



# GVSL #2 Meet

**Sunday, December 3, 2023**

**Sanction # NI-2324-063**



**Hosted by:  
Sea Dragon Swim Club**

<b>MEET DIRECTOR</b>	<b>MEET REFEREE</b>	<b>CLUB OFFICIALS CHAIR</b>
Brian Baier <a href="mailto:bsbaier.SDSC@icloud.com">bsbaier.SDSC@icloud.com</a> Dani Richards <a href="mailto:drichards@gratswimming.com">drichards@gratswimming.com</a>	Joe Reitz <a href="mailto:jreitz@rochester.rr.com">jreitz@rochester.rr.com</a>	Brian Baier <a href="mailto:bsbaier.SDSC@icloud.com">bsbaier.SDSC@icloud.com</a>

<b>SANCTION</b>	Held under the sanction of USA Swimming through Niagara Swimming: <b>NI-2324-063</b> . In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, SDSC, and Penfield 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.
<b>FACILITY</b>	<b>Penfield High School</b> 25 High School Drive Penfield, New York 14526  Pool entrance adjacent to Athletic Stadium entrance 6 lanes, 25 yards  Water depth range of 108" at 3 feet 3.5 inches 108" at 16 feet 5 inches at the starting end and 42" at 3 feet 3.5 inches to 48" at 16 feet 5 inches 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).  Diving well will be available for continuous warm-up/cool-down during competition.
<b>ENTRY DEADLINE</b>	<b>Friday November 24<sup>th</sup> 2023, 6pm</b>  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.
<b>SCHEDULE</b>	<b>Sunday December 3<sup>rd</sup> 2023</b> SESSION I: Warm-ups 8:00am, Start 9:00am  Swimmers may compete in a maximum of 3 individual events and 1 relay events per session.  <b>Meet Director reserves the right to adjust times/sessions and maximum entry limits after all entries are received.</b>
<b>ELIGIBILITY</b>	<b>Open to registered USA Swimmers from GVSL Member clubs.</b>  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.
<b>DISABILITY SWIMMERS</b>	NI and host clubs along with their meet directors are committed to <a href="#">the Inclusion Policy</a> 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.
<b>TIMING SYSTEM</b>	Automatic timing with scoreboard will be used.

<b>RULES</b>	<p>Current USA Swimming rules shall govern this meet.</p> <p>All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.</p> <p>No on-deck USA-S registration is permitted.</p> <p>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.</p> <p>Deck changes are prohibited.</p> <p>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.</p> <p>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.</p> <p>Dive-over / Fly-over starts will be used.</p> <p>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 &amp; U events per Rule 205.3.1F.</p>
<b>EVENT RULES</b>	<p>All events are timed finals.</p> <p>25-yard events will start in the water at the shallow end of the pool.</p>
<b>POSITIVE CHECK IN</b>	<p>Positive Check-in is required for 500 Freestyle.</p>
<b>WARM-UP</b>	<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.</p> <p>Marshals will actively supervise the warm-ups to ensure that proper procedures are followed.</p> <ul style="list-style-type: none"> <li>• General Warm-up Period: First 30 minutes, All lanes <ul style="list-style-type: none"> <li>• There shall be NO DIVING off the blocks or edge of the pool at this time</li> <li>• No sprinting or pace work</li> </ul> </li> <li>• Specific Warm-up Period: Last 20 minutes <ul style="list-style-type: none"> <li>• Specific Warm-up Period will be announced by the Referee or Meet Director</li> <li>• Lanes 2 &amp; 5: Racing Start only. Swim one length only. All swimmers begin at the starting end of the pool.</li> <li>• Lanes 1, 3, 4, &amp; 6: General warm-ups only (as above). NO DIVING.</li> </ul> </li> </ul> <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> <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.</p>

<b>SUPERVISION</b>	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.
<b>SEEDING</b>	Entries will be seeded slowest to fastest. All events will be pre-seeded except for the 500 Freestyle.
<b>SCORING</b>	None.
<b>AWARDS</b>	None.
<b>PROGRAMS</b>	Programs may be distributed via email to participating teams.
<b>CREDENTIALS</b>	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.
<b>SPECTATOR ENTRY FEE</b>	None.
<b>OFFICIALS</b>	Officials interested in volunteering please contact Brian Baier <a href="mailto:bsbaier.SDSC@icloud.com">bsbaier.SDSC@icloud.com</a> and register via the Stack Team App.  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.
<b>TIMERS</b>	Participating clubs will be asked to assist in timing during the meet.  Each swimmer must provide their own Counter for the 500.
<b>ENTRY PROCEDURES</b>	Entries should be submitted by email to the Meet Director Brian Baier at <a href="mailto:bsbaier.SDSC@icloud.com">bsbaier.SDSC@icloud.com</a> .  Include in the subject of the email, "GVSL #2 2023 - ****" with the club's initials in place of the asterisks. Include entry numbers, representative contact information (email, phone), and coach's contact information (email, phone) in the body of the email.  Include in entry email: Electronic Entry File ( <b>Standard SD3</b> ), report of entries by event (PDF), and coaches Name/Phone/Email. Note: Please send Standard version of SD3 only; the Extended SD3 will cause errors with mixed relays.  Entries directly from individual team members will not be accepted unless entering unattached.  Entries by phone or fax will not be accepted.  Entries must include USA Swimming numbers.  On-Deck registration will not be allowed  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.
<b>ENTRY FEES</b>	<p style="text-align: center;">Per Swimmer Surcharge:      \$5.00      Relay event fee:      \$0.00  Individual event fee:      \$0.00</p> <p>Make checks payable to Sea Dragons Swim Club. Make sure to include contact information on the check itself or in the envelope if mailing payment. Checks may be mailed to:</p> <p style="text-align: center;">SDSC GVSL #2 2023-2024  PO Box 112  Penfield, New York 14526</p> <p>Team Entry fees are due with meet entries or can be delivered to the Meet Director during the meet. Unpaid fees will be reported to the NI Administrative Office at the conclusion of the meet.</p>

# GVSL #2

Sunday December 3<sup>rd</sup> 2023

<b>SESSION I:</b> 8:00am Warm-Up, 9:00am Start All events are Mixed		
<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	18 & Under 100 Freestyle	1
2	10 & Under 25 Freestyle	2
3	11 - 18 100 Breaststroke	3
4	18 & Under 50 Breaststroke	4
5	10 & Under 25 Breaststroke	5
6	18 & Under 200 Freestyle	6
7	10 & Under 100 Freestyle Relay	7
8	11 – 18 200 Freestyle Relay	8
9	11 - 18 100 Butterfly	9
10	18 & Under 50 Butterfly	10
11	10 & Under 25 Butterfly	11
12	18 & Under 100 Backstroke	12
13	18 & Under 50 Backstroke	13
14	10 & Under 25 Backstroke	14
15	11 – 18 200 Individual Medley	15
16	18 & Under 100 Individual Medley	16
17	18 & Under 50 Freestyle	17
18	10 & Under 100 Medley Relay	18
19	11 – 18 200 Medley Relay	19
20	18 & Under 500 Freestyle	20