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| A picture containing text, clipart  Description automatically generated | **Mexico Tiger Sharks January Meet****January 5 - 6, 2024****Sanction # NI\_-2324-18** | **Hosted by:**A logo with a shark head  Description automatically generated |

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| **MEET DIRECTOR**Amy Clark, jabaclark@aol.com315-391-7422 | **MEET REFEREE**Sid Parkhurst, dunnpark@yahoo.com 315-532-9752 | **CLUB OFFICIALS CHAIR & Entry Coordinator**Janice Hartwell, tripod2@verizon.net315-345-9120 |

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| **SANCTION** | * Held under the sanction of USA Swimming through Niagara Swimming:  **NI\_-2324-18.**
* In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, Mexico Tiger Sharks, and Mexico Academy High School Pool 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** | **Mexico Academy Central School**3338 Main St, Mexico Ny315-963-8400* 6 lanes, 25 yards
* 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 *USA Swimming Rules and Regulations*, Article 104.2.2(C).
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| **ENTRY DEADLINE** | **Saturday, December 30, 2023 5:00 PM**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. The meet will be seeded within 24 hoursof entry deadline, once seeded there will be no refunds. |
| **SCHEDULE** | **Friday, January 5, 2024** Session 1 - 5:00 PM Warm Up 6:00 PM Start **Saturday, January 6, 2024** Session 2 – 7:45 AM Warm Up 9:00 AM Start  Session 3 – 1:00 PM Warm UP 2:15 PM Start Meet Director reserves the right to adjust times/sessions after entries are received. |
| **ELIGIBILITY** | * 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 *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 with Scoreboard will be used.
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| **RULES** | * 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](https://www.usaswimming.org/safe-sport/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 *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 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.
* 25-yard events will start in the water at the shallow end of the pool.
* Maximum individual events for both days is 8 with a limit of 3 individual events on Friday and 5 individual events on Saturday.
* For the 500 and 1650 freestyle each swimmer must provide his or her own counter
* Swimmers may only swim in one session on Saturday.
* No deck entries will be accepted.
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| **POSITIVE CHECK IN** | * All events will be pre-seeded except for the 1650 Free which will be positive check in. If you fail to positive check in you will not be seeded.
* Positive check in for the 1650 freestyle and must be completed by 5:30 PM 1/5/24.
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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. Marshals will actively supervise the warm-ups to ensure that proper procedures are followed.• General Warm-up Period:o There shall be NO DIVING off the blocks or edge of the pool at this timeo No sprinting or pace work• Specific Warm-up Period:o Specific Warm-up Period will be announced by the Referee or Meet Directoro Lanes 2 & 5: Racing Start only. Swim one length only. All swimmers begin at thestarting end of the pool.o Lanes 1, 3, 4, & 6: General warm-ups only (as above). NO DIVING.Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.Backstrokers should be reminded of the danger of leaving simultaneously with someone on theblock. No one will be allowed on the starting block until the backstroker has executed his/her start.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** | * Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
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| **SEEDING** | * Positive check-in required Friday for the 1650 Free mixed open event.
* The 500 & 1650 will be swum fastest to slowest.
* The meet will be pre-seeded for all other events on Friday and all events Saturday.
* There will not be a clerk of course for Friday events.
* Swimmers on Saturday must check in and pick up cards from Clerk of Course or be scratched.
* Relay entries may be entered without names but swimmers must be declared prior to the start of the relay. Saturday Swimmers will be escorted from the gym to the pool.
* There is no penalty for scratches.
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| **SCORING** | In lieu of **Team Trophies**, Mexico Tiger Sharks will be making a donation of $50 to a charity selected by the highest scoring large team and small team.  A letter will accompany the donation explaining your club's involvement in the donation.  Please submit your charities name and contact information with your entries. |
| **AWARDS** | Individual Events: Medals first place, ribbons 2-6 Relays: Medals first place, ribbons 2-3Heat Ribbons 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. **Individual High Point trophies** will be awarded for 12 & Under based on events swum Friday and Saturday morning, 13 & Over will be based on events swum Friday and Saturday afternoon. |
| **PROGRAMS** | * Programs will be available for purchase
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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** | * There is no spectator fee.
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| **OFFICIALS** | * Officials interested in volunteering should contact Janice Hartwell, tripod2@verizon.net
* 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.
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| **TIMERS** | * Mexico Tiger Sharks Swim Club will provide timers.
* For the 500 and 1650 freestyle each swimmer must provide his or her own counter
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| **ENTRY PROCEDURES** | * Age on the first day of the meet applies.
* Maximum individual events for both days is 8 with a limit of 3 individual events on Friday and 5 individual events on Saturday.
* Entries should be submitted by email to the Entry Coordinator, Janice Hartwell. Please contact her with any questions or concerns regarding entries; (315)345-9120 or tripod2@verizon.net
* Include in the subject of the email, “Mexico October Meet - METS” 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.
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| **ENTRY FEES** | Individual Event Fee: $ 5.00 Relay Event Fee: $15.00 Per Swimmer Surcharge: $ 7.00 Make checks payable to **Mexico Tiger Sharks.** Checks may be mailed to: PO Box 505, Mexico NY 13114The meet will be seeded within 24 hours of entry deadline, once seeded there will be no refunds.  |
| **Available Medical Supervision/Equipment** | **There will be lifeguards stationed on the pool deck during warmups and competition. First aid supplies, AED and ice will be available.*** 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, Mexico Tiger Sharks 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.
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***Mexico Tiger Sharks, Inc.***

***January 5 – 6, 2024***

***Niagara LSC Sanction # NI – 2324-18***

***ENTRY SUMMARY SHEET***

Person submitting entries:

Complete mailing address:

Telephone: Home Work

All checks and signed waiver forms must be completed and received by December 30, 2023

**E-mailed and manual entries due by 5:00 pm December 30, 2023.** Once meet is seeded there will be no refunds.

Mail entries to: Janice Hartwell

 P. O. Box 505

 Mexico, NY 13114 Telephone: (315) 963-8424

E-Mail: tripod2@verizon.net

Payment: Make checks payable to **Mexico Tiger Sharks.**

 CLUB CHECKS ONLY.

Entry Fees: Girls’ Individual Entries @ $5.00 $

 Boys’ Individual Entries @ $5.00 $

 Relay Entries @ $15.00 $

 Swimmer Surcharge @ $7.00 $

 **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, Mexico School District and the Mexico Tiger Sharks Swim Club 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:

Address to send results:

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

 **Mexico Tiger Sharks, Inc**

***Sanction # NI –2324-18***

 **Schedule of Events for Friday January 5, 2024**

|  **Session 1 – Warm Up @ 5:00 PM — Start @ 6:00 PM**  |
| --- |
| 1 | MIXED Open | 400 Individual Medley |  |
| 2 | MIXED Open | 200 Free |  |
| 3 | MIXED Open | 200 Fly |  |
| 4 | MIXED Open | 200 Breast |  |
| 5 | MIXED Open | 200 Back  |  |
| 6 | MIXED Open | 500 Freestyle |  |
|  | **10 MINUTE BREAK** |  |
| 7 | MIXED Open | 1650 Freestyle |  |

**PLEASE NOTE: THE MEET DIRECTOR MAY NEED TO LIMIT THE ABOVE ENTRIES TO THE TOP TWELVE FASTEST SWIMMERS IN EACH EVENT. Note: Swimmers must provide their own counter for the 500 & 1650 and these two events will be swum fastest to slowest.**

**POSITIVE CHECKIN FOR 1650 FREE BY 5:30 PM January 5, 2024**

**Schedule of Events for Saturday January 6, 2024**

|  **Session 2-Warm Up @ 7:45 AM Start- @ 9:00 AM**  |
| --- |
| 8 | Mixed 12 & Under | 100 Individual Medley |  |
| 9 | Mixed 12 & Under | 25 Freestyle |  |
| 10 | Mixed 12 & Under | 50 Breaststroke |  |
| 11 | Mixed 12 & Under | 25 Breaststroke |  |
| 12 | Mixed 12 & Under | 50 Freestyle |  |
| **10 MINUTE BREAK** |
| 13 | Mixed 12 & Under | 100 Freestyle |  |
| 14 | Mixed 12 & Under | 25 Backstroke |  |
| 15 | Mixed 12 & Under | 50 Butterfly |  |
| 16 | Mixed 12 & Under | 25 Butterfly |  |
| 17 | Mixed 12 & Under | 50 Backstroke |  |
|  | **10 MINUTE BREAK** |  |
| **18** | Mixed 12 & Under | 200 Mixed Freestyle Relay |  |
|  |
| **Session 3 – Warm Up @ 1:00 PM — Start @ 2:15 PM** |
| 19 | Mixed Open | 200 Individual Medley |  |
| 20 | Mixed Open | 100 Freestyle |  |
| 21 | Mixed Open | 100 Breaststroke |  |
|  | **10 MINUTE BREAK** |  |
| 22 | Mixed Open | 50 Freestyle |  |
| 23 | Mixed Open | 100 Backstroke |  |
| 24 | Mixed Open | 100 Butterfly |  |
|  | **10 MINUTE BREAK** |  |
| **25** | Mixed Open | 200 Mixed Freestyle Relay |  |

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

*Maximum individual events for both days is 8 with a limit of 3 individual events on Friday and 5 individual events on Saturday. Swimmers may only swim in one session on Saturday.*