

MEXICO TIGER SHARKS, Inc.
Under The Big Top
March 6 & 7, 2010
NIAGARA DISTRICT
Sanction # NI0910-073S

Location: Mexico Academy and Central School
3338 Main St.
Mexico, N.Y. 13114

Time: **Session 1 – 12 & under; Open: Saturday, March 6**

Warm-up: 4:00 p.m.

Meet begins: 5:00 p.m.

For the 400 IM each swimmer must provide his or her own timer for this event. For the 500 and 1650 freestyle each swimmer must provide his or her own timer and counter.

Session 2 – 9 & 10; 11 & 12: SUNDAY, March 7

Warm-up: 7:45 a.m.

Meet begins: 8:45 a.m.

Session 3 – 8 & under, 13 & 14, Open: SUNDAY, March 7

Warm-up: 12:45 p.m. (or 15 minutes after the end of session 1, whichever is later).

Meet begins: 1:45 p.m. (or after 1-hour warm-up).

Facility: Six-lane, 25-yard pool with non-turbulent lane dividers and International Sports Timing system. The starting blocks are in the deep end of the pool. Gym and locker rooms will be available for swimmers. A balcony seats 171 spectators. Programs will be available sale. Refreshments will be available throughout the day. Parking will be available in the school lot and other designated areas. The competition course has not been certified in accordance with 104.2.2C(4).

Entries: Entries are preferred 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. USAS registration numbers must appear on the entry form. Swimmer's age on the day of the meet determines age group. **Limit of 2 individual events on Saturday and 4 individual events plus 1 relay per swimmer on Sunday.** No deck entries will be accepted.

“No time” (NT) entries will not be accepted. If a swimmer does not have a time, please approximate or we may contact your coach for a time.

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..

The meet director may limit the number of entries to ensure that each session is in compliance with the USS 4-hour rule.

Entry Fees: \$3.50 per individual event and \$12 per relay and \$2 surcharge per swimmer. Make checks payable to **Mexico Tiger Sharks**. Mail all entries to:

Janice Hartwell
P. O. Box 505
Mexico, N.Y. 13114

(315) 963-8424
E-Mail: tripod2@verizon.net

Meet Director: Tammie Myers
P O Box 505
Mexico, NY 13114

(315) 963-3292
E-Mail: wmyers@twcny.rr.com

Deadline: **Handwritten entries must be received by February 24, 2010.**
E-mailed entries due by February 26, 2010.

This Meet is held under the sanction of USA Swimming (Rule 202.3.7)

- Supervision: Coaches and parents are responsible for the conduct of their swimmers at all times. An adult should be in the gym with the swimmers to ensure proper behavior. Swimmers misbehaving will be barred from further competition at this meet.
- Insurance: All coaches and officials must display their USAS registration cards while on deck to ensure insurance coverage.
- Seeding: The meet will be preseeded. Swimmers must check in and pick up cards from Clerk of Course or be scratched. Swimmers will be escorted from the gym to the pool.
- Awards: 8 & Under: Medals first place, ribbons 2-12
All others: Medals first place, ribbons 2-6 each G-S-B
Relays: Medals first place, ribbons 2-3
Heat Ribbons will be awarded on deck at end of heat. Swimmers will not be allowed to pick up awards. Each team must designate a representative to pick up all awards for their team. **Individual High Point trophies** will be awarded in each age group and gender. In lieu of **Team Trophies**, Mexico Tiger Sharks will be making a donation of \$50 to a charity selected by the highest scoring large team and small team. A letter will accompany the donation explaining your club's involvement in the donation. Please submit your charities name and contact information with your entries.
- Coaches' Meetings: Coaches' meetings will start at 8:30 a.m. and 1:30 p.m. on the pool deck outside coaches' office. Hospitality for officials and coaches will be available throughout the meet.
- Meet Marshal: Gina Lee
- Travel Directions: See attached directions.
- Sport Vendor: *The Deep End*. Goggles, suits, caps, sandals, etc. If you need a special item, call 585-272-1920 and it can be brought to the meet.
- Concessions: Food will be available for purchase

NOTE: All starts from the shallow end will be in the water.

This meet is an open, age group, timed final competition.

This Meet is held under the sanction of USA Swimming (Rule 202.3.7)

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 30-45 minutes are for general warm-ups in all lanes.
- There shall be **NO DIVING** off the blocks or the edge of the pool at this time.
- Outside lanes – kicking and swimming.
- Inside lanes – swimming and pulling only; no paddles.
- No sprinting or pace work.

Specific Warm-up Period

- Last 30-45 minutes of pre-meet warm-up period.
- Each lane will be scheduled as follows:
 - Lanes 1 & 6 push off one or two lengths, beginning at the starting end of the pool. Circle swimming only.
 - Lanes 2 & 5 racing starts only. Swim one length only. All swimmers begin at the starting end of the pool.
 - Lanes 3 & 4 general warm-up only (as above) **NO DIVING**.

IMPORTANT POINTS FOR SPECIFIC WARM-UP PERIOD

- No diving in lanes other than those designated for racing dives. The blocks will be marked.
- Start all swimmers in all lanes at the starting end of the pool.
- Coaches should stand at the starting end of the pool when verbally starting swimmers.
- Swimmers should be reminded by coaches that breaststrokes need more lead-time.
- Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one will be allowed on the starting block until the backstroke start is executed.
- The announcer will announce lane changes and/or 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 have the authority over the warm-up. A swimmer or coach may be removed from the deck for interfering with the marshal.
- 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 pool 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.
- There shall be at least one marshal at each end of the pool to ensure the warm-up procedures will be followed.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition. 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.

Mexico Tiger Sharks, Inc.
Under The Big Top – March 6 & 7, 2010
Niagara LSC Sanction **NI0910-073S**
ENTRY SUMMARY SHEET

Person submitting entries: _____

Complete mailing address: _____

Telephone: Home _____ Work _____

All checks and signed waiver forms must be completed and received by March 6th.
E-mailed entries due by February 26, 2010, manual entries due February 24, 2010.

Mail entries to: Janice Hartwell
P. O. Box 505
Mexico, NY 13114 Telephone: (315) 963-8424

E-Mail: tripod2@verizon.net

Payment: Make checks payable to **Mexico Tiger Sharks.**
CLUB CHECKS ONLY.

Entry Fees: _____ Girls' Individual Entries @ \$3.50 \$ _____

_____ Boys' Individual Entries @ \$3.50 \$ _____

_____ Relay Entries @ \$12.00 \$ _____

_____ Swimmer Surcharge @ \$2.00 \$ _____

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, Mexico School District and the Mexico Tiger Sharks Swim Club for injuries incurred at this 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, Parent or Guardian

Official Team Name: _____ Code: _____

Head Coach: _____

Telephone: Home _____ Work _____

Assistant Coaches: _____

Address to send results: _____

TRAVEL DIRECTIONS

From the north:

Travel south on Interstate 81 to exit 34. Turn right (west) on Route 104. Travel approximately 6.1 miles into Mexico. 1/10 mile past first traffic light, turn right into the Mexico High School parking lot.

Travel south on Route 11 to Maple View. Turn right (west) onto Route 104. Travel approximately 4.7 miles into Mexico. 1/10 mile past first traffic light, turn right into Mexico High School parking lot.

Travel south on Route 3 into Mexico. Turn right (west) onto Route 104. Travel 1/10 mile and turn right into the Mexico High School parking lot.

From the west:

Travel east on Route 104 to Mexico. Turn left into the Mexico High School parking lot. The school is 1/10 mile past first stop light in Mexico. Mexico is approximately 13 miles from the Wal-Mart in Oswego.

From the south:

Travel north on Interstate 81 to exit 34. Turn left (west) onto Route 104. Travel approximately 6.3 miles into Mexico. 1/10 mile past first traffic light, turn right into Mexico High School parking lot.

Travel north on Route 11 to Maple View. Turn left (west) onto Route 104. Travel approximately 4.7 miles into Mexico. 1/10 mile past first traffic light, turn right into Mexico High School parking lot.

Travel north on Route 3 into Mexico, approximately 16 miles north of Fulton. Turn right at the stop light (east) onto Route 104. Travel 1/10 mile and turn left into the Mexico High School parking lot.

From the east:

Travel west on Route 69 into Mexico, approximately 6.3 miles west of Parish. Turn left (west) onto Route 104. Travel approximately 2/10 mile and turn right into the Mexico High School parking lot (1/10 mile past the first traffic light).

Mexico Tiger Sharks, Inc
Niagara LSC Sanction **NI0910-073S**
Schedule of Events for Saturday March 6, 2010

Girls	Session 1 – Warm Up @ 4:00 PM — Start @ 5:00 PM		Boys
65	Open	400 Individual Medley **	66
67	12 & Under	500 Freestyle	68
69	Open	500 Freestyle	70
71	Open	1650 Freestyle	72

PLEASE NOTE: THE MEET DIRECTOR MAY NEED TO LIMIT THE ABOVE ENTRIES TO THE TOP TWELVE FASTEST SWIMMERS IN EACH EVENT. Note: Swimmers must also provide their own timer for the 400 IM. Swimmers must also provide their own timer and counter(500 & 1650) for the above events.

Schedule of Events for Sunday March 7, 2010

Girls	Session 2-Warm Up @ 7:45 AM Start- @ 8:45 AM		Boys
1	9 & 10	100 Individual Medley	2
3	11 & 12	100 Individual Medley	4
5	9 & 10	50 Freestyle	6
7	11 & 12	50 Freestyle	8
9	9 & 10	50 Backstroke	10
11	11 & 12	50 Backstroke	12
10 MINUTE BREAK			
13	9 & 10	50 Breaststroke	14
15	11 & 12	50 Breaststroke	16
17	9 & 10	100 Freestyle	18
19	11 & 12	100 Freestyle	20
21	9 & 10	50 Butterfly	22
23	11 & 12	50 Butterfly	24
25	9 & 10	200 Mixed Medley Relay	25
26	11 & 12	200 Mixed Medley Relay	26

Session 3 – Warm Up @ 12:45 PM — Start @ 1:45 PM			
27	8 & Under	100 Individual Medley	28
29	13 & 14	200 Individual Medley	30
31	Open	200 Individual Medley	32
33	8 & Under	25 Freestyle	34
35	13 & 14	50 Freestyle	36
37	Open	50 Freestyle	38
39	8 & Under	25 Backstroke	40
41	13 & 14	100 Backstroke	42
43	Open	100 Backstroke	44
10 MINUTE BREAK			
45	8 & Under	25 Breaststroke	46
47	13 & 14	100 Breaststroke	48
49	Open	100 Breaststroke	50
51	13 & 14	100 Freestyle	52
53	Open	100 Freestyle	54
55	8 & Under	25 Butterfly	56
57	13 & 14	100 Butterfly	58
59	Open	100 Butterfly	60
61	8 & Under	100 Mixed Freestyle Relay	61
62	13 & 14	200 Mixed Medley Relay	62
63	Open	200 Mixed Medley Relay	63

Mixed relay teams may consist of any combination of boys and/or girls.

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March 6 & 7, 2010
MEET ENTRY SHEETS

RELAY

RELAY

Club: _____

Code: _____

Coach: _____

Please Print Clearly *This Meet is held under the sanction of USA Swimming (Rule 202.3.7)*

Event Number _____

Event Number _____

Event _____

Event _____

Relay A, B, C _____

Relay A, B, C _____

Club Name: _____

Club Name: _____

Club Code: _____

Club Code: _____

Last Name, First Name Age USS ID No.

Last Name, First Name Age USS ID No.

1. _____

1. _____

2. _____

2. _____

3. _____

3. _____

4. _____

4. _____

Mexico Tiger Sharks, Inc.
Niagara LSC Sanction **NI0910-073S**
March 6 & 7, 2010
MEET ENTRY SHEETS

**MIXED MEDLEY
RELAY**

**MIXED MEDLEY
RELAY**

Club: _____ **Code:** _____ **Coach:** _____
Please Print Clearly *This Meet is held under the sanction of USA Swimming (Rule 202.3.7)*

Event Number _____

Event Number _____

Event _____

Event _____

Relay A, B, C _____

Relay A, B, C _____

Club Name: _____

Club Name: _____

Club Code: _____

Club Code: _____

	Last Name, First Name	Age	USS ID No.
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____

	Last Name, First Name	Age	USS ID No.
1.	_____	_____	_____
2.	_____	_____	_____
3.	_____	_____	_____
4.	_____	_____	_____