



# 2024 NI STAR LONG COURSE KICK-OFF

May 31 - June 2, 2024

Sanction # NI-2324-070

Hosted by:  
STAR SWIMMING



<p><b>MEET DIRECTOR</b> TJ Day, <a href="mailto:dayswimming@gmail.com">dayswimming@gmail.com</a>, 765-414-0967</p>	<p><b>MEET REFEREE</b> Leo Gibbons <a href="mailto:lcgjr1953@gmail.com">lcgjr1953@gmail.com</a></p>	<p><b>CLUB OFFICIALS CHAIR</b> Leo Gibbons at <a href="mailto:lcgjr1953@gmail.com">lcgjr1953@gmail.com</a></p>
<p><b>SANCTION</b></p>	<ul style="list-style-type: none"> <li>Held under the sanction of USA Swimming through Niagara Swimming: <b>NI-2324-070.</b></li> <li>In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, STAR SWIMMING, and ECC Burt Flickinger Athletic Center 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.</li> </ul>	
<p><b>FACILITY</b></p>	<p style="text-align: center;"><b>ECC Burt Flickinger Athletic Center</b> 21 Oak St. Buffalo, NY, 14203 <b>(716) 851-1220</b></p> <ul style="list-style-type: none"> <li>8 lanes, 50 meters (LCM) ▾</li> <li>Water depth range of 7 feet at the starting end and 13 feet and 6 inches at the turning end.</li> <li>Meet host will ensure the required course dimensions.</li> </ul>	
<p><b>PARKING</b></p>	<p>Parking is available at Mike’s Parking at the corner of ELM &amp; Swan 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.</p>	
<p><b>ENTRY PERIOD</b></p>	<p style="text-align: center;"><b>ENTRY PERIOD START: MAY 6 at 9:00 AM</b> <b>ENTRY DEADLINE: MAY 17 at 9:00 PM</b></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>	
<p><b>SCHEDULE</b></p>	<p style="text-align: center;"><b>FRIDAY MAY 31</b> <b>All Ages: Warm Up: 3:30 PM Meet Start: 5:00 PM</b></p> <p style="text-align: center;"><b>SATURDAY JUNE 1</b> <b>13 &amp; Over Prelims: Warm Up: 7:30 AM Meet Starts: 8:30 AM</b> <b>12 &amp; Under Timed Finals: Warm Up: 12:00 PM Meet Starts: 1:00 PM</b> <b>13 &amp; Over Finals: Warm Up: 5:00 PM Meet Starts: 6:00 PM</b></p> <p style="text-align: center;"><b>SUNDAY JUNE 2</b> <b>13 &amp; Over Prelims: Warm Up: 7:30 AM Meet Starts: 8:30 AM</b></p>	

	<p><b>12 &amp; Under Timed Finals:</b> Warm Up: 12:00 PM Meet Starts: 1:00 PM</p> <p><b>13 &amp; Over Finals:</b> Warm Up: 5:00 PM Meet Starts: 6:00 PM</p> <ul style="list-style-type: none"> <li>● Meet Director reserves the right to adjust times/sessions after entries are received.</li> </ul>
<b>MEET SCRATCH RULE</b>	<ul style="list-style-type: none"> <li>● Any swimmer qualifying for a bonus, consolation, or championship final in an individual event who fails to compete in said bonus, consolation, or championship final race shall be barred from further competition for the remainder of the day's program except as noted.</li> <li>● <b>Exceptions for failure to compete</b> - No penalty shall apply if: <ul style="list-style-type: none"> <li>○ The referee is notified of illness or injury and accepts proof thereof.</li> <li>○ A swimmer qualifying for a bonus, consolation, or championship final based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after the announcement of 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.</li> <li>○ It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.</li> </ul> </li> </ul>
<b>ELIGIBILITY</b>	<ul style="list-style-type: none"> <li>● Open to all registered USA Swimmers.</li> <li>● 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.</li> </ul>
<b>DISABILITY SWIMMERS</b>	<p>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.</p>
<b>TIMING SYSTEM</b>	<ul style="list-style-type: none"> <li>● Automatic timing will be used.</li> <li>● Colorado Electronic Timing system with flat wall touch pads, horn starts, and scoreboard readouts.</li> </ul>
<b>RULES</b>	<ul style="list-style-type: none"> <li>● Current USA Swimming rules shall govern this meet.</li> <li>● All 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 MAAPP is a condition of participation in the conduct of this competition.</li> <li>● No on-deck USA-S registration is permitted.</li> <li>● 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.</li> <li>● Deck changes are prohibited.</li> <li>● 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.</li> <li>● 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.</li> </ul>

	<ul style="list-style-type: none"> <li>● Dive-over starts will be used.</li> <li>● 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.</li> </ul>
<b>EVENT RULES</b>	<ul style="list-style-type: none"> <li>● All 12 &amp; Under events are timed finals.</li> <li>● All events for ages 13 &amp; over are prelims and finals, except for the 400 and 800 freestyle, which will be timed finals.</li> <li>● No swimmer may enter more than three (3) individual events per day and a maximum of one relay 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 &amp; \$15.00/relay</li> <li>● 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.</li> <li>● Please email all entries to TJ Day at <a href="mailto:dayswimming@gmail.com">dayswimming@gmail.com</a>. You will receive confirmation that your entries have been entered or returned.</li> </ul>
<b>POSITIVE CHECK IN</b>	The meet will be <b>Deck seeded</b> . 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 Friday, 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 FRIDAY, please contact TJ Day at <a href="mailto:dayswimming@gmail.com">dayswimming@gmail.com</a> and your athletes will be checked in.
<b>WARM-UP</b>	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.
<b>SUPERVISION</b>	<ul style="list-style-type: none"> <li>● Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</li> <li>● Dry locker rooms are available to coaches, officials, and all other meet staff personnel. They will be the Men's and Women's staff locker rooms. Athletes are prohibited from using these locker rooms at any time.</li> <li>● Proper conduct on the part of all athletes and spectators is expected at all times, and will be enforced by coaches, meet marshals, officials, and college security. ANY ATHLETE found in the posted out of bounds areas, or using the green doors connecting the back pool to the lobby, 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 competition.</li> <li>● The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway, balcony, and stands. Posted out-of-bounds areas include, but are not limited to: the emergency stairwells, the weight room, and the track/gymnasium areas. USE OF THE EMERGENCY DOORS BY ANYONE WITHOUT EXPRESSED 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.</li> </ul>
<b>SEEDING</b>	The meet will be <b>Deck seeded</b> . 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 Friday, 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 FRIDAY, please contact TJ Day at <a href="mailto:dayswimming@gmail.com">dayswimming@gmail.com</a> and your athletes will be checked in.
<b>SCORING</b>	<p><b>Individual Events:</b>  Final 20-17-16-15-14-13-12-11  Consolation 9-7-6-5-4-3-2-1</p> <p><b>Relay Events:</b>  40-34-32-30-28-26-24-22 18-14-12-10-8-6-4-2</p>
<b>FINALS</b>	<p>TOP 16- for the 13-14 Age Group can qualify for finals, except for the 400 Freestyle and 800 Freestyle.</p> <p>TOP 16- for the Senior Age Group can qualify for finals, except for the 400 Freestyle and 800 Freestyle.</p>
<b>AWARDS</b>	<p><b>12 &amp; Under Individual:</b> Ribbons 1st – 3rd; 8 &amp; Under: Ribbons 1st – 8th.</p> <p><b>Relay:</b> 10 &amp; under, 12 &amp; under: Ribbons 1st – 3rd</p> <p><b>**During the 12 &amp; under sessions, there will be random bell ringer heats throughout the session**</b></p>
<b>PROGRAMS</b>	Heat sheets will be provided for coaches and officials only. Digital copies will be posted on <a href="http://starswimming.org">starswimming.org</a> under the meet sheets tab.
<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>	<ul style="list-style-type: none"> <li>Admission is \$5.00 per session for those attending the meet.</li> <li>13 &amp; Over ALL Session Pass \$20.00</li> <li>The meet will be accessible to all parents by a live stream provided by STAR Swimming using this YouTube link  <a href="https://www.youtube.com/channel/UC0JtD68fNRG-6r3FneEdkng">https://www.youtube.com/channel/UC0JtD68fNRG-6r3FneEdkng</a>.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials interested in volunteering should contact Leo Gibbons at <a href="mailto:lcgir1953@gmail.com">lcgir1953@gmail.com</a> and RSVP on TeamApp.</li> <li>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.</li> </ul>
<b>TIMERS</b>	<ul style="list-style-type: none"> <li>Participating clubs are requested to provide timers.</li> <li>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.</li> <li>Swimmers must provide their own timers and counters for the 800 Freestyles.</li> </ul>
<b>ENTRY PROCEDURES</b>	<ul style="list-style-type: none"> <li>Entries should be submitted by email to the Meet Director.</li> <li>Include in the subject of the email, “2024 NI STAR LONG COURSE KICK-OFF - *****” with the club’s initials in place of the asterisks. If your club submits multiple entry files, include the training site in the subject of the email.</li> <li>Include in the entry email: entry file, report of entries by name, report of entries by event.</li> <li>In the body of your email provide entry numbers (girls, boys, totals), contact</li> </ul>

	<p>information (email, phone, officials contact).</p> <ul style="list-style-type: none"> <li>● Entries directly from individual team members will not be accepted.</li> <li>● Entries by phone or fax will not be accepted.</li> <li>● 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.</li> <li>● 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.</li> </ul>
<b>ENTRY FEES</b>	<ul style="list-style-type: none"> <li>● Per Swimmer Surcharge: \$7.00</li> <li>● Individual event fee: \$6.00</li> <li>● Relay event fee: \$15.00</li> </ul>
<b>Available Medical Supervision/Equipment</b>	<p>Medical assistance will be provided at the facility. If you require medical assistance, please notify a member of the meet staff. AED, backboard, &amp; First Aid supplies at the facility.</p>

# 2024 NI STAR LONG COURSE KICK-OFF

May 31 - June 2, 2024

[sessions, schedule]

## FRIDAY, MAY 31

GIRLS	EVENT	BOYS
1	13 & Over 50 FREE (Prelims)	2
3	13 & Over 200 IM (Prelims)	4
5	*OPEN 400 FREE (Timed Final)	6
<i>10 Minute Break</i>		
3	13 & Over 200 IM (Finals)	4
1	13 & Over 50 FREE (Finals)	2

## SATURDAY, JUNE 1 PRELIMINARY EVENTS

GIRLS	EVENT	BOYS
7	13 & Over 400 IM	8
9	13 & Over 100 FLY	10
11	13 & Over 200 FREE	12
13	13 & Over 100 BREAST	14
15	13 & Over 100 BACK	16
17	**13 & OVER 400 MEDLEY RELAY	18

## SUNDAY, JUNE 2 PRELIMINARY EVENTS

GIRLS	EVENT	BOYS
19	13 & Over 200 BACK	20
21	13 & Over 100 FREE	22
23	13 & Over 200 BREAST	24
25	13 & Over 200 FLY	26
27	***13 & Over 800 FREE	28
29	**13 & Over 400 FREE RELAY	30

\*The 400 Freestyle will swim as Timed Finals, it will be limited to the fastest 7 heats of men and women.

\*\*ALL relays heats will be swum as Timed Finals during the finals sessions.

\*\*\*The 800 Freestyle will swim as Timed Finals, fastest to slowest, alternating women and men heats. It will be limited to the fastest 2 heats of men and women.

### SATURDAY, JUNE 1 (12 & UNDER) TIMED FINAL EVENTS

GIRLS	EVENT	BOYS
101	12 & UNDER 200 FREE	102
103	12 & Under 100 BACK	104
105	8 & UNDER 50 BREAST	106
107	12 & UNDER 50 BREAST	108
109	8 & Under 50 FREE	110
111	12 & Under 50 FREE	112
113	12 & UNDER 100 FLY	114
115	10 & UNDER 200 MEDLEY RELAY	116
117	12 & UNDER 200 MEDLEY RELAY	118

### SUNDAY, JUNE 2 (12 & UNDER) TIMED FINAL EVENTS

GIRLS	EVENT	BOYS
119	12 & UNDER 200 IM	120
121	8 & UNDER 50 BACK	122
123	12 & UNDER 50 BACK	124
125	8 & UNDER 100 FREE	126
127	12 & UNDER 100 FREE	128
129	12 & UNDER 100 BREAST	130
131	8 & UNDER 50 FLY	132
133	12 & UNDER 50 FLY	134
135	10 & UNDER 200 FREE RELAY	136
137	12 & UNDER 200 FREE RELAY	138