



***STAR Swimming Hosts:  
The STAR Short Course Invitational***

***December 2-5, 2021***

***ECC Burt Flickinger Aquatic Center  
21 Oak Street, Buffalo, NY 14203***

Held under the sanction of USA Swimming NI 2122-011

1. SOCIAL DISTANCING WILL BE REQUIRED BY ALL PARTICIPANTS AT ALL TIMES. FAILURE TO SOCIAL DISTANCE MAY RESULT IN THE REMOVAL FROM THE FACILITY. ATHLETES ARE REQUIRED TO WEAR FACE MASKS AT ALL TIMES, EXCEPT WHEN COMPETING OR WARMING DOWN. ALL SPECTATORS MUST ADHERE TO WEARING FACE MASKS AND SOCIAL DISTANCING GUIDELINES AT ALL TIMES.
2. INGRESS – ATHLETES WILL WALK THROUGH FRONT ENTRANCE AND WALK STRAIGHT THROUGH LOCKER ROOMS TO THE POOL DECK. COACHES, OFFICIALS, AND MEET PERSONNEL WILL ENTER THROUGH MAIN ENTRANCE AND WALK THROUGH THE TRAINING ROOM ONTO THE POOL DECK. SPECTATORS WILL ENTER VIA MAIN ENTRANCE AND HEAD DIRECTLY UPSTAIRS.
3. EGRESS – ATHLETES WILL WALK THROUGH LOCKER ROOMS AND EXIT VIA THE SIDE DOOR. COACHES, OFFICIALS, AND MEET PERSONNEL WILL WALK THROUGH TRAINING ROOM AND EXIT VIA THE SIDE DOOR. SPECTATORS WILL EXIT VIA THE FRONT ENTRANCE.
4. COACHES, OFFICIALS, TIMERS, AND MEET PERSONNEL ARE REQUIRED TO WEAR FACE MASKS AT ALL TIMES. EXTRA MASKS AND HAND SANITIZER WILL BE AVAILABLE

**STATEMENT OF THE LOCAL PROTOCOLS AND REQUIREMENTS:**

In applying for this sanctioned event, the Host, STAR Swimming, agrees to comply and to enforce all health and safety measures and guidelines of USA Swimming, Niagara LSC, the State of New York, and Erie County.

STAR Swimming, and Erie Community College have taken enhanced health and safety measures – for you, our other guests, and our athletes. You must follow all posted instructions while attending the meet hosted by STAR Swimming. 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 Center for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending the competition, you voluntarily assume all risks related to exposure to COVID-19.

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.

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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

### **FACILITY REQUIREMENTS:**

1. Strict social distancing will be adhered to at all times.
2. Two timers per lane will be used with social distancing.
3. Pool deck will be limited to swimmers, coaches, officials and meet personal.
4. All Officials, Coaches and Meet Personal must wear masks.
5. Hand Sanitizing dispensers will be located at various locations inside the pool deck.
6. CDC signage will be displayed around the facility.
7. Ropes/Barriers to direct swimmer flow will be tape/ground markers.
8. Capacity limitations and designated areas will be enforced.
9. This meet will be pre-seeded. Deck entries may be allowed if there is room in empty lanes.
10. All athletes will have assigned warm-up and warm-down lanes based on team size at the discretion of the meet directors.
11. Athletes will use a staging area prior to their races to progress to the blocks.
12. Eight (8) lanes will be used for competition. Fly over starts will be used throughout the duration of prelims and during final if needed.
13. STAR Swimming has Safety Plans and Protocols in place and will follow along with the Erie Community College Burt Flickinger Center Safety Plan and Protocols.

### **SPECTATORS:**

**The meet will be accessible to all parents by a live stream provided by STAR Swimming** using this YouTube link: <https://www.youtube.com/channel/UC0JtD68fNRG-6r3FneEdkng>. This link will also be posted on the STAR Website under the Meet Sheets tab. Spectators will be allowed for this event. Volunteer opportunities will be available first to parents of the host team. If all positions are not filled, visiting teams will be contacted to fill remaining volunteer positions. There will be **NO** food being offered during the meet. Families need to plan accordingly.

### **FACILITIES:**

50 meter pool with continuous flow through gutters and Kiefer-McNeil lane dividers. Separate 25 yard, six lane pool for continuous warm-up and warm-down. Colorado Electronic Timing system with flat wall touch pads, horn starts, and scoreboard readouts. The competition course has not been certified in accordance with 104.2.2C(4). From the start end, the pool depth is 7 feet at 1 meter and 7 feet and 5 meters. From the turn end, the pool depth is 13 feet 6 inches at 1 meter and 13 feet 6 inches at 5 meters. Balcony seating is for 1200 spectators.

### **PARKING:**

Parking is available at Mike's Parking at the corner of Elm & Swam Street and at the Adam's Parking Ramp at the corner of Washington and North Division Street. Mike's Parking has attendants supervising parking from ½ hour before the start of warm up through the last session of the day.

**MEET DIRECTORS:** Jeff Hewett & Phil Aronica

**ENTRY COORDINATOR:** Phil Aronica – email: [starentries@gmail.com](mailto:starentries@gmail.com)

**MEET MARSHALL:** Kevin Blake

**MEET REFEREE:** Leo Gibbons & Lynda Blake

**TIMERS:**

STAR Swimming will be providing timers for ALL FINALS SESSIONS ONLY. Visiting teams will be required to supply timers during the preliminary sessions based on entry size. Swimmers must provide their own timers and counters for the 1000 & 1650 Freestyles, and 12 & Under 500 Freestyle.

**EVENTS:**

The meet will be swim in accordance with the accompanying schedule of events. 12 & Under 500 Freestyle, all 1000 and 1650 Freestyles are timed final events. The fastest heat of relays will be swim with finals, with the exception on Sunday, where all relays will be swim in the preliminary session.

**MEET SCRATCH RULE:**

Any swimmer qualifying for a consolation or championship final in an individual event who fails to compete in said consolation or championship final race shall be barred from further competition for the remainder of the day's program except as noted.

**Exceptions for failure to compete** - No penalty shall apply if: The Referee is notified of illness or injury and accepts proof thereof. A swimmer qualifying for a consolation or championship final based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after the announcement of the qualifiers for that race that they may not intend to compete and further declares their final intention within thirty (30) minutes following their last individual preliminary event. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**ENTRY RESTRICTIONS:**

No swimmer may enter more than three (3) individual events per day and a maximum of two relays per day. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. No late or phone entries accepted. Deck entry fees will be \$6.00/individual event & \$15.00/relay

Any club which enters an athlete in a meet, who is not duly registered through that club at the time of entry, will be fined the sum of \$100 per athlete (by the Niagara LSC), per such meet. The fine applies either when the athlete is unregistered or has not properly transferred registration.

**PLEASE SUBMIT PROOF OF TIME FOR 11-12 500 FREE, 13-14 AND SENIOR 500, 1000 and 1650 FREE AND 400 IM.**

**ENTRY FEES:**

1. Individual Event - \$6.00
2. Relay Event - \$15.00
3. \$7.00 per swimmer surcharge is required.

Make checks payable to:  
STAR SWIMMING, INC.

Send regular mail, Express Mail or FedEx.

Please make sure that you do not require a signature for delivery!

Star Swimming, Inc.

PO Box 361

Hamburg, NY 14075

[Starentries@gmail.com](mailto:Starentries@gmail.com)

**ENTRY PERIOD:**

Entries will be ACCEPTED at 9:00 AM on **November 6<sup>th</sup>** and entries will be CLOSED at 9:00 PM on **November 25<sup>th</sup>**. Entries may NOT be changed, added, or removed after the November 25<sup>th</sup> deadline. NO EXCEPTIONS. Teams are encouraged to submit an updated times file if competing in a meet after the deadline prior to the meet. Teams not accepted will have their entries returned as soon as possible.

**COACHES MEETING:**

There will be a coaches meeting as required.

**SEEDING:** The meet will be *Deck seeded*. These are all positive check-in events. You must check in for these events by the end of the previous night's finals, with the exception of Thursday, which must be checked by 4:00 PM. National positive check-in rule applies to all events. If traveling and are unable to meet check in deadline on THURSDAY, please contact Phil Aronica at [starentries@gmail.com](mailto:starentries@gmail.com) and your athletes will be checked in.

<b>STARTING TIMES:</b>	<b>Warm-up Start</b>	<b>Warm-up Ends</b>	<b>Meet Starts</b>
Thursday	3:00 PM	4:50 PM	5:00 PM
Prelims (Fri, Sat, Sun)	6:30 AM	7:50 AM	8:00 AM
Finals (Fri, Sat, Sun)	4:00 PM	4:50 PM	5:00 PM

*\*\*Warm up pool available for continuous warm up. Prelims and Finals start times are subject to change\*\**

**SCORING:**

Individual Events: Final 20-17-16-15-14-13-12-11  
Consolation 9-7-6-5-4-3-2-1

Relay Events: 40-34-32-30-28-26-24-22 18-14-12-10-8-6-4-2

**FINALS:**

TOP 8 10 & Unders can qualify for finals

TOP 16 for 11-12 & 13-14 age groups can qualify for finals, with the exception for the 13-14 500 Freestyle and 400 IM.

Top 24 for the Senior Age Group can qualify for finals, with the exception of the 400 IM and 500 Freestyle.

**AWARDS:** 12 & Unders: Individual: Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 8<sup>th</sup>  
Relays: Medals 1<sup>st</sup> ONLY

TEAM AWARDS: 1<sup>st</sup> – 3<sup>rd</sup> Team Combined

INDIVIDUAL HIGH POINT: 1<sup>st</sup> – 3<sup>rd</sup> all age groups

*\*\*Each team must designate a representative to pick up and sign for all awards for their team. Swimmers will not be allowed to pick up their awards. Awards will NOT be shipped!\*\**

**RESULTS:**

Results will be posted via the Meet Mobile App throughout the duration of the meet.

**HEAT SHEETS & ADMISSIONS:**

All Sessions Pass: \$20.00

Prelim Session: \$5.00

Finals Session: \$3.00

Heat sheets will be provided for coaches and officials only. Digital copies will be posted on [starswimming.org](http://starswimming.org) under the meet sheets tab.

**TIME STANDARDS:**

2021-2024 National Motivational "BB" Time Standards for 15-16 year olds will be used for all SENIOR swimmer, except that the 2021-2024 National Motivational "A" Time Standards for 15-16 year olds will be used for the 1650 Freestyle, 1000 Freestyle, 500 Freestyle, and 400 Individual Medley.

2021-2024 National Motivational "BB" Time Standards will be used for swimmers 13&14.

2021-2024 National Motivational "BB" Time Standards will be used for swimmers 11 & 12 + 12 & Under 500 Freestyle.

2021-2024 National Motivational "B" Time Standards will be used for swimmers 10 and younger, except that 2021-2024 National Motivational "BB" Time Standards will be used for the 200 IM and the 200 Freestyle.

***\*\*STAR SWIMMING reserves the right to swim any of its own club members who have not achieved the minimum time standards.\*\****

**PRELIMINARY ORDER OF EVENTS: 14 & UNDER  
THURSDAY, DECEMBER 2**

FEMALE		MALE
3	12 & Under 500 Freestyle	4

**FRIDAY, DECEMBER 3**

5	10 & Under 50 Breaststroke	6
7	11-12 50 Breaststroke	8
9	13-14 100 Breaststroke	10
11	10 & Under 100 Freestyle	12
13	11-12 100 Freestyle	14
15	13-14 200 Freestyle	16
17	10 & Under 50 Butterfly	18
19	11-12 50 Butterfly	20
21	13-14 100 Butterfly	22
23	10 & Under 200 Individual Medley	24
25	11-12 200 Individual Medley	26
27	13-14 400 Individual Medley	28
29	10 & Under 400 Freestyle Relay	30
31	11-12 400 Freestyle Relay	32
33	13-14 400 Freestyle Relay	34

**SATURDAY, DECEMBER 4**

35	10 & Under 100 Individual Medley	36
37	11-12 100 Individual Medley	38
39	13-14 200 Individual Medley	40
41	10 & Under 50 Backstroke	42
43	11-12 50 Backstroke	44
45	13-14 100 Backstroke	46
47	10 & Under 200 Freestyle	48
49	11-12 200 Freestyle	50
51	13-14 50 Freestyle	52
53	10 & Under 200 Medley Relay	54
55	11-12 200 Medley Relay	56
57	13-14 400 Medley Relay	58
*****	10 MINUTE BREAK	*****
59	13-14 500 Freestyle	60

**SUNDAY, DECEMBER 5**

61	10 & Under 100 Backstroke	62
63	11-12 100 Backstroke	64
65	13-14 200 Backstroke	66
67	10 & Under 100 Breaststroke	68
69	11-12 100 Breaststroke	70
71	13-14 200 Breaststroke	72
73	10 & Under 50 Freestyle	74
75	11-12 50 Freestyle	76
77	13-14 100 Freestyle	78
79	10 & Under 100 Butterfly	80
81	11-12 100 Butterfly	82
83	13-14 200 Butterfly	84
85	10 & Under 200 Freestyle Relay	86
87	11-12 200 Freestyle Relay	88
89	13-14 200 Freestyle Relay	90
*****	10 MINUTE BREAK	*****
91	13-14 1000 Freestyle	92

# PRELIMINARY ORDER OF EVENTS: SENIOR POOL

## THURSDAY, DECEMBER 2

FEMALE

1 1650 Freestyle (Timed Final) 2

MALE

## FRIDAY, DECEMBER 3

93	100 Breaststroke	94
95	200 Freestyle	96
97	100 Butterfly	98
99	400 Individual Medley	100
101	400 Freestyle Relay	102

## SATURDAY, DECEMBER 4

103	200 Individual Medley	104
105	50 Freestyle	106
107	100 Backstroke	108
109	400 Medley Relay	110
*****	10 MINUTE BREAK	*****
111	500 Freestyle	112

## SUNDAY, DECEMBER 5

113	200 Backstroke	114
115	200 Breaststroke	116
117	100 Freestyle	118
119	200 Butterfly	120
121	200 Freestyle Relay	122
*****	10 MINUTE BREAK	*****
123	1000 Freestyle (Timed Final)	124

**ALL RELAYS ARE TIMED FINALS – FASTEST HEAT WILL SWIM IN FINALS, EXCEPT ON SUNDAY, WHEN ALL RELAYS WILL BE SWUM IN PRELIMS**

**\*\*All 1000s & 1650s will be swum fastest to slowest\*\***

## CONDUCT:

1. Proper conduct on the part of all swimmer and spectators is expected at all times, and will be enforced by coaches, meet marshals, college officials and college security. ANY SWIMMER found in the posted out of bounds areas will be barred from the remainder of the meet without recourse. Swimmers are not allowed to swim under the bulkhead. Disciplinary action will be immediate expulsion from the meet.
2. The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway, balcony and stands. Any swimmers competing that are found in an area designated out-of-bounds will be barred from participating in the remainder of the meet. Posted out-of-bounds areas include, but are not limited to: the emergency stairwells, the weight room, and the track and gym areas. **USE OF THE EMERGENCY DOORS BY ANYONE WITHOUT EXPRESS PERMISSION TO USE THE CODE IS PROHIBITED.** The USA Swimming Code of Conduct will be enforced. No glass containers are allowed in the pool and locker room areas. Misbehavior, vandalism and theft will not be tolerated and can result in being barred from participation in the meet.
3. 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.
4. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
5. Use of audio or visual recording devices, including a cell phone ,is not permitted in changing areas, restrooms or locker rooms.
6. Deck changes are prohibited.
7. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
8. Operation of a drone, or any other flying apparatus, 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.
9. Deck access is restricted to USA Swimming athletes, coaches, officials, and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon management request - ***Deck pass in an acceptable proof of USA Swimming Membership.***
10. All applicable adults participating in/or associate 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.



**2021 STAR Short Course Invitational**  
Held under the sanction of USA Swimming NI 2122-011

**ENTRY RECAPITULATION**

TEAM \_\_\_\_\_ TEAM CODE \_\_\_\_\_

COACH \_\_\_\_\_ TEL. NO. \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_ TEL. NO. \_\_\_\_\_

TEAM HOTEL \_\_\_\_\_ TEL. NO. \_\_\_\_\_

(In case of emergency)

Women Individual Entries \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

Number of Women Swimmers \_\_\_\_\_ x \$7.00 = \$ \_\_\_\_\_

Men Individual Entries \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

Number of Men Swimmers \_\_\_\_\_ x \$7.00 = \$ \_\_\_\_\_

Number of Relay Entries \_\_\_\_\_ x \$15.00 = \$ \_\_\_\_\_

Total Amount Enclosed \$ \_\_\_\_\_

Please make checks payable to STAR Swimming

Express main or Fed Ex. With waiver of Signature Requirement to:

STAR Swimming  
PO Box 361  
Hamburg, NY 14075  
E-Mail to: [starentries@gmail.com](mailto:starentries@gmail.com)

ENTRY FEE CHECK MUST ARRIVE THREE (3) DAYS FROM DATE OF FAX OR E-MAIL ENTRY.  
ENTRIES NOT COMPUTERIZED UNTIL ALL ENTRY FEES ARE PAID. **ENTRIES CLOSE 9:00 PM,  
November 25, 2021**

In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against Star Swimming, Inc., Niagara Swimming, Inc., USA Swimming, and the Erie Community College for injuries and/or expenses incurred by us at this meet or while on the road to and from the meet. We are bonafide amateur athletes eligible to participate in all events entered.

\_\_\_\_\_  
DATE

\_\_\_\_\_  
Signature of club official, parent, or guardian

## **Niagara Swimming Inc.**

### **Warm-up Procedures for all Sanctioned Meets in 8 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 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 an eight lane pool, each lane shall be scheduled as follows:
    - a. Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
    - b. Lanes 2 & 7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
    - c. Lanes 3,4,5, & 6 general warm-up only ( as above ) NO DIVING.

### **Important 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 the pool.
3. Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work. 4. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestylers or butterfly swimmers.
5. Backstrokers 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 backstroker 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 and 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 the warm-up. A swimmer and/or Coach may be removed from the deck for interfering with the 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 the meet facility.
14. There shall be at least one Marshal at each end of the pool to ensure the warm-up procedures will be followed. 15. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
16. Discretion and common sense must be used when establishing procedures. The above procedures may modified by the meet Referee according to the needs of the meet.