

Swim The Triangle
Whitney Point Swim Club
Seventh Annual
OPEN WATER SWIM
June 21, 2015
Held under the sanction of USA Swimming
NIAGARA LSC Sanction # NI-1415-216

Location: Whitney Point Lake
Dorchester Park
NY Route 26.
Whitney Point, N.Y. 13862

Time: **Sunday, June 21, 2015.**
Sign-In/Registration opens: 9:00am
0.5K Pre Event Meeting: 9:45am
Warm-up: 10:00am
Events start: 10:15am there will be a pre race meeting 15 minutes prior to each event.

A tentative race schedule shall be sent to each attending club by Wed. June 17, 2015

Course: The course shall be a triangular 0.5K course. The course shall be marked by 20inch minimum diameter floats at each turn.
Start: The start shall be an in-water standing start.
Finish: The finish shall be an in water finish.

Entries: Entries are preferred on disc or by e-mail. Entry summary, waiver, and fees must be enclosed with entries or, for e-mailed entries, under separate cover. All entrants must be registered members of USA Swimming. USS registration numbers must appear on the entry form. Swimmer's age on the day of the meet determines age group. **Limit 1 individual event/swimmer. Entries will be accepted on the day of the meet proof of USA swimming membership will be required.**

By signing and returning the waiver the entry person is verifying that all swimmers entered are physically capable of completing the distance entered for each athlete in the meet.

Open water swimming presents hazards that are not present in a pool environment. The water conditions such as surface conditions and currents can change. All swimmers are swimming at their own risk and there must be a signed consent form for each athlete. Athletes under the age of 18 must have the consent form signed by a parent or guardian and the club coach. Athletes that are not affiliated with a club please indicate that on the consent form.

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Non USA swimming athletes!

Any athlete that is not a registered USA swimming athlete must complete the USA swimming single event registration. The single event registration will be available the day of the meet.

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.

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

Entry Fees: Entry fee includes T-shirt.

Entries received before June 11, 2015	\$35.00
Entries received after June 11, 2015 or day of meet	\$45.00
USA Swimming Single Event Registration	\$10.00

(For non USA swimming athletes only)

Make checks payable to **WPSC**. Mail all entries to:

Jerry Roberts	(607) 221-7396
47 Richards Dr.	E-Mail: jroberts19@stny.rr.com
Whitney Point, N.Y. 13862	

Entry Due dates:

Written Entries: June 7, 2015

Emailed Entries: Entries Due June 11, 2015 Waivers & checks due June 16, 2015

All single event Athlete registrations are due by June 21, 2015.

Any consent form received after 6/11/15 will be considered day of entry and shall be charged the \$40.00 fee.

Any athlete without a signed consent/waiver will not be allowed to swim.

Meet Director:	Jerry Roberts	(607) 221-7396
	47 Richards Dr.	E-Mail: jroberts19@stny.rr.com
	Whitney Point, N.Y. 13862	

Supervision: Coaches and parents are responsible for the conduct of their swimmers at all times. An adult should be in the park with the swimmers to ensure proper behavior. Swimmers misbehaving will be barred from further competition at this meet.

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- Conduct:** Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Insurance:** All coaches and officials must display their USAS registration cards while in the competition area to ensure insurance coverage.
- 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.
- Seeding:** The meet will be pre-seeded. Swimmers must check in and pick up entry materials from the Clerk of Course or be scratched.
- Awards:** Individual: Trophies 1st, Medals 2-5.
Awards will be given in the following age groups:
Men's & Women's
8&Under, 9-10, 11-12, 13-14, 15-16, 17&Over
All athletes that complete their selected distance shall receive a commemorative award.
- Coaches'/Athlete/
Parent Meetings:** There will be Pre-event meetings for the coaches and athletes to go over the course layout and event rules.
- Meet Marshals:** Rick Pardoe

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WARM-UP PROCEDURES

In the interest of safety, the following warm-up procedures will apply in this Niagara LSC Sanctioned meet.

Pre-meet Warm-up

- Control/supervise: Key words for safe warm-ups.
- Marshals will be actively supervising the warm-ups to ensure that proper procedures are followed.

General Warm-up Period

- The first 15 minutes are for general warm-up in the general designated swimming areas on the beach front.
- This area will be able to be used throughout the day for warm-up and cool down.

IMPORTANT POINTS FOR GENERAL WARM-UP PERIOD

- Coaches should either be in a guide craft or on the beachfront observing their swimmer.
- The announcer will announce warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
- Coaches should maintain as much contact with their swimmers as possible – verbal and visual – throughout the warm-up period.
- The coaches should understand that responsibility for supervision of their swimmers is the same at this meet as when on deck at practice.
- Marshals and park lifeguards have the authority over the warm-up. A swimmer or coach may be removed from the event for interfering with the marshal or lifeguard.
- When the number of participants for a session cannot be safely accommodated during the same warm-up period, the warm-up sessions will be split to provide a safe and adequate warm-up time for all.
- The meet referee shall have responsibility for establishing and enforcing rules for safe conduct within the swimming area during the swimming competition.
- The meet safety committee will have responsibility for safety rules in all other areas during competition and will assist the meet referee in the pool if necessary.
- The meet safety committee shall have any person deliberately violating safety rules removed from the meet facility.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition. Discretion and common sense must be used when establishing procedures. The meet referee according to the needs of the meet may modify the above procedures.

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GENERAL COMPETITION RULES

- Event termination:
 1. Thunder or Lightning: The race shall be suspended and then restarted at least 30minutes after the last occurrence of thunder or lightning is observed and the beach front is reopened by park lifeguards.
 2. It is determined by the safety officer water conditions are not suitable to hold the event. The event shall be restarted as soon as those conditions change or the debris is removed from the course.
- Event Cancellation:
 - The event/meet shall only be cancelled if weather conditions will not allow for safe completion of the meet. Meet cancellation or a change in date will only occur if local and or national weather service indicates that there is a high probability of inclement weather for the scheduled date.
- Guide boats:
 - All teams and or parents participating in the meet are encouraged to bring a canoe or other small boat that can be used as a guide boat. Coaches and one person of the swimmers choosing are permitted to be in a guide boat during the competition. The lake has a motor restriction of 20H.P.

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Race Course Description

0.5K, 1K, 2K, 3K, 5K

The course shall be a 0.5K triangular course with each turn marked by 24inch diameter orange buoys.

Start

The start shall be an in-water start that will be marked by 2-9 inch buoys designating the starting line.

Finish

The finish will be an in water finish crossing a marked finish line. The approach to the finish shall also be marked by 9 inch buoys.

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Person submitting entries: _____

Complete mailing address: _____

Telephone: Home _____ Work _____

All checks and signed waiver forms must be completed and **received by:**

Written Entries: June 7, 2015

Emailed Entries: Entries Due June 11, 2015 Waivers & checks due June 16, 2015

All single event Athlete registrations are due by June 21, 2015.

Mail entries to: Jeremy Roberts, Jr
47 Richards Dr.
Whitney Point, NY 13862

Telephone: (607) 692-4433

E-Mail: jroberts19@stny.rr.com

Payment: Make checks payable to **WPSC**.

Entry Fees: _____ Individual Entries Before June 11 @ \$35.00 \$ _____
After June 11 @ \$40.00

Total \$ _____

I/We enclose a total of \$ _____ covering fees for all events I/we have entered. In consideration of this entry, I/we waive and release any and all claims against Niagara Swimming, Inc., USA Swimming, Whitney Point School District and the Whitney Point Swim Club for injuries incurred at this meet or while traveling to and from the meet. I/We are bona fide amateur athlete(s) and eligible in all events I/we have entered.

Signature of Club Official, Parent or Guardian

Official Team Name: _____ Code: _____

Head Coach: _____

Telephone: Home _____ Work _____

Assistant Coaches: _____

Address to send results: _____

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Consent Form

Athlete Name _____ Age _____

USS ID# _____

Parent/Gaurdian Name _____

Address: _____

Phone Number: _____

Email Address: _____

I have read the meet packet and give my consent for the above named athlete to participate in an open water swim. I understand that open water swimming may have hazards that are not encountered in a swimming pool. I also attest that the above athlete does not have a known medical condition that could prevent him or her from completing event # ____ the _____ Swim.

Parent/Guardian Signature: _____ Date _____

Coaches Signature: _____ Date _____

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TRAVEL DIRECTIONS

From the South:

Travel north on Interstate 81 to exit 8. Turn right (east) on Route 26. Travel approximately 0.2 miles turn left onto route 11. Turn right at the first traffic light onto RT26/79/206. Take immediate left onto route 26N. The entrance to Dorchester Park is approx. 2 miles on the left.

From the west:

Travel east on Route 79 to Whitney Point. Turn left (west) onto Route 11/79. Turn left at the Fourth traffic light onto route 26, 206, 79. Take immediate left onto route 26N. The entrance to Dorchester Park is approx. 2 miles on the left.

From the North:

Travel south on Interstate 81 to exit 8. Turn left (west) onto Route 11/79. Turn left at the Second traffic light onto route 26, 206, 79. Take immediate left onto route 26N. The entrance to Dorchester Park is approx. 2 miles on the left.

From the east:

Travel west on Route 79 or 206 into Whitney Point. At the intersection of route 206, 26 and 79 follow route 26N. The entrance to Dorchester Park is approx. 2 miles on the left.

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Schedule of Events for Saturday June 21, 2015

All Events shall be swam as mixed events and scored by Gender

Session 1

1	12 & Under	0.5K	Submit an official 400M or 500Y freestyle time
2	9 & Over	1K	Submit an official 400M or 500Y freestyle time
3	11 & Over	2K	Submit 1500M or 1650Y or 2K Freestyle time
4	12 & Over	3K	Submit 1500M or 1650Y or 3K Freestyle time
5	13 & Over	5K	Submit 1500M or 1650Y or 5K Freestyle time

MEET ENTRY SHEETS -- BOYS

Club: _____

Code: _____

Coach: _____

Please Print Clearly (Entry Times for Yards)

Name: Last, First	Age	USS #	T-Shirt Size		Event Number	Time		

Whitney Point Swim Club

MEET ENTRY SHEETS -- GIRLS

Club: _____

Code: _____

Coach: _____

Please Print Clearly (Entry Times for Yards)

Name: Last, First	Age	USS #	T-Shirt Size		Event Number	Time		

Whitney Point Swim Club

******* All Single Meet applications and fee must be received by June 21, 2015!**

**USA SWIMMING****2015 SINGLE-MEET OPEN WATER ATHLETE APPLICATION****LSC: NIAGARA SWIMMING, INC.**

NAME OF MEET/DATE(S)

THIS MEMBERSHIP IS ONLY FOR MEETS BELOW ZONE, SECTIONAL AND NATIONAL LEVELS.

PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:

LAST NAME

LEGAL FIRST NAME

MIDDLE NAME

PREFERRED NAME

DATE OF BIRTH (MO/DA/YR)

SEX (M/F)

AGE

(Bill, Beth, Scooter, Liz, Bobby)

FATHER/GUARDIAN LAST NAME

FATHER/GUARDIAN FIRST NAME

MOTHER/GUARDIAN LAST NAME

MOTHER/GUARDIAN FIRST NAME

MAILING ADDRESS

CITY

STATE

ZIP CODE

AREA CODE

TELEPHONE NO.

FAMILY/HOUSEHOLD E-MAIL ADDRESS

U.S. CITIZEN: ☐ YES ☐ NOARE YOU A MEMBER OF ANOTHER FINA
FEDERATION? ☐ YES ☐ NO

IF YES, WHICH FEDERATION:

HAVE YOU REPRESENTED THAT
FEDERATION AT INTERNATIONAL
COMPETITION? ☐ YES ☐ NO**DISABILITY:**

- ☐ A. Legally Blind or Visually Impaired
- ☐ B. Deaf or Hard of Hearing
- ☐ C. Physical Disability *such as*
amputation, cerebral palsy,
dwarfism, spinal injury,
mobility impairment
- ☐ D. Cognitive Disability *such as*
severe learning disorder,
autism

RACE AND ETHNICITY (You may
check up to two choices):

- ☐ Q. Black or African American
- ☐ R. Asian
- ☐ S. White
- ☐ T. Hispanic or Latino
- ☐ U. American Indian & Alaska Native
- ☐ V. Some Other Race
- ☐ W. Native Hawaiian & Other Pacific
Islander

MAKE CHECK PAYABLE TO:**NIAGARA SWIMMING, INC.****MAIL APPLICATION & PAYMENT TO:**

JAMES L. BOWEN, JR.
586 VAN KIRK ROAD
NEWFIELD, NY 14867-9786

Email: JLB6@CORNELL.EDU
 607-564-9298

2015 REGISTRATION FEE

USA Swimming Fee	\$10.00
LSC Fee	\$0.00
TOTAL DUE	\$10.00

HIGH SCHOOL STUDENTS – Year of high school graduation: _____

YEAR LAST REGISTERED: _____

SIGN

HERE X _____

SIGNATURE OF ATHLETE, PARENT OR GUARDIAN

DATE

REG DATE/LSC USE ONLY _____

- ☐ Check if you would like to learn more about the USA Swimming Foundation's initiatives
- ☐ Check if you would like to receive the electronic USA Swimming Newsletter (must be 13 years of age or older)