

2012 SHAQ G-S-B Open
November 18, 2012
Held under the sanction of U.S.A. Swimming
Sanction # NI 1213-013
Sweet Home High School
1901 Sweet Home Road
Amherst, New York 14228

Session Times:	<u>Session</u>	<u>Age Groups</u>	<u>Start Times</u>
	Sunday AM	10-under/8-under	7:30AM warm up, 8:30AM start
	Sunday PM	OPEN	no earlier than 11:30PM warm up

A 45-minute warm up session for the PM session will begin immediately after the AM session. In no event will the PM warm up begin before 11:30 PM.

Meet Personnel:	<u>Meet Director</u>	<u>Meet Marshalls</u>
	Michelle Kelleher	Kathleen Boyd
	119 Willow Green Dr.	
	Amherst, NY 14228	
	(716) 691-9865	

Email: mommyof5kids@verizon.net

Facilities: Eight lane 25 yard pool with continuous flow through gutters and Kieffer-McNeil lane dividers. Dak Tronics electronic timing system with gutter mounted touch pads, horn starts and scoreboard readouts. The water depth of the pool is measured for a distance of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.

Officials: Anyone interested in officiating at this meet is welcome. Please contact, Jean Magnuson-Lalomia at (716) 688-8110.

Events: The meet will be swum in accordance with the schedule of events.

1. Age on the first day of the meet determines eligibility
2. Each swimmer may enter **5 individual** and **2 relay** events each day.
3. **Deck Entries:** Deck entries will be accepted at the sole discretion of the Meet Directors. Entries will be limited to filling lanes in existing heats. Additional heats will not be generated. A swimmer must be entered into the meet to be allowed to deck enter an event.
4. The 8-under and 10-under relays may be entered in a mixed format.
5. Any swimmer under age 12 may only swim in one session.
6. Swimmers entered in the 500 Free must circle in by 1:30 pm.
7. There are no restrictions for relay entries.

Entry Fees: Individual Events \$ 3.50/event
Relay Events \$12.00/relay
Deck fee \$ 4.00/swimmer
Make Club checks payable to “**Sweet Home Aquatics**”.

Entry Deadline: **Entry forms and fees must be received no later than midnight, Wednesday, November 7, 2012; Hy-Tek Team Manager Electronic entry files must be received no later than 6:00 pm, Friday, November 9, 2012.** Late entries may be accepted or returned IN WHOLE. The meet management retains the right to keep the meet within a timeline.
PLEASE REGISTER EARLY!!

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.

Send entry information and check to (no phone entries please):

Joann Nowicki
42 Vanderbilt Ave.
Depew, NY 14043
(716) 684-6438
mike@cheekrays.com

Entries by Commlink e-file or disk greatly appreciated. Hy-Tek Meet Manager will be used.

Seeding: The meet will be pre-seeded. It is the swimmer’s responsibility to be at the starting block when their event and heat are called.

Scoring: As per U.S.A. Swimming Rules

Awards: Individual Events - 8-under, 9 & 10: Ribbons 1-8th
11 & 12: Ribbons 1-3, Gold, Silver, and Bronze
Relay Events - Ribbons, 1st- 3rd

BELL RINGERS IN SELECTED HEATS.

Rules: This meet will be swum in accordance with USA Swimming and Niagara District Rules and Regulations. 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's legal guardian to ensure compliance with this requirement. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

Athlete Conduct: We are pleased to be able to hold this meet at the Sweet Home High School eight lane pool. ALL swimmers, parents, siblings and guests are to remain in the area of the school immediately adjacent to the pool area. This includes the pool, seating area, adjoining locker areas, gymnasium, and connecting hallways. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

Parking: Parking is available in the lot off of Sweet Home Road.

Timers: All Timers will be provided by Sweet Home Aquatics for all events except the 500 Free. Swimmers must provide their own timers and counters for the 500 Free.

Hospitality: A concession stand will be available for the duration of the meet. A private coach/official hospitality room will be available.

Programs: A meet program will cost \$5.00.

Liability Waiver and U.S.A. Swimming, Inc. Membership Meet Entry Form

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Enclosed is payment of the entry fees and deck fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assignees, waive and release any and all claims against the Sweet Home Aquatics Swim Team, Niagara Swimming Inc., U.S.A. Swimming, Inc. and the Sweet Home Central School District 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.

Further the undersigned team representative certifies by his/her signature that all athletics participating for or entered by the team in this sanctioned swim meet are currently member athletics of U.S.A. Swimming, or a recognized FINA Organization. The undersigned further certifies that any person appearing on deck in the capacity of coach is currently a coach member of U.S.A. Swimming or of a recognized FINA Organization.

Signature of club official, parent or guardian Date

Name

Address:

Phone

E-mail Address

No entry is complete without this form completed and signed.

Send with club check made payable to "**Sweet Home Aquatics**"

Mail to: **Joann Nowicki
42 Vanderbilt Avenue
Depew, NY 14043**

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Session I - Sunday AM

Female

Male

1	8-under	100 yd. Individual Medley	2
3	10-under	100 yd. Individual Medley	4
5	8-under	50 yd. Freestyle	6
7	10-under	50 yd. Freestyle	8
9	8-under	50 yd. Backstroke	10
11	10-under	50 yd. Backstroke	12
13	8-under	50 yd. Breaststroke	14
15	10-under	50 yd. Breaststroke	16
17	10-under	100 yd Freestyle	18
19	8-under	50 yd. Butterfly	20
21	10-under	50 yd. Butterfly	22
23	8-under	200 yd. Mixed Freestyle Relay	
24	10-under	200 yd. Mixed Freestyle Relay	

Session II – Sunday PM

25	Open	50 yd. Freestyle	26
27	Open	100 yd. Backstroke	28
29	Open	100 yd. Breaststroke	30
31	Open	100 yd. Freestyle	32
33	Open	100 yd. Butterfly	34
35	Open	200 yd. Freestyle Relay	36
		10 Minute Break	
37	Open	500 yd. Freestyle	38

Receipt of entries will be acknowledged by E-mail.

Niagara LSC Warm-up procedures will be followed:

Warm-up:

General Warm-up Period:

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

Specific Warm-Up Period:

1. The last 15 to 30 minutes shall constitute the specific warm-up period.
2. Each lane will be scheduled as follows:
 - a. Lanes 2 and 7: Racing start only. Swim one length only.
All swimmers begin at the starting end of the pool.
 - b. Lanes 1 and 8: Push off one or two lengths and back, beginning at the starting end of the pool. Circle swimming only. No diving.
 - c. Lanes 3, 4, 5 and 6: General warm-up only 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 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. Coaches please remind swimmers that breaststrokers 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 directors over the warm-up period. Swimmers should recognize this authority to ensure a safe warm-up period.

Starting Procedures:

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

- Whistle chirps from referee signals swimmers to get behind blocks and ready to step up/in
- Referee turns over to Starter with outstretched arm
- Starter indicates "Take Your Mark"
- Upon observing swimmers motionless, starter gives start signal
- If one or more swimmer leaves early, NO RECALL signal is normally given
- Swimmers are notified of DQs for False Starts at the end of the race.

Entry & Financial Summary Form

2012 SHAQ Swim Club "G-S-B Open" Meet November 18, 2012

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Please return with your entry grids or HYTEK Disc.

Club Name: _____ Club Code _____

Coaches Name/s _____ Coaches Phone _____
Coach's e-mail _____

Person submitting Entries _____ Phone # _____
E-mail _____

Total # of 8 & Under Individual Entries _____ x \$ 3.50/Event = \$ _____

Total # of 9-10 Individual Entries _____ x \$ 3.50/Event = \$ _____

Total # of 11-12 Individual Entries _____ x \$ 3.50/Event = \$ _____

Total # of Open Individual Entries _____ x \$ 3.50/Event = \$ _____

Total # of Entries..... _____ Total of individual Entries \$ _____

Total # of swimmers _____ x \$ 4.00 (Deck Fee) \$ _____

Total # of Relay Entries _____ x \$ 12.00/ Relay Event = \$ _____

Total Due \$ _____

Make Checks Payable to **Sweet Home Aquatics**
Club checks only please!

Receipt of entries will be acknowledged by e-mail. mike@cheekrays.com

RELAY ENTRY GRID

Held under the sanction of USA Swimming

	Name of Swimmer 1 (optional)	Name of Swimmer 2 (optional)	Name of Swimmer 3 (optional)	Name of Swimmer 4 (optional)
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				
Event: Designator: Time:				

Designator – e.g. A Team, B Team, C Team, etc.

