

Southern Tier Swim League

Winter Championships 2010

Held under the sanction of USA Swimming

Sanction # NI0910-085S

- Date:** Saturday March 6, 2010
- Location:** Watkins Glen High School, 12th St. Watkins Glen, NY
- Facilities:** Eight Lane 25-yard Pool with non-turbulent lane dividers and Colorado Timing & Scoreboard Systems. Locker rooms for changing and showering. The competition course has not been certified in accordance with 104.2.2C(4)
- Meet Director:** Sean Wixson
607-535-4269
1761 Price Rd. Montour Falls, NY 14865
- Meet Referee:** Maureen Russell
- Meet Marshall:** Debbie Wilkins
- Entry Chair:** Sheli Wixson
- Time:**
- | | | |
|-----------|---|-------------------------|
| Session 1 | - | 10 and Under Age Groups |
| | | Warm-up 8:00 AM |
| | | Meet Begins 9:00 AM |
| Session 2 | - | 11 and Over Age Groups |
| | | Warm-ups 1:00 PM |
| | | Meet Begins 2:00 PM |
- Warm Up/
Cool Downs:** The six lane pool will be open for warm-up/cool downs. NO HORSEPLAY will be allowed. The pool will be shut down if we have safety issues due to misuse of the pool.
- 8 & Under Races:** All 25 yard races will start from the Starting Blocks, and Finish at the Bulkhead. Back up buttons will be used in both the Prime and Back-up finishing times.
- Fly-Over
Starts:** Fly-Over Starts may be used at the Meet Director's discretion to control the duration of the sessions. **COACHES, PLEASE PREPARE YOUR SWIMMERS FOR FLY-OVER STARTS.**
- Seeding:** This meet is a timed final meet and will be pre-seeded by entry time. There will be a clerk of course for 10 & Under events. For 11 & Over it is the swimmer's responsibility to be at the blocks when his/her event and heat is.

Deck ID: Only swimmers, coaches, officials and meet personnel are allowed on deck. **Coaches must wear their USA, Inc. ID**

Coaches Meeting: Session 1 8:45 PM Session 2 1:45 PM
Entries: All entries **must** be made with Team Manager via Email.
Age of the swimmer on the day of the meet determines eligibility.
Each swimmer is limited to three (3) events, **including** relays.
No Deck entries will be allowed.
Teams may enter as many relays as they wish per age group, but only 2 relays per age group may score. Relays may be co-ed.

Entry Fees: \$3.00 per Individual Event
\$10.00 per relay.
\$3.00 Deck fee per swimmer.
All fees must accompany Official entry/waiver form.
Make Checks payable to **Glen Gators Swim Team**.

Deadline: All entries must be received by **Thursday February 25, 2010**
No Late entries will be accepted!

Send Entries to: Sheli Wixson
1761 Price Rd.
Montour Falls, NY 14865
(607) 535-4269
E-Mail hwixson@stny.rr.com

Rules: 2009-2010 USA Swimming/ Niagara District and STSL Rules and regulations will apply.. All Swimmers must be a registered USA member and STSL member. All Participants must have competed in at least 2 STSL meets. The No false start rule will be in affect.

Exception Report:

Meet Directors must run the Exception Report and mail it to Swim teams 3 days prior to the first day of the meet.

Entering Clubs must check their email before going to the meet to see if any of their swimmers are on the report. Any swimmer listed on the Exception Report must show his current USA Swimming card to the person in charge of checking membership before the meet begins. If a swimmer does not have their card, they will not be allowed to swim. If a swimmer does swim without proof of membership the club will be fined \$100.

Entry fees for swimmers without proof of membership will remain with the host club.

NIAGARA DISTRICT UNREGISTERED PARTICIPANT:

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. In addition, any club, which permits a coach who is not duly registered to represent the club at a meet, will be fined the sum of \$100 per meet. No further entries for any meet sanctioned by Niagara LSC will be accepted from that club until the fine is paid and the affected athlete may not compete in any sanctioned meet until duly and properly registered. The fine is not in lieu of other penalties that may be imposed by USA Swimming, Niagara LSC or the Board of Review in a given case.

- Scoring:** 8 Lane Championship timed finals scoring will be used
Individual: 20,17,16,15,14,13,12,11,9,7,6,5,4,3,2,1
Relay: 40,34,32,30,28,26,24,22,18,14,12,10,8,6,4,2
- Awards:** Medals for Individual events will be awarded for places 1st through 3rd. Ribbons for places 4th through 16th. Ribbons will be awarded for relays 1st - 16th. Team trophies will be awarded for 1st through 3rd.
- Timers:** Teams will be given lane assignments.
- Officials:** Anyone interested in officiating, please contact the meet director, Sean Wixson via email (hwixson@stny.rr.com) or by phone at 535-4269
- Supervision:** Coaches and Parents are responsible for the conduct of swimmers and children at all times. Misconduct or vandalism may result in the swimmer being expelled from the meet.

**Programs, Meet Shirts, Swim Apparel (The Deep End)
& Concessions will all be available.**

Directions:

From the South –

Take I-86 W/NY-17 W towards Elmira
Take exit 52 toward NY-14 S/Elmira Heights
Turn right at Westinghouse Rd
Turn left at NY-14 N
Continue to follow NY-14 N
Turn right at 12th St
Turn right into the first parking lot before school
Follow signs for Field house
Enter school through the Field House

From the West

Take I-86 E/NY-17 E
Take exit 46 for NY-414 toward Watkins Glen
Turn left at Center Way/NY-414 N Continue to follow NY-414 N
Turn left at S Franklin St
Take the 3rd right onto 12th St
Turn right into the first parking lot before school
Follow signs for Field house
Enter school through the Field House

From the East

Take NY-13 S
Turn right at W State St
Continue onto NY-79 W Continue to follow NY-79 W
Turn left to stay on NY-79 W
Turn left at blinking light
Continue onto NY-79 W
Merge onto NY-414 S
Turn left at N Decatur St
Turn left at 12th St
Turn right into the first parking lot before school
Follow signs for Field house
Enter school through the Field House

Warm-up Procedures for all Sanctioned meets in 8 Lane Pools

I. Pre-meet warm-up period

- A. Control / Supervise - Key words for safe warm-ups.
- B. Marshals should be actively supervising the warm-ups to ensure that proper procedures are followed.

II. General warm-up period

- A. The first 30-45 minutes are for general warm-ups in all lanes.
- B. There shall be **NO DIVING** off the blocks or the edge of the pool at this time.
- C. Outside lanes - Kicking only.
- D. Inside lanes - Swimming and pulling only; no paddles.
- E. No sprinting or pace work.

III. Specific warm-up period

- A. Last 30-45 minutes of pre-meet warm-up period
- B. In an eight lane pool, each lane shall be scheduled as follows:
 1. Lanes 1 and 8 push off one or two lengths and back, beginning at the starting end of the pool. Circle swimming only.
 2. Lanes 2 and 7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 3. Lanes 3, 4, 5 and 6 general warm-up only (as above) **NO DIVING**.

Important Points for Specific Warm-up Period

1. No diving in lanes other than those designated for racing dives. The blocks should be marked to remind swimmers that they should not dive.
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. Swimmers should be reminded by coaches that breaststrokers need more lead-time than freestylers or butterfly swimmers.
5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the starting block until the backstroker has executed his/her start.
6. The announcer should announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
7. Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm-up period.
8. The coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
9. Marshals have the authority through the Meet Director over the warm-up. A swimmer and/or coach may be removed from the deck for interfering with the Marshals.
10. When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm-up sessions should be split to provide a safe and adequate warm-up time for all.
11. The meet Referee shall have responsibility to establish and enforce rules for safe conduct within the competitive pool during the duration of the swimming competition.
12. The meet Safety Committee shall have responsibility for safety rules in all other areas during competition and shall assist the meet Referee in the competition pool if necessary.
13. The meet Safety Committee shall have any person deliberately violating safety rules removed from the meet facility.
14. There shall be at least one Marshall at each end of the pool to ensure the warm-up procedures will be followed.
15. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
16. Discretion and common sense must be used when establishing procedures. The above procedures may be modified by the meet Referee according to the needs of the meet.

Events

Session 1: Warm-up: 8:00 Start: 9:00

- 1 Girls 9-10 100 IM
- 2 Boys 9-10 100 IM
- 3 Girls 8 & Under 100 IM
- 4 Boys 8 & Under 100 IM
- 5 Girls 9-10 50 Freestyle
- 6 Boys 9-10 50 Freestyle
- 7 Girls 8 & Under 25 Freestyle
- 8 Boys 8 & Under 25 Freestyle
- 9 Girls 9-10 50 Backstroke
- 10 Boys 9-10 50 Backstroke
- 11 Girls 8 & Under 25 Backstroke
- 12 Boys 8 & Under 25 Backstroke
- 13 Girls 9-10 50 Breaststroke
- 14 Boys 9-10 50 Breaststroke
- 15 Girls 8 & Under 25 Breaststroke
- 16 Boys 8 & Under 25 Breaststroke
- 17 Girls 9-10 50 Butterfly
- 18 Boys 9-10 50 Butterfly
- 19 Girls 8 & Under 25 Butterfly
- 20 Boys 8 & Under 25 Butterfly
- 21 Mixed 10 & Under 200 Medley Relay
- 22 Mixed 8 & Under 100 Medley Relay

Session 2: Warm-up: 1:00 PM Start: 2:00 PM

- 23 Girls 200 IM
- 24 Boys 200 IM
- 25 Girls 13-14 200 IM
- 26 Boys 13-14 200 IM
- 27 Girls 11-12 100 IM
- 28 Boys 11-12 100 IM
- 29 Girls 100 Freestyle
- 30 Boys 100 Freestyle
- 31 Girls 13-14 100 Freestyle
- 32 Boys 13-14 100 Freestyle
- 33 Girls 11-12 50 Freestyle
- 34 Boys 11-12 50 Freestyle
- 35 Girls 100 Backstroke
- 36 Boys 100 Backstroke
- 37 Girls 13-14 100 Backstroke
- 38 Boys 13-14 100 Backstroke
- 39 Girls 11-12 50 Backstroke
- 40 Boys 11-12 50 Backstroke
- 41 Girls 100 Breaststroke
- 42 Boys 100 Breaststroke
- 43 Girls 13-14 100 Breaststroke
- 44 Boys 13-14 100 Breaststroke
- 45 Girls 11-12 50 Breaststroke
- 46 Boys 11-12 50 Breaststroke
- 47 Girls 100 Butterfly
- 48 Boys 100 Butterfly
- 49 Girls 13-14 100 Butterfly
- 50 Boys 13-14 100 Butterfly
- 51 Girls 11-12 50 Butterfly
- 52 Boys 11-12 50 Butterfly
- 53 Mixed 200 Medley Relay
- 54 Mixed 13-14 200 Medley Relay
- 55 Mixed 11-12 200 Medley Relay

STSL Winter Championships

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Sanction # NI0910-085S

Entry Summary Sheet (Please return with check)

Team: _____

Code: _____

Team Contact: _____

Phone: _____

Address to send results: _____

E-Mail: _____

Send Entries to: Sheli Wixson
1761 Price Rd. Montour Falls, NY 14865
(607) 535-4269

E-Mail: hwixson@stny.rr.com

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

Entries: Individual Entries: _____ X \$3.00 = \$ _____

Relay Entries: _____ X \$10.00 = \$ _____

Surcharge/Deck Fee: _____ X \$3.00 = \$ _____

Total: \$ _____

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

Signature of Club Official, Coach, Parent/Guardian