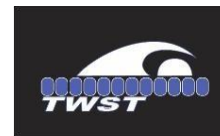




2024 NI TWST Snowball Team Challenge

February 10, 2024

Sanction # NI 2324-023



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| <p>MEET DIRECTOR</p> <p>Jim Ronald jr12bucs@roadrunner.com (716)725-8340 Emilie Gough eronald12@gmail.com</p> | <p>MEET REFEREE</p> <p>Colin Adams ployment@yahoo.com 716-984-2602</p> | <p>CLUB OFFICIALS CHAIR</p> <p>Colin Adams ployment@yahoo.com</p> <p>MEET OPERATIONS</p> <p>Becky Sapio -beckysapio@gmail.com</p> |
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| SANCTION | <ul style="list-style-type: none"> Held under the sanction of USA Swimming through Niagara Swimming: NI 2324-023 In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, Town Wreckers Swim Team and Orchard Park High School 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. |
| FACILITY | <p style="text-align: center;">Orchard Park High School 4040 Baker Road Orchard Park, New York 14127</p> <p>Pool entrance and parking lot located off Freeman Road</p> <ul style="list-style-type: none"> 6 lanes, 25 yards Water depth range of 4.5' – 4.7' at the starting end and 3.5' – 5' at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). |
| ENTRY DEADLINE | <p style="text-align: center;">Thursday, February 1 , 2024 @ 9:00 PM</p> <p>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.</p> |
| SCHEDULE | <p style="text-align: center;">Saturday. February 10, 2024</p> <p style="text-align: center;">Session 1: 7:30am warmup – 8:30am start Session 2: 12:15pm warmup – 1:00pm start</p> <p style="text-align: center;">Maximum number of entires per individual is four(4)</p> <p>Age on the first day of the meet determines the swimmer's age for the remainder of the meet.</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. |
| ELIGIBILITY | <ul style="list-style-type: none"> Open to all registered USA Swimmers. 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 <i>USA Swimming Rules and Regulations</i>, Article 302. |
| DISABILITY SWIMMERS | <ul style="list-style-type: none"> NI and host clubs along with their meet directors are committed to the Inclusion Policy 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. |
| TIMING SYSTEM | <ul style="list-style-type: none"> Automatic timing will be used with scoreboard. |

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| RULES | <ul style="list-style-type: none"> • Current 2024 USA Swimming Rule Book shall govern this meet. • 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. • No on-deck USA-S registration is permitted. • In compliance with <i>USA Swimming Rules and Regulations</i>, 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. • Flyover starts will 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. |
| EVENT RULES | <ul style="list-style-type: none"> • All events are timed finals. • All events will be pre-seeded. • All events will be seeded slowest to fastest |
| POSITIVE CHECK IN | <p>Positive check in required for 500 free and 1650 free. Swimmers must provide timer and lane counter for these events.</p> |
| WARM-UP | <ul style="list-style-type: none"> • 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. • Marshals will actively supervise the warm-ups to ensure that proper procedures are followed. General Warm-up Period: First 30 minutes, All lanes There shall be NO DIVING off the blocks or edge of the pool at this time No sprinting or pace work Specific Warm-up Period: Last 20 minutes Specific Warm-up Period will be announced by the Referee or Meet Director Lanes 2 & 5: Racing Start only. Swim one length only. All swimmers <p>When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm-up sessions will be split to provide a safe and adequate warm-up time for all. <u>Complete Warm-up Procedure information sheet is on last page of this form.</u></p> |
| SUPERVISION | <ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. • 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. |
| SEEDING | <ul style="list-style-type: none"> • All entries will be seeded slowest to fastest and be pre-seeded |

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| <p>COVID INFO</p> | <p>TWST has taken enhanced health and safety measures – for swimmers, meet personal and parents. You must follow all posted instructions while visiting Orchard Park High School. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.</p> <p>BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.</p> <p>Statement of the Local Protocols and Requirements in applying for this sanction, TWST Swim Club, agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming Niagara Swimming, the Town of Orchard Park and the State of New York.</p> |
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| <p>GUIDELINES</p> | <ul style="list-style-type: none"> • We are fortunate to be permitted to use the facilities at Orchard Park High School. • Proper conduct on the part of all swimmers and spectators is always expected. The meet area is restricted to the pool and adjoining locker rooms, the lobby, and the spectator seating area. Any swimmer found in an area designated out of bounds will be barred from participating in the remainder of the meet. • All individuals are expected to remain socially distant to the extent possible prior to, while in, and when exiting the facility. • Only Meet personnel, volunteers, coaches, and swimmers registered in the meet will be allowed on deck. • Spectators are allowed. No limitations on numbers other than a town fire code. • Masks are not required but are recommended. • Swimmers are expected to arrive in their suits. Swimmers may change before they exit the facility within designated locker rooms. • Locker rooms will be available for restroom purposes and changing out of swim attire at the end of the individual involvement of the meet. Monitors will be stationed at each locker room entrance to ensure limited individuals are inside at any given time. |
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2024 TWST Snowball Team Challenge

February 10, 2024

Session 1: 7:30am warmup-8:30am start

MIXED 12 & UNDER

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| 1 | 12 & UNDER MIXED | 200 Individual Medley |
| 2 | 12 & UNDER MIXED | 50 Freestyle |
| 3 | 12 & UNDER MIXED | 100 Breaststroke |
| 4 | 12 & UNDER MIXED | 50 Butterfly |
| 5 | 12 & UNDER MIXED | 100 Backstroke |
| 6 | 12 & UNDER MIXED | 100 Individual Medley |
| 7 | 12 & UNDER MIXED | 50 Breaststroke |
| 8 | 12 & UNDER MIXED | 100 Butterfly |
| 9 | 12 & UNDER MIXED | 50 Backstroke |
| 10 | 12 & UNDER MIXED | 100 Freestyle |
| 11 | 12 & UNDER MIXED | 200 Freestyle |

Session 2: 12:15pm warmup – 1:00pm start

MIXED OPEN

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| 12 | MIXED OPEN | 200 Individual Medley |
| 13 | MIXED OPEN | 100 Breaststroke |
| 14 | MIXED OPEN | 200 Butterfly |
| 15 | MIXED OPEN | 200 Freestyle |
| 16 | MIXED OPEN | 100 Backstroke |
| | | 10-minute warmup |
| 17 | MIXED OPEN | 400 Individual Medley |
| 18 | MIXED OPEN | 50 Freestyle |
| 19 | MIXED OPEN | 200 Backstroke |
| 20 | MIXED OPEN | 100 Freestyle |
| 21 | MIXED OPEN | 200 Breaststroke |
| 22 | MIXED OPEN | 100 Butterfly |
| | | 10-minute warmup |
| 23 | MIXED OPEN | ***500 Freestyle*** |
| 24 | MIXED OPEN | ***1650 Freestyle*** |

****Positive check -in, and must provide timer and lane counter****

2024 NI TWST Snowball Team Challenge Entry and Financial Summary – # NI 2324-023

Club Name: _____ Club Code: _____

Coaches Name/s: _____

Coaches Phone: _____

Coaches E-mail: _____

Person submitting entries: _____

Phone: _____

E-mail: _____

Total # of Individual Entries _____ x \$5.00 /Event \$ _____

Total # of Swimmers _____ x \$10.00 / Swimmer Deck Fee \$ _____

Total Amount Due \$ _____

I/We hereby for myself/ourselves, my heir administrators, and assigns, intending to be legally bound, release and forever discharge, all rights and claims for damages against USA Swimming Inc., Niagara Swimming Inc., TWST Swim Club, Orchard Park High School, Town of Orchard Park and all officials concerned, their respective officers, agents, successors, and/or assigns, for all damages which may be sustained or suffered in connection with or entry in and/or out of my/our traveling to, participating in, and registration and eligible in all events I/We entered.

Signature of Club official, parent, or guardian: _____ (Form must be signed)

Make Checks Payable to TWST SWIM CLUB. Club Checks only!

This form must be submitted along with full payment to be considered a complete entry.

Mail to: TWST SWIM CLUB
1935 Colvin Blvd.
Tonawanda, New York 14150

DO NOT send entries by REGISTERED MAIL and/or SIGNATURE FOR DELIVERY

NIAGARA SWIMMING INC

WARM-UP PROCEDURE FOR ALL SANCTIONED MEETS IN 6 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 good 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 a six(6) lane pool, each lane shall be scheduled as follows
 - a. Lanes 1 & 6 push off one(1) or two(2) lengths & back, beginning at the starting end of pool. Circle swimming only.
 - b. Lanes 2 & 5 racing start only. All swimmers begin at the starting end of pool.
 - c. Lanes 3 & 4 general warm only (as above). **NO DIVING**

IMPOTANT 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 pool.
3. Coaches should stand at the starting end of pool when verbally starting swimmers on sprint or pace work.
4. Swimmers should be reminded by coaches that breaststrokes 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 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 & 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 warm-up. A swimmer and/or Coach may be removed from the deck for interfering with 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 meet facility.
14. There shall be at least one Marshal at each end of pool to ensure the warm-up procedures will be followed.
15. Warm-up procedures shall be enforced for any breaks scheduled during 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.