

Southern Tier Swim League

2014-15 League Meet

January 31st, 2015

Held under the Approval of Adirondack Swimming, Inc. Approval # APP15-005

In granting this Approval it is understood and agreed that USA Swimming, Inc. and Adirondack Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

<u>Meet Name</u> <u>Attending Teams</u>	STSL-East Meet #4 Chenango Aquatics (CAGO-NI), Chenango Valley Swim Club (CVSC-NI), Cortland Adapted Swim Team (CAST-NI), Greater Owego Swim Team (GOST-NI), Sidney Swim (Club SIDN-AD), Union Aquatic Club (UNAC-NI), Vestal Swim Club (VEST-NI), Whitney Point Swim Club (WPSC-NI)
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<u>Location</u>	Sidney High School, 95 W Main St, Sidney, NY
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<u>Time</u>	Warm Up/Start	Session 1: 9:00am/9:45am Session 2: 12:30pm/1:30pm
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<u>Facility</u>	<ul style="list-style-type: none">• Six (6) lane 25 yard pool, with Daktronics Omnisport 2000 with touch pads, back-up buttons and digital scoreboard.• The course has not been certified in accordance with 104.2.2C(4).• Water depth: From the start end, pool depth is 12 feet at 1 meter and 7 feet at 5 meters. From the turn end, pool depth is 4 feet at 1 meter and 7 feet at 5 meters.
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<u>Meet Director</u>	Bill Christiansen, sidneyswimclub@sidneycsd.org
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<u>Meet Referee</u>	Pete Burnett
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<u>Admin Official</u>	Jeremy Roberts, jroberts19@stny.rr.com
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<u>Events</u>	All events will be swum as timed finals Events will be swum in accordance with the schedule of events
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<u>Swimmers</u>	<p>All entrants must be registered members of USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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 per such meet. The fine applies either when the athlete is unregistered or has not properly transferred registration.</p> <p>USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.</p> <p>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.</p>
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<u>Entries</u>	Swimmers Age on the first day of the meet applies Rules from the current USA Swimming Technical Rules will be in effect Maximum number of individual events is five (5), Relays is one (1) Estimated times may be used and are encouraged for the longer events in lieu of 'NT' entries.
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	<p>On-deck registration will be permitted at the discretion of the Meet Referee and Meet Director.</p> <p>Entry Deadline: Wed Jan 28, 2015 Send entries to: Jerry Roberts (jroberts19@stny.rr.com)</p>
<u>Entry Fees</u>	No fees
<u>Relays</u>	Relay entries may be made without the swimmers names. However, relay swimmers must be declared prior to the start of the event.
<u>Warm-ups</u>	Because of the large number of injuries occurring across the country during warm-ups, USA Swimming allows no diving into the pool during the warm-up period except in the designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to fully cooperate with the club officials and marshals in charge of the area. See "Warm up Procedures" below.
<u>Awards</u>	No awards
<u>Conduct</u>	<p>Parents and coaches are responsible for the conduct of their swimmers in all areas throughout the duration of the meet. Vandalism, theft or dangerous behavior will be cause for exclusion from the meet. Cooperation with the request of a Meet Marshal is expected.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted behind the starting blocks, including the spectator area behind the starting blocks, in changing areas, rest rooms or locker rooms.</p> <p>Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.</p>
<u>Deck ID</u>	Only swimmers, coaches, working officials and meet marshalls and timers on shift are allowed on deck. Coaches are required to have and wear their current USA Swimming ID.
<u>Approval</u>	This meet is an Adirondack Swimming Approved Meet. When all conditions of Approval are met, all times achieved by USA Swimming, Inc. Registered Athletes will be loaded to the USA Swimming National Database, SWIMS. For times to be used, all swims must be observed by a minimum of 2, USA Swimming Registered and Certified Stroke and Turn Officials, one located at each end of the pool, at all times during the meet. The meet must also be overseen by a current USA Swimming Admin Official.
	USA Swimming, Inc. Insurance applies if ALL attending clubs, athletes, coaches, officials and meet directors are current members of USA Swimming and the venue has been provided with the proper Insurance Certificate from USA Swimming.

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Schedule of Events

Girls Event		Session 1	Boys Event
93	10 & Under	Mixed 200 Medley Relay	
94	8 & Under	Mixed 100 Medley Relay	
95	*10 & Under	100 Butterfly	96
97	8 & Under	25 Freestyle	98
99	*10 & Under	50 Breaststroke	100
101	8 & Under	25 Breaststroke	102
103	*10 & Under	100 Freestyle	104
105	8 & Under	25 Backstroke	106

*All 10& Under Individual Events are Multi-Age Events, scored separately by ages, 8&Under and 9-10

Girls Event		Session 2	Boys Event
107	11- 12	Mixed 200 Medley Relay	
108	OPEN	Mixed 200 Medley Relay	
109	11-12	100 Butterfly	110
111	*Multi-Age	200 Butterfly	112
113	11-12	50 Breaststroke	114
115	*Multi-Age	100 Breaststroke	116
117	11-12	200 Freestyle	118
119	*Multi-Age	50 Freestyle	120
121	11-12	50 Freestyle	122
123	*Multi-Age	200 Backstroke	124

*All Multi-Age Events swum together and scored separately by ages, 12&Under, 13-14, 15-16, 17&Over

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WARM UP PROCEDURES

GENERAL WARM UP PERIOD:

1. The first 30 minutes is for general warm up in all lanes.
2. There shall be no diving off the blocks or the edge of the pool.
3. Outside lanes-kicking only. Inside lanes-swimming and pulling only.
4. No sprinting or pace work.

SPECIFIC WARM UP PERIOD:

1. The last 30 minutes shall constitute the specific warm up period.
2. Each lane will be scheduled as follows.
 - A) Lanes 2 and 5: Racing start only. Swim one length only. All swimmers begin at the racing end of the pool.
 - B) Lanes 1 and 6: Push off one to two lengths and back, beginning at the starting end of the pool. Circle swimming only, no diving.
 - C) Lanes 3 and 4: General warm up as above, no diving.

POINTS FOR WARM UP PERIOD:

1. No diving in lanes other than those designated for diving.
2. Start all swimmers in 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. Coaches please remind swimmers that breaststrokes need more lead time than freestylers or flyers.
5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the block until the backstroker has executed his/her start.
6. Coaches should maintain as much contact with their swimmers as possible, coaches have the same responsibility for supervision as when on deck at practice.
7. Marshals have authority through the meet director over the warm up period. Swimmers must recognize this authority to ensure a safe warm up period.

STARTING PROCEDURES:

Starts will follow the "Whistle Start" and "No False Start" recall procedure.

*Whistle chirps from the referee signal swimmers to get behind the block

*Long whistle from referee to step up/in (2nd whistle in backstroke to place feet).

*Referee turns over to Starter with outstretched arm.

*Starter indicates "Take Your Mark"

*Upon observing swimmers motionless, starter gives the signal.

*If one or more swimmers leave(s) early, NO RECALL signal is given.

*Swimmers are notified of DQs for False Starts at the end of the race.