



# The STAR Short Course Invitational

Thursday, Friday, Saturday, and Sunday

November 30-3, 2023

Sanction # NI-2324-013

Hosted by:



### MEET DIRECTOR

TJ Day  
[dayswimming@gmail.com](mailto:dayswimming@gmail.com)  
765-414-0967

### MEET REFEREE

Leo Gibbons  
[lcgjr1953@gmail.com](mailto:lcgjr1953@gmail.com)

### CLUB OFFICIALS CHAIR

Leo Gibbons  
[lcgjr1953@gmail.com](mailto:lcgjr1953@gmail.com)

### SANCTION

- Held under the sanction of USA Swimming through Niagara Swimming: **NI-2324-013**.
- In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, STAR Swimming, and ECC Burt Flickinger Aquatic 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.

### FACILITY

#### ECC Burt Flickinger Aquatic Center

21 Oak Street  
Buffalo, NY 14203

- 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.
- 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 & 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.

### 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 DEADLINE**

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 20<sup>th</sup>**. Entries may NOT be changed, added, or removed after the November 20<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.

**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.

**SCHEDULE**

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 TJ Day at [dayswimming@gmail.com](mailto:dayswimming@gmail.com) and your athletes will be checked in.

STARTING TIMES	WARM-UP START	WARM-UP ENDS	MEET STARTS
Thursday Distance	3:30 PM	4:50 PM	5:00 PM
13 & Over Prelims (Friday, Saturday, Sunday)	7:00 AM	8:20 AM	8:30 AM
12 & Under Prelims (Friday)	11:30 AM	12:00 PM	12:10 PM
12 & Under Prelims (Saturday)	12:00 PM	12:30 PM	12:40 PM
12 & Under Prelims (Sunday)	12:30 PM	1:00 PM	1:10 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**

	<p><b>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.**</b></p> <p><i>**Warm-up pool available for continuous warm up. Prelims and Finals start times are subject to change**</i></p> <p>Meet Director reserves the right to adjust times/sessions after entries are received.</p>
<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>	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
<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> <li>• Dive-over starts will be used.</li> <li>• The Meet Director and the NI Technical Committee reserve the right to limit events, heats, and 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>• 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 &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</li> </ul>

	<p>fine applies either when the athlete is unregistered or has not properly transferred registration.</p> <ul style="list-style-type: none"> <li>● <b>PLEASE SUBMIT PROOF OF TIME FOR 11-12 500 FREE, 13-14 AND SENIOR 500, 1000 and 1650 FREE AND 400 IM.</b></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>	●
<b>WARM-UP</b>	<ul style="list-style-type: none"> <li>● 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.</li> </ul>
<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> </ul>
<b>SEEDING</b>	<ul style="list-style-type: none"> <li>● 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 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 TJ Day at <a href="mailto:dayswimming@gmail.com">dayswimming@gmail.com</a> and your athletes will be checked in.</li> </ul>
<b>SCORING</b>	<p><b>Individual Events:</b></p> <p>Final 20-17-16-15-14-13-12-11</p> <p>Consolation 9-7-6-5-4-3-2-1</p> <p><b>Relay Events:</b></p> <p>40-34-32-30-28-26-24-22 18-14-12-10-8-6-4-2</p>
<b>FINALS</b>	<p>TOP 8- for the 10 &amp; Unders can qualify for finals.</p> <p>TOP 16- for the 11-12 &amp; 13-14 age groups can qualify for finals, with the exception for the 13-14 500 Freestyle and 400 IM.</p> <p>TOP 24- for the Senior Age Group can qualify for finals, with the exception of the 400 IM and 500 Freestyle.</p>
<b>AWARDS</b>	<p>12 &amp; Unders: Individual: Medals 1<sup>st</sup> – 3<sup>rd</sup>, Ribbons 4<sup>th</sup> – 8<sup>th</sup></p> <p>Relays: Medals 1<sup>st</sup> ONLY</p> <p>TEAM AWARDS: 1<sup>st</sup> – 3<sup>rd</sup> Team Combined</p> <p>INDIVIDUAL HIGH POINT: 1<sup>st</sup> – 3<sup>rd</sup> all age groups</p> <p><i>**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! **</i></p>

<b>PROGRAMS</b>	<ul style="list-style-type: none"> <li>Digital copies will be posted on the STAR Swimming website at <a href="http://starswimming.org">starswimming.org</a></li> </ul>
<b>CREDENTIALS</b>	<ul style="list-style-type: none"> <li>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.</li> </ul>
<b>SPECTATOR ENTRY FEE</b>	<ul style="list-style-type: none"> <li>All Sessions Pass: \$20.00</li> <li>Single Day Pass: \$10.00</li> <li>Finals Session: \$5.00</li> <li>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.</li> <li>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: <a href="https://www.youtube.com/channel/UC0JtD68fNRG-6r3FneEdkng">https://www.youtube.com/channel/UC0JtD68fNRG-6r3FneEdkng</a>. This link will also be posted on the STAR Website under the Meet Sheets tab. 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 the remaining volunteer positions.</li> </ul>
<b>OFFICIALS</b>	<ul style="list-style-type: none"> <li>Officials interested in volunteering should contact Leo Gibbons at <a href="mailto:lcdjr1953@gmail.com">lcdjr1953@gmail.com</a>.</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>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 &amp; 1650 Freestyles, and 12 &amp; Under 500 Freestyle.</li> </ul>
<b>VENUE</b>	<p>13 &amp; 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.</p>
<b>TIME STANDARDS</b>	<p>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.</p> <p>2021-2024 National Motivational "BB" Time Standards will be used for swimmers 13&amp;14.</p> <p>2021-2024 National Motivational "BB" Time Standards will be used for swimmers 11 &amp; 12 + 12 &amp; Under 500 Freestyle.</p> <p>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.</p>

	<p><b>**STAR SWIMMING reserves the right to swim any of its own club members who have not achieved the minimum time standards.**</b></p>
<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, "2023 NI STAR Invitational-***" with the club's initials in place of the asterisks. If your club submits multiple entry files include training site in the subject of the email.</li> <li>• Include in 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 information (email, phone, officials contact).</li> <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>	<p style="text-align: center;"><b>Per Swimmer Surcharge: \$7.00                      Relay event fee: \$15.00</b></p> <p style="text-align: center;"><b>Individual event fee: \$6.00</b></p> <ul style="list-style-type: none"> <li>• Make checks payable to STAR Swimming, INC . Checks may be mailed to: STAR Swimming PO Box 361 Hamburg, NY 14075</li> <li>• 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.</li> <li>• Entry fees are due with meet entry. Unpaid fees will be reported to the NI Administrative Office at the conclusion of the meet.</li> </ul>
<b>Available Medical Supervision/Equipment</b>	<ul style="list-style-type: none"> <li>• 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 facility.</li> </ul>
<b>DECK ID</b>	<p>Deck access is restricted to USA Swimming athletes, coaches, officials, and meet volunteers. Upon arrival, coaches will need to check in at the coaches check-in table, located in the hall way prior to the training room doors. Please make sure your deck pass/credentials are valid in order to gain access to the pool deck. You will not be granted access to the pool deck if your deck pass/ credentials are not complete. Once coaches check in, you will receive a wristband to wear for the remainder of the weekend.</p>
<b>LOCKER ROOMS</b>	<p>There will be "dry locker rooms" available for all coaches and officials. They will be the Men's &amp; Women's Team Locker Rooms. Access to these locker rooms will only be accessed via the pool deck only. Athletes are NOT permitted in these locker rooms. Coaches, officials, meet personnel, and</p>

volunteers are NOT permitted in the athlete locker rooms at ANY TIME.

**CONDUCT**

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.

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.

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.

Any athlete 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 swimmers' legal guardian to ensure compliance with this requirement.

Fly over starts will be used at this meet to help control meet duration.

No athlete will be permitted to compete unless the swimmer is a member as provided in Article 302.

Use of audio or visual recording devices, including a cell phone, is prohibited in the changing areas, rest rooms, or locker rooms. *Deck changes are prohibited.*

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach area, spectator areas and open-ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

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.

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 meet management request.

***Deck pass is an acceptable proof of USA Swimming Membership.***



**2023 NI STAR Invitational**  
**PRELIMINARY ORDER OF EVENTS: 12 & UNDER**

**Thursday, November 30th**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
1	12 & Under 500 Freestyle (Timed Final)	2

**Friday, December 1st**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
3	10 & Under 50 Breaststroke	4
5	11-12 50 Breaststroke	6
7	10 & Under 100 Freestyle	8
9	11-12 100 Freestyle	10
11	10 & Under 50 Butterfly	12
13	11-12 50 Butterfly	14
15	10 & Under 200 Individual Medley	16
17	11-12 200 Individual Medley	18
19	10 & Under 400 Freestyle Relay	20
21	11-12 400 Freestyle Relay	22

**Saturday, December 2nd**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
23	10 & Under 100 Individual Medley	24
25	11-12 100 Individual Medley	26
27	10 & Under 50 Backstroke	28
29	11-12 50 Backstroke	30
31	10 & Under 200 Freestyle	32
33	11-12 200 Freestyle	34
35	10 & Under 200 Medley Relay	36
37	11-12 200 Medley Relay	38

**Sunday, December 3rd**

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
39	10 & Under 100 Backstroke	40
41	11-12 100 Backstroke	42
43	10 & Under 100 Breaststroke	44
45	11-12 100 Breaststroke	46
47	10 & Under 50 Freestyle	48
49	11-12 50 Freestyle	50



51	10 & Under 100 Butterfly	52
53	11-12 100 Butterfly	54
55	10 & Under 200 Freestyle Relay	56
57	11-12 200 Freestyle Relay	58

## PRELIMINARY ORDER OF EVENTS: SENIOR & 13-14 POOL

### Thursday, November 30th

GIRLS	EVENT	BOYS
101	1650 Freestyle (Timed Final)	102

### Friday, December 1st

GIRLS	EVENT	BOYS
103	13-14 100 Breaststroke	104
105	100 Breaststroke	106
107	13-14 200 Freestyle	108
109	200 Freestyle	110
111	13-14 100 Butterfly	112
113	100 Butterfly	114
115	13-14 400 Individual Medley	116
117	400 Individual Medley	118
119	13-14 400 Freestyle Relay	120
121	400 Freestyle Relay	122

### Saturday, December 2nd

GIRLS	EVENT	BOYS
123	13-14 200 Individual Medley	124
125	200 Individual Medley	126
127	13-14 50 Freestyle	128
129	50 Freestyle	130
131	13-14 100 Backstroke	132
133	100 Backstroke	134
139	13-14 400 Medley Relay	140
141	400 Medley Relay	142

### **\*\*10 MINUTE BREAK\*\***

135	13-14 500 Freestyle	136
137	500 Freestyle	138

### Sunday, December 3rd

<b>GIRLS</b>	<b>EVENT</b>	<b>BOYS</b>
143	13-14 200 Backstroke	144
145	200 Backstroke	146
147	13-14 200 Breaststroke	148
149	200 Breaststroke	150
151	13-14 100 Freestyle	152
153	100 Freestyle	154
155	13-14 200 Butterfly	156
157	200 Butterfly	158
159	13-14 200 Freestyle Relay	160
161	200 Freestyle Relay	162

**\*\*\*10 Minute Break\*\*\***

163	13-14 1000 Freestyle (Timed Final)	164
165	1000 Freestyle (Timed Final)	166

**\*\*ALL 1000 & 1650 Freestyle events will be swum fastest to slowest\*\***

**2023 NI STAR Invitational**

**ENTRY RECAPITULATION**

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

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

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

E-MAIL ADDRESS: \_\_\_\_\_

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

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

(IN CASE OF EMERGENCY)

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

# of Women Athletes \_\_\_\_\_ x \$7.00 = \$ \_\_\_\_\_

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

# of Men Athletes \_\_\_\_\_ x \$7.00 = \$ \_\_\_\_\_

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

**TOTAL AMOUNT ENCLOSED** \$ \_\_\_\_\_

Make checks payable in **U.S. Dollars** to **STAR SWIMMING INC.**

**\*\*\*\*\*This form must be returned with entry forms to be considered a complete entry\*\*\*\*\***

Please mail check & recapitulation to:

**STAR Swimming, INC**

**PO Box 361**

**Hamburg, NY 14075**

Entry Coordinator Email: [dayswimming@gmail.com](mailto:dayswimming@gmail.com)

**ENTRIES WILL NOT BE ACCEPTED BEFORE 9:00 AM ON NOVEMBER 6, 2023 ENTRIES CLOSE 9:00 PM ON NOVEMBER 20, 2023 (STRICTLY ENFORCED)**

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 bona-fide amateur athletes eligible to participate in all events entered.

\_\_\_\_\_  
Date

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