

# 2021-2022 Niagara Swim League 13 and Over Championships

March 5th, 2022

Held under the sanction of USA Swimming

Sanction # -- NI

**THIS MEET IS OPEN TO NIAGARA SWIM LEAGUE MEMBERS ONLY**

**Date:** Saturday March 5, 2022 Timed Finals

**Location:** Hamburg High School Pool, 4111 Legion Drive, Hamburg NY 14075

**Facilities:** One 25-yard, 4 lane indoor pool, Colorado Timing System, with flat wall touch pads & electronic starts. The pool has a 4-lane scoreboard. Balcony seating, Atrium viewing area, and parking available. The competition course has not been certified in accordance with 104.2.2C (4). Pool depth from the start end at 1m is 9 feet, turn end at 1m is 3.5 feet, (202.4.9C).

**Parking:** Free parking

**Meet Start Times:**

| Session             | Time                            | Gender     |
|---------------------|---------------------------------|------------|
| Sunday Timed Finals |                                 |            |
| Session 1           | Warm-ups: 8:30am; Start: 9:30am | Girls/Boys |
|                     |                                 |            |

**Meet Format:** All events will be timed finals and will be swam slowest to fastest

**Meet Contacts:**

| Meet Director                                                                           | Meet Entries                                                                                | Meet Referee |
|-----------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------|
| Kelly Lynch<br><a href="mailto:swimmommallynch@gmail.com">swimmommallynch@gmail.com</a> | Heather Garland<br><a href="mailto:hamburgswimclub@gmail.com">hamburgswimclub@gmail.com</a> | Jean Lalomia |

**Timers:** Participating clubs will be required to provide timers. A schedule of timing assignments will be posted.

**Swimmers for the 500 will need to provide their own timers and counter**

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 individuals with underlying medical conditions are especially vulnerable.

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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 against 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 NIAGARA LSC AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORSEEN OR UNFORSEEN IN CONNECTION THEREWITH.

#### **Entry Restriction:**

- 1) Athlete are permitted to enter in no more than three (3) individual events and one (1) relay.
- 2) No athlete will be permitted to compete unless the athlete is a member as provided in Article 302.
- 3) No late entries will be accepted.
- 4) Deck entries are permitted at the discretion of the Meet Director and Meet Referee.
- 5) Age of athlete on the first day of competition determines eligibility.
- 6) Any athlete 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 athlete or the athlete's legal guardian to ensure compliance with this requirement.
- 7) No entries will be accepted without the athlete's current USA number.
- 8) Payment of entry fees and original signed waiver for such entries must be submitted by the entry deadline. Athletes whose entry fees are unpaid will be barred from competition at the meet.
- 9) Any club which enters an athlete in a meet, who is not duly registered through that club at the time entry, will be fined the sum of \$100 per athlete. The fine applies either when the athlete is unregistered or has not properly transferred the registration.

It is the Coach / Entry Person's responsibility to check the accuracy of their club's entries.

#### **Send Entries to:**

| Meet Entries                                                                                |                                       |
|---------------------------------------------------------------------------------------------|---------------------------------------|
| Heather Garland<br><a href="mailto:hamburgswimclub@gmail.com">hamburgswimclub@gmail.com</a> | PLEASE ENTER WITH<br>HYTEK TEAM MAGER |

**Entry Deadline:** Competed entries must be submitted by **9:00pm on Wednesday, March 2<sup>nd</sup>, 2022**. **Late entries will NOT be accepted and returned in whole.**

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**Meet management retains the right to keep the meet within a timeline.**

**Seeding:** Events will be pre-seeded.

**Awards:** Individual Events: Ribbons 1<sup>st</sup> – 10<sup>th</sup>  
Relay Events: Ribbons 1<sup>st</sup> – 3<sup>rd</sup>

**Scoring:** **Individual Events: 20-17-16-15-14-7-6-5-3-1**  
**Relay Events: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2**

**Team Awards:** No team awards will be given.

**Programs:** A PDF file of the program will be provided to clubs to distribute to their members

**Conduct:** Coaches, Host Club parents, and Meet Marshals will enforce proper conduct at all times. Swimmers found in restricted areas will be disqualified from the remainder of the meet. Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, or locker rooms. They are banned from behind the blocks during the entire meet, including warm-up, competition, and cool down periods. Deck changes are prohibited. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Deck ID:** Deck access is restricted to USA Swimming athletes, coaches, officials, and volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request.

**Meetings:** **Coaches:** 30 minutes prior to the start of the meet as needed.

**Food:** No food is allowed on deck per school request.

**Drone Rule:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

This meet will be swum in accordance with USA Swimming and Niagara LSC Rules and Regulations for pre-seeded championship meets. In addition, Niagara LSC guidelines for warm-up in an eight-lane pool will apply.

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**Rules:** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP Policy is a condition of participation in the conduct of this competition.

This meet will be swum in accordance with USA Swimming and Niagara LSC Rules and Regulations for pre-seeded championship meets. In addition, Niagara LSC guidelines, for warm-up in an eight-lane pool apply.

### Statement of Local Protocols and Requirements

- 1) In applying for this sanctioned event, the Niagara Swim League agrees to comply and to enforce all health and safety measures and guidelines of USA Swimming, Niagara LSC, the State of New York, and Hamburg High School.
- 2) Currently, masks are required for everyone, regardless of vaccination status, in all indoor spaces on campus. The only exception will be during indoor eating and drinking.
- 3) Ingress- Athletes, coaches, and officials will enter via main gym door entrance and take the hallway to the pool deck. Spectators will enter via main gym entrance and take the hallway directly into the spectator area of the pool area.
- 4) Egress- Athletes, coaches, and officials will exit the pool deck and take the hallway to the main gym doors and exit through the main gym entrance. Spectators will exit the spectator area and exit the building via the main gym doors.
- 5) Coaches, officials, timers, and meet personnel are required to wear face masks at all times.
- 6) **Spectators- Two (2) spectators will be allowed per athlete.**

# 2021-2022 Niagara Swim League 13 and Over Championships

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- I. Pre-meet warm-up period
  - A. **Control/Supervise: key word 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 edges 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 a four lane pool, each lane shall be scheduled as follows:
    - Lanes 2 & 3 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
    - Lanes 1 & 4 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.

## **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 the 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 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 the 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 warm-up. A swimmer and/or coach may be removed from the deck for interfering with 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 area 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 Marshal at each end of the pool to ensure warm-up procedures will be followed.
15. Warm-up procedures shall be followed for any breaks scheduled during 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.

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**Order of events Session 1**

**Warm-ups: 8:30am**

**Start: 9:30am**

| Session 1   |                  | Session 1  |
|-------------|------------------|------------|
| Girls Event | Event            | Boys Event |
| 1           | 200 Free Relay   | 2          |
| 3           | 100 Fly          | 3          |
| 5           | 200 Free         | 6          |
| 7           | 100 Back         | 8          |
| 9           | 50 Free          | 10         |
| 11          | 200 Medley Relay | 12         |
| 13          | 100 Free         | 14         |
| 15          | 200 IM           | 16         |
| 17          | 100 Breast       | 18         |
| 19          | 500 Free         | 20         |