

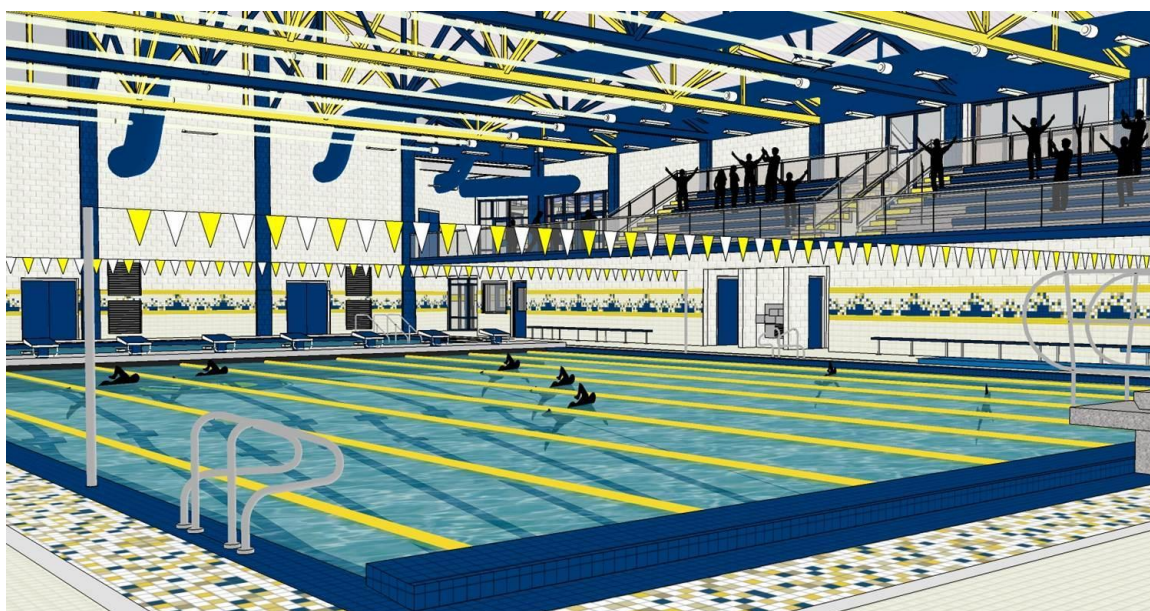


WELCOME TO THE ANNUAL WINTER CLASSIC INVITATIONAL

FEBRUARY 12th, 2022

VICTOR SCHOOLS AQUATIC CENTER
VICTOR HIGH SCHOOL

“A NEW ERA”
TRUST-COMMITMENT-BELIEF



Visit the Victor Swim Club website at
www.victorswimclub.org

VICTOR WINTER CLASSIC

February 12th, 2022

MEET START TIMES

SESSION I: 12 and Under Divisions

TIME: Warm-Ups: 8:00 A.M.
Meet Begins: 9:00 A.M.

ORDER OF EVENTS Saturday Session I

All Events are Timed Finals

Female Event #	Event	Male Event #
1	12 and under 200 Yard IM	2
3	8 and under 25 Yard Freestyle	4
5	12 and under 50 Yard Freestyle	6
7	12 and under 100 Yard Breaststroke	8
9	MIXED 8 and under 100 Yard Medley Relay	
10	MIXED 12 and under 200 Yard Medley Relay	
11	8 and under 25 Yard Backstroke	12
13	12 and under 50 Yard Backstroke	14
15	12 and under 100 Yard Butterfly	16
17	8 and under 25 Yard Breaststroke	18
19	12 and under 50 Yard Breaststroke	20
21	12 and under 100 Yard Freestyle	22
23	8 and under 25 Yard Butterfly	24
25	12 and under 50 Yard Butterfly	26
27	12 and under 100 Yard IM	28
29	12 and under 100 Yard Backstroke	30
31	MIXED 8 and under 100 Yard Freestyle Relay	
32	MIXED 10 and under 200 Yard Freestyle Relay	
33	MIXED 12 and under 400 Yard Freestyle Relay	
34	12 and under 200 Yard Freestyle	35
36	MIXED 12 and under 500 Freestyle	

Note: Positive Check-in will be required for the 500 Yard Freestyle, 15 minutes prior to the session start. The event will be seeded and posted prior to the beginning of the first heat of the 500 Yard Freestyle.

1)500 Freestyle Event will be swum fastest to slowest

2) Meet Director has the right to limit the number of heats of the 500 Freestyle

SESSION II: OPEN DIVISIONS

THERE WILL BE NO CLERK OF COURSE FOR THIS SESSION

TIME: Warm-Ups: 1:00 PM*
Meet Begins: 2:00 PM

*Or, 10 minutes after completion of Session I, **but no earlier than 1:00PM**

ORDER OF EVENTS Saturday Session II

All Events are Timed Finals

Female Event #	Event	Male Event #
37	Open 400 Yard IM	38
39	Open 100 Yard Freestyle	40
41	Open 200 Yard Breaststroke	42
43	MIXED Open 200 Yard Medley Relay	
44	Open 100 Yard Backstroke	45
46	Open 200 Yard Butterfly	47
48	Open 100 Yard Breaststroke	49
50	Open 50 Yard Freestyle	51
52	Open 200 Yard Backstroke	53
54	Open 100 Yard Butterfly	55
56	Open 200 Yard IM	57
58	Open 200 Yard Freestyle	59
60	MIXED Open 200 Yard Freestyle Relay	
61	MIXED Open 1650 Yard Freestyle	

Note: Positive Check-in will be required for the 1650 Yard Freestyle, 15 minutes prior to the session start. The event will be seeded and posted prior to the beginning of the first heat of the 1650 Yard Freestyle.

- 1) Swimmers will need to provide their own timers and counters for the 1650 Freestyle
- 2) 1650 Freestyle Event will be swum fastest to slowest
- 3) 1650 entries will be seeded to allow adherence to the 4 hour rule. They will be seeded fastest to slowest and may be broken down into age groups, which will be 12&U fastest to slowest followed by 13&O fastest to slowest. All modifications to the timeline will allow for teams to adjust to the new timeline.

RELAY NOTES:

- 1) Relay entries may be sent without the swimmers names. However, relay swimmers must be declared prior to the start of the event.
- 2) Individuals and relays should let the administrative official know of any scratches prior to the session start.
- 3) Mixed Relays shall consist of 2 female and 2 male, all male or all female



**NIAGARA LSC SWIMMING
WARM-UP PROCEDURES FOR ALL SANCTIONED MEETS**

- I. **PRE-MEET WARM UP**
 - 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 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 lane - 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:
 - i. Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
 - ii. Lanes 2 & 7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 - iii. Lanes 3, 4, 5, 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.
- 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 breaststrokes need more lead time than freestylers or butterfly swimmers.
- 5. Backstrokes 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 backstroke 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. The Coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
- 8. 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.
- 9. When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm-up sessions will be split to provide a safe and adequate warm-up time for all.
- 10. The meet Referee shall have responsibility to establish and enforce rules for safe conduct within the competitive pool area during the duration of the swimming competition.
- 11. 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. The meet Safety Committee shall have any person deliberately violating safety rules removed from the meet facility.
- 12. There shall be at least one Marshal at each end of the pool to ensure the warm-up procedures will be followed.
- 13. Warm-up procedures shall be enforced for any breaks scheduled during competition.
- 14. 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.

LOCAL PROTOCOLS AND REQUIREMENTS

1. In applying for the sanction, the Victor Swim Club will comply with and enforce all health and safety mandates and guidelines of USA Swimming, Niagara Swimming, New York State, Ontario County, & the Victor Central School District.
2. Facemasks will be worn by every participant at all times, except when swimmers are in the water.
3. A maximum of 350 individuals will be permitted in the pool area during the meet, including athletes, coaches, officials, & volunteers..
4. No spectators will be permitted for the meet. To comply with Safe Sport requirements there will be live streaming of the meet.
5. All participants will enter and exit the building through the upper parking lot doors.
6. Locker rooms will not be available. Bathrooms may be utilized as necessary.
7. Teams will have assigned warm-up lanes.
8. **Disclaimer:** The Victor Swim Club has taken enhanced health and safety measures – for you, our other guests, our staff, and our athletes. You must follow all posted instructions while attending the meet hosted by the Victor Swim Club at the Victor Aquatic Center.. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending this competition you voluntarily assume all risks related to exposure to Covid-19.

An inherent risk of exposure to COVID-19 exists in any public place people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.