



HAST Last Chance Long Course (LCLC)

Hosted by: HAST

Saturday 7/15/23

Sanction # NI 2223-103

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| MEET DIRECTOR | MEET REFEREE | CLUB OFFICIALS CHAIR |
| Kris Runyon HASTBoard@gmail.com | Nuck Sangasy HASTBoard@gmail.com | Kris Runyon HASTBoard@gmail.com |

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| SANCTION | <ul style="list-style-type: none"> Held under the sanction of USA Swimming through Niagara Swimming: NI-2223-103. In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, [host team/organization], and [facility] 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;">The Pool at SUNY Brockport 321 New Campus Drive Brockport, NY, 14420</p> <p>One 6-lane 50-meter course with non-turbulent continuous flow through lane lines will be the competition venue for this meet. The water depth measured at a distance of 3 feet 3 ½ inches from shallow end is 5 ½ feet. The water depth measured at a distance of 3 feet 3 ½ inches from deep end is 7 ½ feet deep</p> <ul style="list-style-type: none"> 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;">6:00pm, 7/12/2023</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;">One Session, Saturday 7/15/23. Warm-up 10:00am, Meet Start 11:00am</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust the 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"> Colorado timing system will be used along with manual timers. |
| RULES | <ul style="list-style-type: none"> 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 ("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. |

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| | <ul style="list-style-type: none"> ● 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 may 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. |
| POSITIVE CHECK IN | <ul style="list-style-type: none"> ● All events will be pre-seeded. |
| 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. |
| 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"> ● Seeding will be slowest to fastest. |
| SCORING | <ul style="list-style-type: none"> ● There will be no team/individual scoring for this meet. |
| AWARDS | <ul style="list-style-type: none"> ● There will be no awards for this meet. |
| PROGRAMS | <ul style="list-style-type: none"> ● Programs will be available for purchase for \$5 |
| 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 will be no entry fee for spectators. |
| OFFICIALS | <ul style="list-style-type: none"> ● Officials interested in volunteering should contact Kris Runyon at HASTBoard@gmail.com ● 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 the meet during warm-ups. |
| TIMERS | <ul style="list-style-type: none"> ● Participating clubs are requested to provide timers. |
| ENTRY PROCEDURES | <ul style="list-style-type: none"> ● Entries should be submitted by email to Entries.HAST@gmail.com . ● Include in the subject line of the email, "Entries/Your Team Name" ● 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). |

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| | <ul style="list-style-type: none"> • 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. |
| ENTRY FEES | <p style="text-align: center;">Per Swimmer Surcharge: \$5.00 Relay event fee: \$15.00 Individual event fee: \$5.00</p> <ul style="list-style-type: none"> • Make checks payable to HAST. Checks may be mailed to: HAST, PO Box 174, Hilton, NY, 14468 or brought to the meet and turned in at the table. • Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. • Entry fees are due with meet entry. Unpaid fees will be reported to the NI Administrative Office at the conclusion of the meet. |
| Available Medical Supervision/Equipment | <ul style="list-style-type: none"> • Medical assistance will be provided at the facility. There will be lifeguards and a team medic on site. If you require medical assistance, please notify a member of the meet staff. AED, backboard, & First Aid supplies at facility. |

HAST Last Chance Long Course

Saturday July 15, 2023

Warm-up 10:00am, Meet start 11:00am

| EVENT # | EVENT |
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| 1 | Mixed Open 400 free relay |
| 2 | Mixed Open 200 IM |
| 3 | Mixed Open 50 free |
| 4 | Mixed Open 400 free |
| 5 | Mixed Open 50 Breast |
| 6 | Mixed Open 100 Breast |
| 7 | Mixed Open 400 Medley Relay |
| 8 | Mixed Open 100 Free |
| 9 | Mixed Open 50 Fly |
| 10 | Mixed Open 100 Fly |
| 11 | Mixed Open 50 Back |
| 12 | Mixed Open 100 Back |
| 13 | Mixed Open 800 free |