



Stingrays Swim Club

Hosts

The 14th Annual Shamrock G-S-B Open Meet

March 6th – 7th, 2010

Sanction # NI0910-083S

Held under the sanction of USA Swimming

LOCATION:	Cheektowaga High School, 3600 Union Road, Cheektowaga, NY 14225		
FACILITIES:	Short course 25 yard, 6 lane indoor pool with Adolph Kiefer wave eaters lane lines Colorado timing system, and upper-deck spectator seating area. The competition course has not been certified in accordance with 104.2.2C(4).		
MEET DIRECTOR:	Jim Gramlich PO Box 47 Cheektowaga, NY 14225 716/870-7838 <u>e-mail: cheektowaga.stingrays@gmail.com</u>	MEET MARSHAL:	Lou Heltman
		MEET OFFICIALS:	Sue Seiler
ENTRY FEES:	\$3.50 per Individual Event, \$12.00 per Relay Event. A \$4.00 Deck Fee per swimmer. Checks must accompany entry forms. Only Club checks will be accepted. Please make checks payable to Stingrays Swim Club in U.S. funds. Entries not accepted without USS numbers. No refunds.		
MAIL ENTRIES TO:	Shamrock Meet PO Box 47 Cheektowaga, NY 14225 716/860-4501	e-mail entries:	<u>cheektowaga.stingrays@gmail.com</u> HY-TEK MEET MANAGER. Please submit entries using COMMLINK
ENTRY DEADLINE:	Entries must be received by <u>8 pm Sunday February 28, 2010</u> * Enter early as this meet fills up fast		
ENTRY LIMITATIONS:	Each swimmer is limited to four (4) individual events and two (2) relays per day. All events are timed finals. Age on first day of the meet shall govern for the meet. <i>*Event Nos. 91 & 92 for 13 & over are <u>extra</u> events.</i> You may select up to four (4) individual events per day <u>and</u> the Shamrock Special. ALL ENTRIES MUST HAVE A WATCH TIME. WE WILL NOT ACCEPT A NO TIME FOR ANY EVENT OR SWIMMER, EXCEPT FOR EVENTS NUMBERS 91 & 92 SHAMROCK SPECIAL.		
START TIMES:	<u>Saturday, March 6th, 2009</u> Morning Session: Warm-ups: 7:30 a.m. Start: 8:25 a.m. Afternoon Session: Warm-ups: 12:00 p.m. Start: 12:55 p.m.		
	<u>Sunday, March 7th, 2009</u> Morning Session: Warm-ups: 7:30 a.m. Start: 8:25 a.m. Afternoon Session: Warm-ups: 12:00 p.m. Start: 12:55 p.m.		

ENTRY TIMES: All times should be submitted in SHORT COURSE YARDS. We reserve the right to keep the meet manageable. **THIS IS A TIMED FINAL MEET.**

DECK ENTRIES: Unavailable, no exceptions.

CLERK OF COURSE: Morning Sessions (10 & Under): A Clerk of Course will be located in the gym area.
Afternoon Sessions (Open): Pre-seeding will be used. A Clerk of Course will be located in the gym area.

AWARDS:

8& Under	- Awards 1-8
10 & Under:	- "G" "S" "B" Awards 1-8
All <u>Open</u> Events will be awarded based on age group categories:	
11-12, 13-14, 15&Over	- "G" "S" "B" Awards 1-3
Relay Events	- Awards 1-3
Team Trophies	- 1st Place - Large Team
	- 1st Place - Small Team

Awards to be picked up by Coach or an assigned adult representative.
BELL RINGERS IN SELECTED HEATS.

SCORING: Team scores will be kept with total points per event. (Including all points from "G" awards, "S" awards, and "B" awards.) Points scored as follows:
Individual Events - 7, 5, 4, 3, 2, 1 for each segment of event (G, S, B)
Relay Events - Points scored for first three relays only - 14, 10, 8 points.

DISCIPLINE: Parents, coaches, marshals, and Meet Director will enforce proper conduct at all times. Misconduct or vandalism may result in swimmer being expelled from the meet.

COACHES MEETING: Before each daily session - (to be announced)

TIMERS: Competing teams are welcomed to help time.

OFFICIALS: Anyone interested in officiating, please contact Sue Seiler, 716/434-6359.

REFRESHMENTS: Available at reasonable cost for the duration of the meet.

PROGRAMS: 2-day programs will be available for purchase at the meet.

DECK ID: ONLY swimmers, coaches, officials and meet personal allowed on deck. Coaches MUST wear their USS ID. NO EXCEPTIONS!!

ACCOMMODATIONS: See attached map/directions sheet.

PARKING: Please use lot only. All other areas will be subject to towing at your expense.

MEET MANAGEMENT: To relieve congestion at the blocks, ONLY swimmers due to swim the next heat, timers, and officials are allowed behind the blocks. This is to try to eliminate missed swims and confusion at the blocks.

10 and Under Events

Saturday, March 6th, 2010 MORNING SESSION Warm-Ups: 7:30 a.m. - Start: 8:25 a.m.			
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Women Event#	Age Group	Event Name	Men Event#
1	9-10	100 IM	2
3	8 & Under	100 IM	4
5	9-10	50 Backstroke	6
7	8 & Under	25 Backstroke	8
9	9 & 10	100 Freestyle	10
11	8 & Under	50 Freestyle	12
13	9-10	50 Butterfly	14
15	8 & Under	25 Butterfly	16
17	9-10	100 Breaststroke	18
19	8 & Under	50 Breaststroke	20
21	10 and Under	200 Medley - Relay	22

Sunday, March 7th, 2010 MORNING SESSION Warm-Ups: 7:30 a.m. - Start: 8:25 a.m.			
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Women Event#	Age Group	Event Name	Men Event#
39	9-10	100 Backstroke	40
41	8 & Under	50 Backstroke	42
43	9-10	50 Freestyle	44
45	8 & Under	25 Freestyle	46
47	9-10	100 Butterfly	48
49	8 & Under	50 Butterfly	50
51	9-10	50 Breaststroke	52
53	8 & Under	25 Breaststroke	54
55	9-10	200 Freestyle	56
57	8 & Under	100 Freestyle	58
59	10 and Under	200 Freestyle Relay	60

Open Events

Saturday, March 6th, 2010
AFTERNOON SESSION
 Warm-Ups: 12:00 p.m. - Start: 12:55 p.m.

Women Event#	Age Group	Event Name	Men Event#
23	Open	200 IM	24
25	Open	100 Backstroke	26
27	Open	50 Freestyle	28
29	Open	200 Butterfly	30
31	Open	100 Breaststroke	32
33	Open	200 Freestyle	34
35	Open	50 Butterfly	36
37	Open	200 – MEDLEY Relay	38

Sunday, March 7th, 2010
AFTERNOON SESSION
 Warm-Ups: 12:00 p.m. - Start: 12:55 p.m.

Women Event#	Age Group	Event Name	Men Event#
61	Open	100 IM	62
63	Open	100 Butterfly	64
65	Open	50 Breaststroke	66
67	Open	200 Backstroke	68
69	Open	100 Freestyle	70
71	Open	200 Breaststroke	72
73	Open	50 Backstroke	74
75	Open	200 Freestyle Relay	76
91	13 & Over	Shamrock Special – 25 FREE	92

*Event Nos. 91 & 92 for 13 & over are extra events. You may select up to four individual events per day AND the Shamrock Special.

Niagara Swimming Inc.

Warm-up Procedures for all Sanctioned Meets in 6 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 30-40 minutes of pre-meet warm-up period.
- B. In an eight lane pool, each lane shall be scheduled as follows:
 - a. Lanes 1 & 6 push off one or two lengths & back, beginning at the starting end of the pool.
Circle swimming only.
 - b. Lanes 2 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 - c. Lanes 3,4,5, 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 Marshal 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.

Entry & Financial Summary Form

Stingrays Swim Club 2010 Shamrock Gold/Silver/Bronze Open Meet

Held under the sanction of U.S.A. Swimming - Sanction #: NI0910-083S

Please return with your entry grids or HYTEK Disc.

Club Name: _____ Club Code _____

Coaches Name/s _____ Coaches Phone _____
Coaches e-mail _____

Person submitting Entries _____ Phone # _____
e-mail _____

Total # of 8 & Under Individual Entries _____ x \$ 3.50/Event = \$ _____

Total # of 9-10 Individual Entries _____ x \$ 3.50/Event = \$ _____

Total # of 11-12 Individual Entries _____ x \$ 3.50/Event = \$ _____

Total # of 13-14 Individual Entries _____ x \$ 3.50/Event = \$ _____

Total # of Senior Individual Entries _____ x \$ 3.50/Event = \$ _____

Total # of entries _____ Total of individual Entries \$ _____

Total # of swimmers _____ x \$ 4.00 (Deck Fee) \$ _____

Total # of Relay Entries _____ x \$ 12.00/ Relay Event = \$ _____

Total Due \$ _____

Make Checks Payable to **Stingrays Swim Club**
Club checks only please!

Receipt of entries will be acknowledged by e-mail at cheektowaga.stingrays@gmail.com

**Liability Waiver and U.S.A. Swimming, Inc.
Membership Meet Entry Form**

**Stingrays Swim Club 2010 Shamrock
Gold/Silver/Bronze Open Meet**

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Enclosed is payment of the entry fees and deck fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assignees, waive and release any and all claims against the Stingrays Swim Club, U.S.A. Swimming, Inc., Niagara Swimming, and the Cheektowaga Central School System 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.

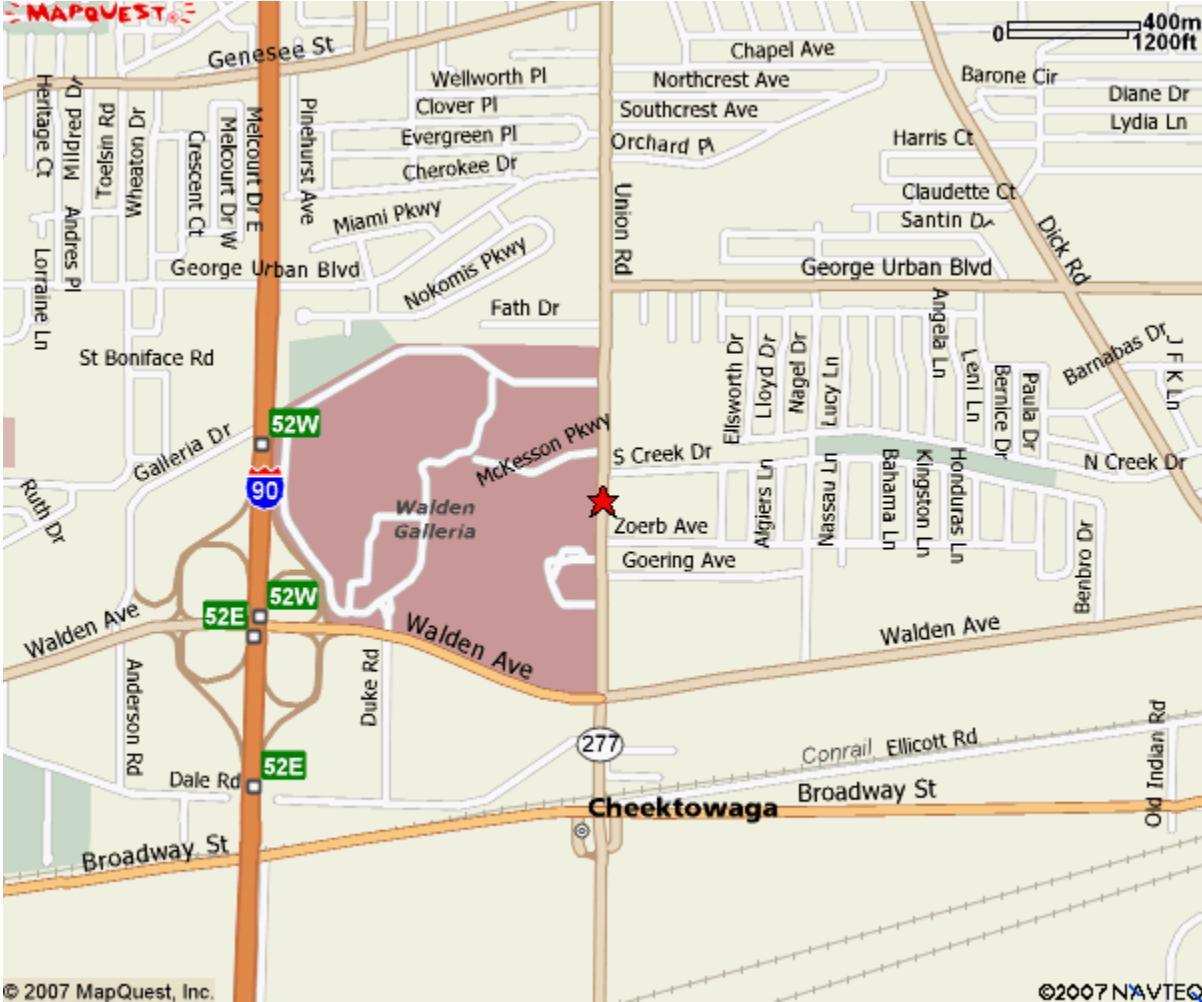
Further the undersigned team representative certifies by his/her signature that all athletics participating for or entered by the team in this sanctioned swim meet are currently member athletics of U.S.A. Swimming, or a recognized FINA Organization. The undersigned further certifies that any person appearing on deck in the capacity of coach is currently a coach member of U.S.A. Swimming or of a recognized FINA Organization.

Club Name

Signature of club official, parent or guardian

Date

Map to Cheektowaga High School



RELAY ENTRY GRID

Club Name:

14th Shamrock Meet 2010 **March 6th – 7th**

	Name of Swimmer 1 (Optional)	Name of Swimmer 2 (Optional)	Name of Swimmer 3 (Optional)	Name of Swimmer 4 (Optional)
Event: Designator: Time:				
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Designator - e.g. A Team, B Team, C Team, etc.

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