

# STAR SWIMMING SHORT COURSE TEAM INVITATIONAL

**December 7-10, 2017**

Thursday, Friday, Saturday, Sunday

**ERIE COMMUNITY COLLEGE, BUFFALO, NEW YORK**  
HELD UNDER THE SANCTION OF USA SWIMMING: NI 1718-047

10 & UNDER, 11-12, 13-14 and Open Age Groups

Meet Information also available at [www.starswimming.org](http://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). From the start end, the pool depth is 7 feet at 1 meter and 7 feet at 5 meters. From the turn end, the pool depth is 13 feet 6 inches at 1 meter and is 13 feet 6 inches at 5 meters.

**VENUES:** 14 & Under will swim in the east end course and seniors will swim in the west end course.  
**ALL FINALS ARE IN THE WEST END COURSE.**

**SITE OF:** 1993 World University Games  
Numerous USS Junior Nationals-Long Course and Short Course  
1994 USS Open  
1997 USS Phillips 66 Senior Nationals  
2004, 2006, 2009, and 2010-2016 Eastern Zone "Super Sectional" Meet

## **MEET**

**DIRECTOR:** Phil Aroncia  
[Starentries@gmail.com](mailto:Starentries@gmail.com) **MEET MARSHALL:** Kevin Blake

**HOTELS:** Hotel information is posted on our website. [www.starswimming.org](http://www.starswimming.org)  
**PLEASE RESERVE EARLY.**

**OFFICIALS:** Meet Referee: Lynda Blake @ [LJBlake2000@yahoo.com](mailto:LJBlake2000@yahoo.com). Anyone interested in officiating at this meet is welcome. Please contact Lynda Blake. OFFICIAL'S BRIEFINGS will take place one hour before the start of each session.

**TIMERS:** SWIMMERS MUST PROVIDE OWN TIMERS AND COUNTERS FOR 1000 & 1650 FREE AND 12 & UNDER 500 FREE. **(Based on availability, teams might be asked to help with timing throughout the meet at the discretion of the meet director.)**

**EVENTS:** The meet will be swum in accordance with the accompanying schedule of events. 12 & Under 500 Free, all 1000 and 1650 Free are timed final events.

**THE FASTEST HEAT OF RELAYS WILL BE SWUM WITH FINALS EXCEPT ON SUNDAY,  
WHEN ALL RELAYS WILL BE SWUM IN THE PRELIM SESSION.**

**MEET SCRATCH RULE:** Any swimmer qualifying for a consolation or championships final in an individual event who fails to compete in said consolation or championship final race shall be barred from further competition for the remainder of the day's program except as noted.

**Exceptions for failure to compete** - No penalty shall apply if: The Referee is notified of illness or injury and accepts proof thereof. A swimmer qualifying for a consolation or championship final based upon the results of the preliminaries notifies the Referee within thirty (30) minutes after the announcement of the qualifiers for that race that they may not intend to compete and further declares their final intention within thirty (30) minutes following their last individual preliminary event. It is determined by the Referee that failure to compete is caused by circumstances beyond the control of the swimmer.

**ENTRY RESTRICTIONS:** No swimmer may enter more than three (3) individual events per day and a maximum of two relays 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. Deck entry fees will be \$6.00/individual event & \$15.00/relay.

Any club which 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 (by the Niagara LSC), per such meet. The fine applies either when the athlete is unregistered or has not properly transferred registration.

**PLEASE SUBMIT PROOF OF TIME FOR 11-12 500 FREE, 13-14 AND SENIOR 500, 1000 and 1650 FREE AND 400 IM.**

<b>ENTRY</b>	1. Individual Event - \$6.00
<b>FEES:</b>	2. Relay Event - \$15.00
	3. \$7.00 per swimmer surcharge is required.

Make checks payable to: STAR SWIMMING, INC.

Send regular mail, Express Mail or FedEx.

Please make sure that you **do not** require a signature for delivery!

**Star Swimming, Inc.**

**PO Box 361**

**Hamburg, NY 14075**

**[Starentries@gmail.com](mailto:Starentries@gmail.com)**

**ENTRY FORMS AND FEES must be received no later than 11:00 PM, December 1, 2017. ENTER SOON THIS MEET FILLS EARLY.**

Entries will be accepted on a first come basis. Teams not accepted will have their entries returned as soon as possible.

**COACHES MEETING:** Will be held as required.

		Warm-up Start	Warm-up Ends	Meet Start
<b>STARTING TIMES:</b>	Thursday	3:00 PM	4:45 PM	5:00 PM
	Fri, Sat, Sun Prelims	6:30 AM	7:50 AM	8:00 AM
	Fri, Sat, Sun Finals	4:00 PM	5:23 PM	5:30 PM

WARM-UP POOL AVAILABLE FOR CONTINUOUS WARM-UP  
PRELIM AND FINALS START TIME SUBJECT TO CHANGE.

**SEEDING:** The meet will be Deck seeded. **THESE ARE ALL POSITIVE CHECK-IN EVENTS. YOU MUST CHECK IN FOR THESE EVENTS BY THE END OF THE PREVIOUS NIGHT'S FINALS. WITH THE EXCEPTION OF THURSDAY MUST BE CHECKED BY 4:00 PM. NATIONAL POSITIVE CHECK-IN RULE APPLIES TO ALL EVENTS. IF TRAVELING AND UNABLE TO MEET CHECK IN DEADLINE PLEASE CONTACT MEET DIRECTOR WHO WILL ACCEPT EMAIL AS POSITIVE CHECK IN FOR THURSDAY EVENTS ONLY.**

**SCORING:** Individual Events: Final 20-17-16-15-14-13-12-11  
Consolation 9-7-6-5-4-3-2-1  
Relay Events: 40-34-32-30-28-26-24-22  
18-14-12-10-8-6-4-2

**FINAL HEAT ONLY FOR 10 & UNDERS,  
FINALS AND CONSOLATIONS FOR 11-12 & 13-14 AGE GROUPS.  
ONE FINAL HEAT FOR 13-14 500 FREE AND 400 IM.**

**BONUS HEAT FOR SENIORS IN EVERY EVENT EXCEPT 400 IM AND 500 FREE.**

**AWARDS:** 12 & UNDER: Individual: Medal: 1-3 Ribbons 4-8  
Relays: Medals: 1st  
TEAM AWARDS: 1st – 3<sup>rd</sup> Team Combined  
INDIVIDUAL HIGH POINTS: 1-3 ALL AGE GROUPS

Each team must designate a representative to pick up and sign for all awards for their team. Swimmers will not be allowed to pick up awards. For special pick-ups, see Meet Director.

**RESULTS:** Real time results will be posted during the meet on the Star Swimming website at [www.starswimming.org](http://www.starswimming.org).  
Team Scores, a result file for Team Manager and a Meet Manager Backup file will be posted following the meet.

**PROGRAM/  
ADMISSIONS/  
SEATING:** Programs will be sold for \$1.00 each session of the meet. There will be a \$5.00 admissions fee for every session. There will also be an All-Sessions Pass for \$20.00. Balcony seating is for 1200

**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 Street. Mike's parking has attendants supervising parking from ½ hour before the start of warm-ups through the last session of the day. The Adam's Parking Ramp offers free parking on weekends but is unsupervised.

## **CONDUCT:**

1. 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.
2. 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.
3. 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.
4. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
5. Use of audio or visual recording devices, including a cell phone ,is not permitted in changing areas, restrooms or locker rooms.
6. Deck changes are prohibited.
7. 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.
8. Unless approved in writing in advance of the competition by the Vice President of Program Operations, 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.
9. Deck access is restricted to USA Swimming athletes, coaches, officials, and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon management request.

# PRELIMINARY ORDER OF EVENTS 14 & UNDER

**FEMALE FASTER THAN**

**FASTER THAN MALE**

## THURSDAY, DECEMBER 7

3	6:15.29	12 & Under 500 Free (TF)	6:15.29	4
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## FRIDAY, DECEMBER 8

5	44.49	10 & Under 50 Breast	44.49	6
7	39.99	11-12 50 Breast	39.99	8
9	1:19.99	13 - 14 100 Breast	1:15.99	10
11	1:15.99	10 & Under 100 Free	1:15.99	12
13	1:03.09	11-12 100 Free	1:03.09	14
15	2:14.19	13-14 200 Free	2:08.89	16
17	39.99	10 & Under 50 Fly	39.99	18
19	33.99	11-12 50 Fly	33.99	20
21	1:09.99	13-14 100 Fly	1:09.99	22
23	3:00.99	10 & Under 200 IM	3:00.99	24
25	2:40.99	11-12 200 IM	2:40.99	26
27	5:14.99	13-14 400 IM	4:57.99	28
29	NT	10 & Under 400 Free Relay	NT	30
31	NT	11-12 400 Free Relay	NT	32
33	NT	13-14 400 Free Relay	NT	34

## SATURDAY, DECEMBER 9

35	1:26.99	10 & Under 100 IM	1:26.99	36
37	1:15.99	11-12 100 IM	1:15.99	38
39	2:32.99	13-14 200 IM	2:25.89	40
41	41.99	10 & Under 50 Back	41.99	42
43	36.29	11-12 50 Back	36.29	44
45	1:10.99	13-14 100 Back	1:08.89	46
47	2:40.99	10 & Under 200 Free	2:40.99	48
49	2:22.19	11-12 200 Free	2:22.99	50
51	28.69	13-14 50 Free	27.29	52
53	NT	10 & Under 200 Medley Relay	NT	54
55	NT	11-12 200 Medley Relay	NT	56
57	NT	13-14 400 Medley Relay	NT	58
	*****	10 Minute Break	*****	
59	5:48.99	13-14 500 Free	5:38.99	60

## SUNDAY, DECEMBER 10

61	1:26.99	10 & Under 100 Back	1:26.99	62
63	1:16.09	11-12 100 Back	1:16.09	64
65	2:30.99	13-14 200 Back	2:26.99	66
67	1:39.99	10 & Under 100 Breast	1:39.99	68
69	1:25.99	11-12 100 Breast	1:25.99	70
71	2:51.99	13-14 200 Breast	2:43.99	72
73	34.39	10 & Under 50 Free	34.39	74
75	29.79	11-12 50 Free	29.79	76
77	1:02.19	13-14 100 Free	59.49	78
79	1:31.99	10 & Under 100 Fly	1:31.99	80
81	1:15.99	11-12 100 Fly	1:15.99	82
83	2:33.99	13-14 200 Fly	2:26.99	84
85	NT	10 & Under 200 Free Relay	NT	86
87	NT	11-12 200 Free Relay	NT	88
89	NT	13-14 200 Free Relay	NT	90
	*****	10 Minute Break	*****	
91	11:50.99	13-14 1000 Free (TF)	11:20.99	92

# PRELIMINARY ORDER OF EVENTS

## SENIOR

### THURSDAY, DECEMBER 7

FEMALE	FASTER THAN		FASTER THAN	MALE
1	19:58.99	1650 Free (TF)	18:47.99	2

### FRIDAY, DECEMBER 8

93	1:17.99	100 Breast	1:12.99	94
95	2:07.39	200 Free	1:57.79	96
97	1:06.89	100 Fly	1:01.99	98
99	5:06.99	400 IM	4:46.09	100
101	NT	400 Free Relay	NT	102

### SATURDAY, DECEMBER 9

103	2:22.79	200 IM	2:13.99	104
105	28.19	50 Free	25.39	106
107	1:07.69	100 Back	1:02.99	108
109	NT	400 Medley Relay	NT	110
	*****	10 Minute Break	*****	
111	5:38.79	500 Free	5:16.69	112

### SUNDAY, DECEMBER 10

113	2:26.89	200 Back	2:14.09	114
115	2:48.79	200 Breast	2:32.59	116
117	1:01.09	100 Free	55.39	118
119	2:28.19	200 Fly	2:14.59	120
121	NT	200 Free Relay	NT	122
	*****	10 Minute Break	*****	
123	11:21.09	1000 Free (TF)	10:40.19	124

**ALL RELAYS ARE TIMED FINALS - FASTEST HEAT SWIM IN FINALS EXCEPT ON SUNDAY, WHEN ALL RELAYS WILL BE SWUM IN PRELIMS.**

**\*\*\*ALL 1000 & 1650 will swim Fastest to slowest\*\*\***

(TF) - TIMED FINAL

# ORDER OF FINALS

<b>FRIDAY</b>	<b>FEMALE</b>		<b>MALE</b>
<b>DEC 8</b>	29	10 & Under 400 Free Relay	30
	31	11-12 400 Free Relay	32
	5	10 & Under 50 Breast	6
	7	11-12 50 Breast	8
	9	13-14 100 Breast	10
	93	Senior 100 Breast	94
	11	10 & Under 100 Free	12
	13	11-12 100 Free	14
	15	13-14 200 Free	16
	95	Senior 200 Free	96
	17	10 & Under 50 Fly	18
	19	11-12 50 Fly	20
	21	13-14 100 Fly	22
	97	Senior 100 Fly	98
	23	10 & Under 200 IM	24
	25	11-12 200 IM	26
	27	13-14 400 IM (FINAL HEAT ONLY)	28
	99	Senior 400 IM (NO BONUS)	100
	33	13-14 400 Free Relay	34
	101	Senior 400 Free Relay	102
<b>SATURDAY</b>	53	10 & Under 200 Medley Relay	54
<b>DEC 9</b>	55	11-12 200 Medley Relay	56
	35	10 & Under 100 IM	36
	37	11-12 100 IM	38
	39	13-14 200 IM	40
	103	Senior 200 IM	104
	51	13-14 50 Free	52
	105	Senior 50 Free	106
	41	10 & Under 50 Back	42
	43	11-12 50 Back	44
	45	13-14 100 Back	46
	107	Senior 100 Back	108
	47	10 & Under 200 Free	48
	49	11-12 200 Free	50
	59	13-14 500 Free (FINAL HEAT ONLY)	60
	111	Senior 500 Free (NO BONUS)	112
	57	13-14 400 Medley Relay	58
	109	Senior 400 Medley Relay	110
<b>SUNDAY</b>	61	10 & Under 100 Back	62
<b>DEC 10</b>	63	11-12 100 Back	64
	65	13-14 200 Back	66
	113	Senior 200 Back	114
	67	10 & Under 100 Breast	68
	69	11-12 100 Breast	70
	71	13-14 200 Breast	72
	115	Senior 200 Breast	116
	73	10 & Under 50 Free	74
	75	11-12 50 Free	76
	77	13-14 100 Free	78
	117	Senior 100 Free	118
	79	10 & Under 100 Fly	80
	81	11-12 100 Fly	82
	83	13-14 200 Fly	84
	119	Senior 200 Fly	120

\*\*\*ALL 1000 & 1650 will swim Fastest to slowest\*\*\*

**2017 STAR SHORT COURSE AGE GROUP AND SENIOR HELD**  
**UNDER THE SANCTION OF USA SWIMMING: NI 1718-047**

**ENTRY RECAPITULATION**

TEAM \_\_\_\_\_ TEAM CODE \_\_\_\_\_

COACH \_\_\_\_\_ TEL. NO. \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_ TEL NO \_\_\_\_\_

TEAM HOTEL \_\_\_\_\_ TEL NO \_\_\_\_\_  
(IN CASE OF EMERGENCY)

Women Individual Entries \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

Number of Women Swimmers \_\_\_\_\_ x \$7.00 = \$ \_\_\_\_\_

Men Individual Entries \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

Number of Men Swimmers \_\_\_\_\_ x \$7.00 = \$ \_\_\_\_\_

Number of Relay Entries \_\_\_\_\_ x \$15.00 = \$ \_\_\_\_\_

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

MAKE CHECKS PAYABLE TO "STAR SWIMMING"

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

EXPRESS MAIL OR FED EX. WITH WAIVER OF SIGNATURE REQUIREMENT TO:

**Phil Aronica**

**PO Box 361**

**Hamburg, NY 14075**

**E-MAIL TO: [Starentries@gmail.com](mailto:Starentries@gmail.com)**

ENTRY FEE CHECK MUST ARRIVE THREE (3) DAYS FROM DATE OF  
FAX OR E-MAIL ENTRY. ENTRIES NOT COMPUTERIZED UNTIL  
ALL ENTRY FEES ARE PAID.

ENTRIES CLOSE **11:00 PM, December 1, 2017**

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 backstrokers 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.