14 | Mixed 13 & Over | 200 Backstroke | Yes |  |
| 15 | Mixed 8 & Under | 25 Breaststroke | Yes |  |
| 16 | Mixed 10 & Under | 50 Breaststroke | Only 8 & Under | 10 & Under are only scored in the 100 Breast |
| 17 | Mixed 10 & Under | 100 Breaststroke | Yes |  |
| 18 | Mixed 11 & 12 | 50 Breaststroke | No |  |
| 19 | Mixed 11 & 12 | 100 Breaststroke | Yes |  |
| 20 | Mixed 13 & Over | 100 Breaststroke | No |  |
| 21 | Mixed 13 & Over | 200 Breaststroke | Yes |  |
| 22 | Mixed 8 & Under | 25 Butterfly | Yes |  |
| 29 | Mixed 10 & Under | 50 Butterfly | Only 8 & Under | 10 & Under are only scored in the 100 Fly |
| 24 | Mixed 10 & Under | 100 Butterfly | Yes |  |
| 25 | Mixed 11 & 12 | 50 Butterfly | No |  |
| 26 | Mixed 11 & 12 | 100 Butterfly | Yes |  |
| 27 | Mixed 13 & Over | 100 Butterfly | No |  |
| 28 | Mixed 13 & Over | 200 Butterfly | Yes |  |
| 29 | Mixed 10 & Under | 100 Free Relay | No | Relays if time allowsRelays may be Boys, Girls, and mixed. Mixed relays must ve 2 boys and 2 girls. |
| 30 | Mixed 11 & 12 | 200 Free Relay | No |
| 31 | Mixed 13 & Over | 200 Free Relay | No |