STAR SWIMMING HOSTS THE NEW
SUPER "STAR" SERIES
Meet # 2

November 15, 2014

ERIE COMMUNITY COLLEGE, BUFFALO, NEW YORK

HELD UNDER THE SANCTION OF USA SWIMMING: NI-1415-015

OPEN TO ALL ELIGIBLE U.S.S. AND S.N.C. SWIMMERS AND TEAMS
12 and Under Swimmers Only

MEET INFO ALSO AVAILABLE AT www.starswimming.org

POOL LOCATION: 21 Oak Street, Buffalo, New York 14203

FACILITIES: Eight lane 25 yard pool with continuous flow through gutters and Kieffer-McNeil lane dividers. Two 25 yard eight lane pools and separate 25 yard six lane pool for continuous warm-up and warm-down. Colorado 5000 Electronic Timing System with gutter mounted touch pads, horn starts and scoreboard readouts for each course. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. From the start end, the pool depth is 7 feet at 3 feet 3 ½ inches and 7 feet at 16 feet 5 inches. From the turn end, the pool depth is 9 feet 6 inches at 3 feet 3 ½ inches and is 9 feet at 16 feet 5 inches

VENUES: Competition in west pool, with separate warm up pool.

SITE OF: 1993 World University Games
1997 USS Phillips 66 Senior Nationals
Numerous Speedo Junior Championships - Short & Long Course
2004, 2006, 2009, 2010, 2012 - 2014 Eastern Zone "Super Sectional" Meets

MEET DIRECTOR: **Sherry Benedict**

E-Mail: starentries@gmail.com

Meet Marshalls: Shall be provided by Star Swimming in accordance with the requirements of the Niagara LSC and USA Swimming. The Head Marshall for this series meet shall be Kevin Blake.

HOTELS: Hotel information enclosed. **PLEASE RESERVE EARLY.**

OFFICIALS: Meet Referee: Lynda Blake at LJBlake2000@yahoo.com. Anyone interested in officiating at this meet is welcome. Please contact Katherine McCauley at Kmacdigi@gmail.com OFFICIAL'S BRIEFINGS will take place one hour before the start of each session.

TIMERS: All timing provided by host.

EVENTS: The meet will be swum in accordance with the accompanying schedule of events.

ENTRY RESTRICTIONS: No swimmer may enter more than five (5) individual events per day. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. No late or phone entries accepted. Meet Director reserves the right to return entries in order to control meet size. Deck entries permitted at discretion of Meet Director and Meet Referee. Deck entry fees will be $5.00/individual event.

ENTRY FEES:
1. Individual Event - $5.00
2. NO Swimmer Surcharge Required!

Make checks payable to: **STAR SWIMMING, INC.**

Regular, Express Mail or FedEx. **DO NOT REQUIRE A SIGNATURE FOR IT TO BE DELIVERED!**

Sherry Benedict
PO box 361
Hamburg, NY 14075

E-MAIL TO: starentries@gmail.com

SUPER "STAR" Series #2

Saturday November 15, 2014		
ENTRIES CLOSE November 7, 2014	Meet Warm-up: 10:30am Meet Starts: 11:30am	
Events		
15	12 & Under 50 Fly	16
17	8 & under 25 Fly	18
19	12 & Under 100 Breast	20
21	8 & Under 50 Breast	22
23	12 & Under 100 back	24
25	8 & Under 50 back	26
27	12 & Under 100 Free	28
29	8 & Under 50 Free	30

ENTRY FORMS AND FEES: must be received by November 7, 2014. Accuracy of master entry form is important since seeding is done from your master entry form. HyTek is the computer program. Entries by commlink disk or e-mail **starentries@gmail.com**. If a team plans on sending a hard copy of their entries, please contact Sherry Benedict at the above listed e-mail for a copy of the spreadsheet.

ENTER EARLY AS OUR MEETS FILL FAST!!

COACHES MEETING: As needed on the day of the event.

SEEDING: This meet will be **deck seeded**.

SCORING: Per 2014 U.S.A. Swimming Rulebook

AWARDS: High Point Awards will be awarded to the TOP SWIMMER, male and female, in the following age groups: 8 and Under, 9 year olds, 10 year olds, 11 year olds, and 12 year olds.

Each team must designate a representative to pick up and sign for all awards for their team.

PROGRAM: Programs for each day of the meet will be available that day for $3.00

SEATING: Admission: FREE. Balcony seating is for 1200. Come cheer on these younger swimmers!

PARKING: Parking is available at Mike's Parking at the corner of Elm & Swan Street and at the Adam's Parking Ramp at the corner of Washington and North Division. Mike's Parking has attendants supervising parking from ½ before the start of warm-up through the last session of the day. The Adam's Parking Ramp offers free parking on weekends, but is unsupervised.

CONDUCT: Proper conduct on the part of all swimmer and spectators is expected at all times, and will be enforced by coaches, meet marshals, college officials and college security. ANY SWIMMER found in the posted out of bounds areas will be barred from the remainder of the meet without recourse. Swimmers are not allowed to swim under the bulkhead. Disciplinary action will be immediate expulsion from the meet.

The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway, balcony and stands. Any swimmers competing that are found in an area designated out-of-bounds will be barred from participating in the remainder of the meet. Posted out-of-bounds areas include, but are not limited to: the emergency stairwells, the weight room, and the track and gym areas. USE OF THE EMERGENCY DOORS BY ANYONE WITHOUT EXPRESS PERMISSION TO USE THE CODE IS PROHIBITED. The USA Swimming Code of Conduct will be enforced. No glass containers are allowed in the pool and locker room areas. Misbehavior, vandalism and theft will not be tolerated and can result in being barred from participation in the meet.

DECK ID: ONLY SWIMMERS, COACHES AND MEET PERSONNEL ALLOWED ON DECK. ALL COACHES MUST WEAR 2014 MEMBERSHIP CARD.

Any swimmer 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 swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.

Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.

2014 SUPER "STAR" SERIES
MEET #2
ENTRY RECAPITULATION

HELD UNDER THE SANCTION OF USA SWIMMING: NI-1415-015

TEAM _____ TEAM CODE _____

COACH _____ TEL. NO. _____

ADDRESS _____CITY_____STATE____ZIP _____

CONTACT PERSON _____ TEL NO _____

CONTACT E-MAIL _____

Women Individual Entries _____ x $5.00 = $_____
Men Individual Entries _____ x $5.00 = $_____
TOTAL AMOUNT ENCLOSED $_____

MAKE CHECKS PAYABLE TO "STAR SWIMMING"

******* THIS FORM MUST BE RETURNED WITH ENTRY FORMS *******
TO BE CONSIDERED A COMPLETE ENTRY.

MAIL, POSTAL EXPRESS OR FED EXPRESS

DO NOT REQUIRE A SIGNATURE FOR DELIVERY!

Star Swimming, INC
PO box 361
Hamburg, NY 14075

E-MAIL TO: **starentries@gmail.com**

CHECK MUST ARRIVE THREE (3) DAYS FROM DATE OF ENTRY. ENTRIES NOT COMPUTERIZED UNTIL ALL ENTRY FEES ARE PAID.

ENTRIES CLOSE ON NOVEMBER 7, 2014.

RESULTS GIVEN ON DISK ARE FREE.

HARD COPY RESULTS ARE $10.00.

E-MAIL ADDRESS: _____

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 Star Swimming, Inc., Niagara Swimming, Inc., USA Swimming, and the Erie Community College 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.

_____ _____

Date Signature of club official, parent or guardian

Warm-up Procedures for all Sanctioned Meets in 8 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 30-45 minutes of pre-meet warm-up period.
   B. In an eight-lane pool, each lane shall be scheduled as follows:
      a. Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
      b. Lanes 2 & 7 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
      c. 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. 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.