



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

December 1-4, 2022

ECC Burt Flickinger Aquatic Center

21 Oak Street, Buffalo, NY 14203

Held under the sanction of USA Swimming NI 2223-013

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.

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: Phil Aronica, Bill Loeffler, Peter Umansky

ENTRY COORDINATOR: Phil Aronica – email: starentries@gmail.com

MEET REFEREE: Leo Gibbons

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

ENTRY PERIOD:

Entries will be ACCEPTED at 9:00 AM on **November 7th** and entries will be CLOSED at 9:00 PM on **November 21st**. Entries may NOT be changed, added, or removed after the November 21st 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 and your athletes will be checked in.

STARTING TIMES	WARM-UP START	WARM-UP ENDS	MEET STARTS
Thursday Distance	3:00 PM	4:50 PM	5:00 PM
13 & Over Prelims (Friday, Saturday, Sunday)	6:30 AM	7:50 AM	8:00 AM
12 & Under Prelims (Friday)	12:00 PM	12:50 PM	1:00 PM
12 & Under Prelims (Saturday)	12:00 PM	12:50 PM	1:00 PM
12 & Under Prelims (Sunday)	12:00 PM	12:50 PM	1:00 PM
FINALS (Friday, Saturday, Sunday)	4:00 PM	4:50 PM	5:00 PM

*****13 & Over Prelims will be split into two pools. Women's 13-14 and Men's Open events will be in the West pool on Friday and Sunday AM, and in the East pool on Saturday AM. Men's 13-14 and Women's Open events will be in the East pool on Friday and Sunday AM, and the West pool on Saturday AM.*****

*****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 1st – 3rd, Ribbons 4th – 8th
Relays: Medals 1st ONLY

TEAM AWARDS: 1st – 3rd Team Combined

INDIVIDUAL HIGH POINT: 1st – 3rd 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.

SPECTATORS:

Spectators will be allowed for this event. 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

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 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: 12 & UNDER
THURSDAY, DECEMBER 1**

FEMALE		MALE
3	12 & Under 500 Freestyle	4

FRIDAY, DECEMBER 2

9	10 & Under 50 Breaststroke	10
11	11-12 50 Breaststroke	12
17	10 & Under 100 Freestyle	18
19	11-12 100 Freestyle	20
25	10 & Under 50 Butterfly	26
27	11-12 50 Butterfly	28
33	10 & Under 200 Individual Medley	34
35	11-12 200 Individual Medley	36
5	10 & Under 400 Freestyle Relay	6
7	11-12 400 Freestyle Relay	8

SATURDAY, DECEMBER 3

49	10 & Under 100 Individual Medley	50
51	11-12 100 Individual Medley	52
61	10 & Under 50 Backstroke	62
63	11-12 50 Backstroke	64
69	10 & Under 200 Freestyle	70
71	11-12 200 Freestyle	72
45	10 & Under 200 Medley Relay	46
47	11-12 200 Medley Relay	48

SUNDAY, DECEMBER 4

81	10 & Under 100 Backstroke	82
83	11-12 100 Backstroke	84
89	10 & Under 100 Breaststroke	90
91	11-12 100 Breaststroke	92
97	10 & Under 50 Freestyle	98
99	11-12 50 Freestyle	100
105	10 & Under 100 Butterfly	106
107	11-12 100 Butterfly	108
113	10 & Under 200 Freestyle Relay	114
115	11-12 200 Freestyle Relay	116

PRELIMINARY ORDER OF EVENTS: SENIOR & 13/14 POOL

THURSDAY, DECEMBER 1

FEMALE

1 1650 Freestyle (Timed Final)

MALE

2

FRIDAY, DECEMBER 2

13	13-14 100 Breaststroke	14
15	100 Breaststroke	16
21	13-14 200 Freestyle	22
23	200 Freestyle	24
29	13-14 100 Butterfly	30
31	100 Butterfly	32
37	13-14 400 Individual Medley	38
39	400 Individual Medley	40
41	13-14 400 Freestyle Relay	42
43	400 Freestyle Relay	44

SATURDAY, DECEMBER 3

53	13-14 200 Individual Medley	54
55	200 Individual Medley	56
57	13-14 50 Freestyle	58
59	50 Freestyle	60
65	13-14 100 Backstroke	66
67	100 Backstroke	68
77	13-14 400 Medley Relay	78
79	400 Medley Relay	80
*****	10 MINUTE BREAK	*****
73	13-14 500 Freestyle	74
75	500 Freestyle	76

SUNDAY, DECEMBER 4

85	13-14 200 Backstroke	86
87	200 Backstroke	88
93	13-14 200 Breaststroke	94
95	200 Breaststroke	96
101	13-14 100 Freestyle	102
103	100 Freestyle	104
109	13-14 200 Butterfly	110
111	200 Butterfly	112
117	13-14 200 Freestyle Relay	118
119	200 Freestyle Relay	120
*****	10 MINUTE BREAK	*****
121	13-14 1000 Freestyle	122
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****

Order of Finals

FRIDAY DEC. 2	FEMALE		MALE
	5	10 & Under 400 Free Relay	6
	7	11-12 400 Free Relay	8
	9	10 & Under 50 Breast	10
	11	11-12 50 Breast	12
	13	13-14 100 Breast	14
	15	Open 100 Breast	16
	17	10 & Under 100 Free	18
	19	11-12 100 Free	20
	21	13-14 200 Free	22
	23	Open 200 Free	24
	25	10 & Under 50 Fly	26
	27	11-12 50 Fly	28
	29	13-14 100 Fly	30
	31	Open 100 Fly	32
	33	10 & Under 200 IM	34
	35	11-12 200 IM	36
	37	13-14 400 IM (FINAL HEAT ONLY)	38
	39	Open 400 IM (NO BONUS)	40
	41	13-14 400 Free Relay	42
	43	Senior 400 Free Relay	44
SATURDAY DEC. 3	45	10 & Under 200 Medley Relay	46
	47	11-12 200 Medley Relay	48
	49	10 & Under 100 IM	50
	51	11-12 100 IM	52
	53	13-14 200 IM	54
	55	Open 200 IM	56
	57	13-14 50 Free	58
	59	Open 50 Free	60
	61	10 & Under 50 Back	62
	63	11-12 50 Back	64
	65	13-14 100 Back	66
	67	Open 100 Back	68
	69	10 & Under 200 Free	70
	71	11-12 200 Free	72
	73	13-14 500 Free (FINAL HEAT ONLY)	74
	75	Open 500 Free (NO BONUS)	76
	77	13-14 400 Medley Relay	78
	79	Open 400 Medley Relay	80
SUNDAY DEC. 4	81	10 & Under 100 Back	82
	83	11-12 100 Back	84
	85	13-14 200 Back	86
	87	Open 200 Back	88
	89	10 & Under 100 Breast	90
	91	11-12 100 Breast	92
	93	13-14 200 Breast	94
	95	Open 200 Breast	96
	97	10 & Under 50 Free	98
	99	11-12 50 Free	100
	101	13-14 100 Free	102
	103	Open 100 Free	104
	105	10 & Under 100 Fly	106
	107	11-12 100 Fly	108
	109	13-14 200 Fly	110
	111	Open 200 Fly	112

****ALL 1000 & 1650 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.

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

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 21 2022**

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.