

# Skaneateles Lightning

## St. Patrick's Meet

Saturday, March 13, 2010

Niagara LSC Sanction **NI0910-076S**

- Location: Skaneateles Community Center and Recreation Facilities  
97 State Street  
Skaneateles, NY 13152  
Telephone: (315) 685-2266
- Time: Session 1: 8 & Under, 13 & 14, Open Swimmers  
Warm-up: 7:45 am  
Meet Begins: 8:45 am  
Session 2: 10 & Under, 11 & 12 Swimmers  
Warm-up: 12:30 pm  
Meet Begins: 1:30 pm
- Facilities: Eight lane, 25 yard, heated pool with non-turbulent lane dividers and Daktronics touchpad timing system. Two lane, 3'-4' <20 yard warm-up pool. The starting blocks are in the deep end of the pool. All starts from the shallow end will be in the water. Locker rooms will be available for swimmers. Balcony seating is available for spectators. Programs will be available for \$5.00. Parking is available at the facility. Staging area will be on the 2<sup>nd</sup> floor of the facility, outside the pool area. Please ensure swimmers listen for their event/heat outside the pool area and report on time to the Clerk of Course. Because we share the facility with a skating rink, we recommend swimmers wear warm-ups while in staging area. The competition course has not been certified in accordance with 104.2.2C(4).
- Entries: Entries are required by e-mail. Waiver and fees must be mailed separately. 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 of 5 individual events plus 1 relay per swimmer. 10 & Under swimmers may only enter one session. Deck entries will not be accepted. Meet Manager Version – Standard Pro.
- Any club that 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, payable by the swimmer's club. 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 USAS 4-hour rule.
- Entry Fees: \$3.50 per individual event, \$12 per relay, and \$3 deck fee per swimmer. Make checks payable to Lightning. Mail waivers and checks to:
- Chris Torell (315) 254-4954  
4367 Chilmark Dr. E-Mail: [ctorell@twcny.rr.com](mailto:ctorell@twcny.rr.com)  
Marcellus, NY 13108
- Deadline: **E-mailed entries due to Chris Torell** by March 1, 2010. Absolutely no late entries will be accepted.
- Meet  
Director: Terry Hoffmann-DeWitt Email: [RWD3038@aol.com](mailto:RWD3038@aol.com)  
(315) 685-3038 (home) (315) 729-1741 (cell)  
West Lake Road, Skaneateles, NY 13152
- Supervision: As we share the facility with our Ice Hockey partners, we ask that Coaches and parents be responsible for the conduct of their swimmers at all times (see Seeding Section). The meet area is

restricted to the lobby, pool, locker rooms, and general aquatic seating areas. Entrance to the ice rink is not permitted. Any swimmer found in the ice area will be barred from participating in the remainder of the meet. Only swimmers, Coaches and Officials are allowed on the pool deck. No food will be permitted on deck.

**Insurance:** All Coaches and Officials must display their USS registration cards while on deck to ensure insurance coverage. Coaches and Officials without USS identification will be barred from the pool deck.

**Seeding:** The meet will be pre-seeded. Swimmers must check in and pick up cards from Clerk of Course or be scratched. Clerk of Course, swimmers and staging will be on the first floor outside the pool area. Please ensure swimmers listen for their event/heat outside the pool area and report on time to the Clerk of Course. Swimmers will be escorted to the pool. All events are timed finals.

**Awards:** Gold-Silver-Bronze Medals first place, second place, third place; ribbons fourth through sixth for **each** Division (Gold-Silver-Bronze).  
8 & Under Medals first place, second place, third place; ribbons fourth through twelfth.  
Relays Medals first through third place.

Heat Ribbons will be awarded on all events. Each team must designate a representative to pick up all awards for their team. Team Trophies will be awarded to the highest scoring large team and small team.

**Coaches:** If a Coach is not able to attend the meet with their swimmers, please make arrangements with another team's Coach for supervision of your swimmers. If this is not possible, please contact Terry Hoffmann-DeWitt, Meet Director. Coaches' meetings will start at 8:30 am and 1:15 pm on the pool deck outside the Life Guard office. Coaches must be registered and wear USS Id. Registrations will be verified upon receipt of entries.

**Deck Id:** ONLY swimmers, coaches, officials and meet personnel allowed on deck. Coaches MUST wear their USS ID. No Exceptions!

**Hospitality:** Hospitality room will be available for Officials on 2<sup>nd</sup> floor. Hospitality for Coaches will be available on the 1<sup>st</sup> floor. Food and water for Officials and Coaches will be available throughout the meet.

**Meet Marshall:** John King and Victoria Ackerman

**Officials:** Anyone currently certified USS official interested in officiating any session of the meet may contact Terry Hoffmann-DeWitt at 315-685-3038.

**Timers:** Anyone interested, please contact Terry Hoffmann-DeWitt at 315-685-3038.

**Vendors:** The Deep End - Swimwear and accessories – [www.thedeependonline.com](http://www.thedeependonline.com)  
Fine Designs – Imprinted Sportswear – [www.finedesignsinc.com](http://www.finedesignsinc.com)  
Seven Cats Jewelry – jewelry for swimmers and others - [aucday@dreamscape.com](mailto:aucday@dreamscape.com)  
Shannon Halleran's Framed Meet Ribbons - [Shannon.halleran@gmail.com](mailto:Shannon.halleran@gmail.com)

**Concessions:** Snack bar available in lobby. Lunch and refreshments provided to Officials and Coaches

**Directions/**

**Motel Info:** Check Skaneateles Chamber of Commerce Website – [www.skaneateles.com](http://www.skaneateles.com)

*This Meet is held under the sanction of USA Swimming (Rule 202.3.7) NI0910-076S*

## 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. The use of paddles, kickboards or pull buoys is usually prohibited..
- No sprinting or pace work.

### Specific Warm-up Period

Last 30-45 minutes of pre-meet warm-up period.

- All lanes must be cleared before sprints begin.
- 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.
- In an eight lane pool, each lane shall be scheduled as follows:
  - Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
  - Lanes 2 & 7 racing starts only. Swim one length only. **All** swimmers begin at the starting end of the pool.
  - Lanes 3, 4, 5 & 6 general warm-up only (as above) **NO DIVING**.

### Warm-Up Safety Guidelines

- All pool entries must be from the STARTING end of the pool. Swimmers should NOT enter from the far end or the sides of the pool.
- All swimmers must enter FEET FIRST in a cautious manner.
- ABSOLUTELY NO DIVING vs No diving in lanes other than those designated for racing dives. The blocks will be marked.
- No diving or swimming under a bulkhead
- Signs, cones or other devices should be placed on all of the blocks to prevent diving or racing starts
- Marshals must be posted at each end of the warm-up pool(s) and should be thoroughly instructed as to the warm-up procedures established by their LSC and the meet host. Meet Marshals shall have full authority to warn or order to cease and desist and, with the concurrence of the Meet Referee, to remove or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language.
- 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.
- 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.
- The warm-down area must have a Marshal throughout the entire meet to enforce the safety guidelines.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition.
- 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.
- 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.

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Session: 1 Session 1

Day of Meet: 1 Starts at 08:45 AM Heat Interval: 40 Seconds / Back +15 Seconds  
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**Event**

- 1 Mixed 200 Medley Relay
- 2 Mixed 8 & Under 100 Freestyle Relay
- 3 Girls 13-14 200 IM
- 4 Boys 13-14 200 IM
- 5 Girls 200 IM
- 6 Boys 200 IM
- 7 Girls 8 & Under 100 IM
- 8 Boys 8 & Under 100 IM
- 9 Girls 13-14 100 Freestyle
- 10 Boys 13-14 100 Freestyle
- 11 Girls 100 Freestyle
- 12 Boys 100 Freestyle
- 13 Girls 8 & Under 25 Freestyle
- 14 Boys 8 & Under 25 Freestyle
- 15 Girls 13-14 100 Backstroke
- 16 Boys 13-14 100 Backstroke
- 17 Girls 100 Backstroke
- 18 Boys 100 Backstroke
- 19 Girls 8 & Under 25 Backstroke
- 20 Boys 8 & Under 25 Backstroke
- 21 Girls 13-14 100 Breaststroke
- 22 Boys 13-14 100 Breaststroke
- 23 Girls 100 Breaststroke
- 24 Boys 100 Breaststroke
- 25 Girls 8 & Under 25 Breaststroke
- 26 Boys 8 & Under 25 Breaststroke
- 27 Girls 13-14 50 Freestyle
- 28 Boys 13-14 50 Freestyle
- 29 Girls 50 Freestyle
- 30 Boys 50 Freestyle
- 31 Girls 8 & Under 50 Freestyle
- 32 Boys 8 & Under 50 Freestyle
- 33 Girls 13-14 100 Butterfly
- 34 Boys 13-14 100 Butterfly
- 35 Girls 100 Butterfly
- 36 Boys 100 Butterfly
- 37 Girls 8 & Under 25 Butterfly
- 38 Boys 8 & Under 25 Butterfly
- 39 Mixed 200 Freestyle Relay
- 40 Mixed 8 & Under 100 Medley Relay
- 41 Mixed 200 Freestyle

Session: 2 Session 2

Day of Meet: 1 Starts at 01:30 PM Heat Interval: 40 Seconds / Back +15 Seconds  
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**Event**

- 42 Mixed 10 & Under 200 Medley Relay
- 43 Mixed 11-12 200 Medley Relay
- 44 Girls 10 & Under 100 IM
- 45 Boys 10 & Under 100 IM
- 46 Girls 11-12 100 IM
- 47 Boys 11-12 100 IM
- 48 Girls 10 & Under 50 Freestyle
- 49 Boys 10 & Under 50 Freestyle
- 50 Girls 11-12 50 Freestyle
- 51 Boys 11-12 50 Freestyle
- 52 Girls 10 & Under 50 Backstroke
- 53 Boys 10 & Under 50 Backstroke
- 54 Girls 11-12 50 Backstroke
- 55 Boys 11-12 50 Backstroke
- 56 Girls 10 & Under 50 Breaststroke
- 57 Boys 10 & Under 50 Breaststroke
- 58 Girls 11-12 50 Breaststroke
- 59 Boys 11-12 50 Breaststroke
- 60 Girls 10 & Under 100 Freestyle
- 61 Boys 10 & Under 100 Freestyle
- 62 Girls 11-12 100 Freestyle
- 63 Boys 11-12 100 Freestyle
- 64 Girls 10 & Under 50 Butterfly
- 65 Boys 10 & Under 50 Butterfly
- 66 Girls 11-12 50 Butterfly
- 67 Boys 11-12 50 Butterfly
- 68 Mixed 10 & Under 200 Freestyle Relay
- 69 Mixed 11-12 200 Freestyle Relay
- 70 Mixed 10 & Under 200 Freestyle
- 71 Mixed 11-12 200 Freestyle

Summary Sheet/Waiver  
Niagara LSC Sanction **NI0910-076S**

<u>AGE GROUP</u>	<u># OF SWIMMERS</u>	<u># OF ENTRIES</u>	<u>TOTAL</u>
8 & UNDER	_____	_____	@ \$3.50 per entry = _____
10 & UNDER	_____	_____	@ \$3.50 per entry = _____
11 & 12	_____	_____	@ \$3.50 per entry = _____
13 & 14	_____	_____	@ \$3.50 per entry = _____
OPEN	_____	_____	@ \$3.50 per entry = _____
Number of relays entered:		_____	@ \$12.00 per entry = _____
Number of swimmers:		_____	@ \$3.00 per athlete = _____
<b>Total amount enclosed:</b>			_____

Make checks payable to: **Lightning!**

Name of club: \_\_\_\_\_

Club code: \_\_\_\_\_

Names of coaches attending the meet: \_\_\_\_\_

\_\_\_\_\_

Club contact (please includes complete **address, phone number and email address**):

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_ Email: \_\_\_\_\_

Please submit this sheet with your entry sheet. If there is a mistake in your entry, I will try to call your contact to get it resolved.

Enclosed is payment of the entry fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against Splash!, Skaneateles Lightning, Niagara Swimming, USA Swimming, and the Skaneateles Town Community Center 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.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Club Official

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

**BOYS**

Club Code: \_\_\_\_\_

**Niagara LSC Sanction NI0910-076S**

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USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time

**GIRLS** Club Code: \_\_\_\_\_

**Niagara LSC Sanction NI0910-076S**

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USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
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Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
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Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
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Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time
USA ID		Event #	Time	Event #	Time	Event #	Time
Last Name, First Name, MI	Age	Event #	Time	Event #	Time	Event #	Time

