



Liverpool Jets Swim Club

SALT CITY RACE CLUB

JANUARY 28, 2024

Sanction # NI_-2324-081

Hosted by:



MEET DIRECTOR

Nick Thompson,
Phone (585) 797-8790 Email:
nicholasrthompson@hotmail.com

MEET REFEREE

Bob Nicita
Phone: (315) 263-3054
Email: bnicita@gmail.com

CLUB OFFICIALS CHAIR & Entry Coordinator

Chris Atherton
entries@athertonfamily.net
315-210-9979

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Niagara Swimming: NI_-2324-081. In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, Liverpool Jets Swim Club, and the Skaneateles Community Center 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;">Skaneateles Community Center 97 State Street, Skaneateles, NY 13152 315-685-2266</p> <ul style="list-style-type: none"> 8 lanes, 25 yards, separate warm-down area during competition Water depth range of 12' at the starting end and 4' 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;">Sunday, January 21, 2024 5:00 PM</p> <p>There is a limit of 200 swimmers PER session due to fire code and on deck staging. Entries will be accepted on a first come, first served basis. Once the limit has been met, entries received afterwards will be held on a waiting list. Entries received after the deadline will be considered late and exceptions, if any, will be made at the discretion of the entry coordinator and meet director.</p>
SCHEDULE	<p style="text-align: center;">Sunday, January 28, 2024</p> <p>Session 1 (Sunday) - NOVICE Session: Geared towards all 8 and Unders AND 9-10 swimmers with less than 18 months of competitive swimming experience: Warm-ups 8:30am - 8:50am, Meets Starts at 8:55am.</p> <p>Session 2 (Sunday) - Open Session: Warm-ups 10:30am-11:20am, Meet starts at 11:30am....or 50 minutes AFTER session 1...whichever is later.</p> <p>Meet Director reserves the right to adjust times/sessions after entries are received.</p>
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 with Scoreboard will be used.
RULES	<ul style="list-style-type: none"> Current USA Swimming rules 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

	<p>MAAPP policy is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> • 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. • Dive-over 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. • 25-yard events will start in the water at the shallow end of the pool. • Maximum individual events is FOUR. Maximum 1 Relay Event • For the 500 freestyle each swimmer must provide his or her own counter • Swimmers may only swim in one session on SUNDAY. • No deck entries will be accepted.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • All events will be pre-seeded except for the 500 Free/400 IM which will be positive check in. If you fail to positive check in, you will not be seeded. • Positive check in for the 500/400 IM freestyle and must be completed by 11AM 1/28/24.
WARM-UP	<p>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.</p> <ul style="list-style-type: none"> • General Warm-up Period: <ul style="list-style-type: none"> o There shall be NO DIVING off the blocks or edge of the pool at this time o No sprinting or pace work • Specific Warm-up Period: <ul style="list-style-type: none"> o Specific Warm-up Period will be announced by the Referee or Meet Director o Lanes 1, 2, 3 & 7, 8: Racing Start only. Swim one length only. All swimmers begin at the starting end of the pool. o Lanes 4, 5 & 6: General warm-ups only (as above). NO DIVING. <p>Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.</p> <p>Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one will be allowed on the starting block until the backstroker has executed his/her start.</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.
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<ul style="list-style-type: none"> Positive Check-in for the 500 Free and 400 IM. Both will be swum slowest to fastest. The meet will be pre-seeded for all events with the exception of the 500fr/400IM. Clerk of course for 25 yard events in Session 1. Relay entries may be entered without names but swimmers must be declared prior to the start of the relay. There is no penalty for scratches.
SCORING	There will be no team scoring at this meet.
AWARDS	Heat Awards will be awarded on deck at end of heat. Swimmers will not be allowed to pick up awards. Each team must designate a representative to pick up all awards for their team.
PROGRAMS	<ul style="list-style-type: none"> Programs will not be available. Meet Mobile will be active AND a program sent out prior to the start of the meet to each club for distribution.
CREDENTIALS	<ul style="list-style-type: none"> 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.
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> There is no spectator fee.
OFFICIALS	<ul style="list-style-type: none"> Officials interested in volunteering should contact Bob Nicita: bnicita@gmail.com Officials volunteering for this meet should sign in at the timing 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.
TIMERS	<ul style="list-style-type: none"> Liverpool Jets Swim Club will provide timers for all events except the 500 free/400 IM. For the 500 free/400 IM each swimmer must provide his or her own counter and timer.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Age on the first day of the meet applies. Maximum individual events is 4 and 1 relay entry. Swimmers can ONLY compete in one session on Sunday. <p>Entries should be submitted by email to the Entry Coordinator, Chris Atherton. Please contact him with any questions or concerns regarding entries; entries@athertonfamily.net 315-210-9979.</p> <ul style="list-style-type: none"> Include in the subject of the email, "Salt City Meet Entry - ****" with the club's initials in place of the asterisks. Include in 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 Entry Coordinator will acknowledge receipt by return email within 48 hours. If acknowledgement is not received in a timely manner, please contact the Entry Coordinator. 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.
ENTRY FEES	<p>Individual Event Fee: \$ 5.00 Relay Event Fee: \$10.00 Per Swimmer Surcharge: \$ 6.00 Make checks payable to Liverpool Jets Swim Club. Checks may be mailed to: 7900 Sudley Way, Baldwinsville, NY 13027 The meet will be seeded within 24 hours of entry deadline, once seeded there will be no refunds.</p>
Available Medical Supervision/Equipment	<p>There will be lifeguards stationed on the pool deck during warmups and competition. First aid supplies, AED and ice will be available.</p> <ul style="list-style-type: none"> • 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 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 • BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 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. • In applying for this sanction, the Host, Liverpool Jets Swim Club agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Niagara Swimming (LSC), the State of New York and Oswego County.

Liverpool Jets Swim Club
"SALT CITY RACE CLUB"

January 28, 2024

Niagara LSC Sanction # NI – 2324-081
ENTRY SUMMARY SHEET



Person submitting entries: _____

Complete mailing address: _____

Telephone: Home _____ Work _____

E-mailed entries due by 5:00 pm January 21, 2024.

E-Mail: entries@athertonfamily.net 315-210-9979 (Chris Atherton)

Payment: Make checks payable to **Liverpool Jets Swim Club**.
CLUB CHECKS ONLY. Mail to 7900 Sudley Way, Baldwinsville, NY 13027

Entry Fees: _____ Individual Entries @ \$5.00 \$ _____

_____ Relay Entries @ \$10.00 \$ _____

_____ Swimmer Surcharge @ \$6.00 \$ _____

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, Liverpool Jets Swim Club, Skaneateles Community Center for injuries incurred at this meet or while traveling to and from the meet. I/We are bonafide 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: _____

This Meet is held under the sanction of USA Swimming (Rule 202.3.7)

Liverpool Jets Swim Club
JANUARY 28, 2024 - Sanction # NI-2324-081

NOVICE SESSION

This session is for ALL 8 and Under Swimmers and any 9-10 year old swimmer with less than 18 months of competitive swimming experience (or coach's discretion)

Session 1-Warm Up: 8:30 AM Start- 8:55 AM			
1	Mixed 10 & Under	50 Free	
2	Mixed 10 & Under	100 Individual Medley	
3	Mixed 10 & Under	25 Butterfly	
4	Mixed 10 & Under	50 Breaststroke	
5	Mixed 10 & Under	25 Breast	
5 MINUTE BREAK			
6	Mixed 10 & Under	50 Back	
7	Mixed 10 & Under	25 Free	
8	Mixed 10 & Under	50 Butterfly	
9	Mixed 10 & Under	25 Back	
5 MINUTE BREAK			
10	Girls 10 & Under	100 Free Relay	Events 10-12 are likely to be combined.
11	Boys 10 & Under	100 Free Relay	
12	Mixed 10 & Under	100 Free Relay	

Session 2-Warm Up: 10:30 AM Start- 11:30 AM*			
*Racing will start the later of 11:30am OR 50 minutes AFTER the completion of Session 1.			
13	Girls OPEN	200 Medley Relay	Events 13-15 are likely to be combined.
14	Boys OPEN	200 Medley Relay	
15	Mixed* OPEN	200 Medley Relay	
5 MINUTE BREAK			
16	Mixed OPEN	200 Breast	
17	Mixed OPEN	50 Fly	
18	Mixed OPEN	100 Free	
19	Mixed OPEN	200 Fly	
20	Mixed OPEN	100 Back	
21	Mixed OPEN	50 Free	
22	Mixed OPEN	100 Breast	
23	Mixed OPEN	50 Back	
24	Mixed OPEN	200 Free	
25	Mixed OPEN	100 Fly	
26	Mixed OPEN	50 Breast	
27	Mixed OPEN	200 Back	
28	Mixed OPEN	200 IM	
29	Mixed OPEN	400 IM	
30	Mixed OPEN	500 Free	

***Mixed relay teams must consist of 2 boys and 2 girls.**

*Maximum individual events is 4. Limit of 1 relay event.
 Swimmers may only swim in one session on Sunday.*