




2024 Niagara Last Splash

March 1 – 3, 2024

Held under the Sanction of USA Swimming through Niagara Swimming: **NI-2324-033**

<p>MEET DIRECTORS Nicholas Weiner & Marci Callan meetdirector@fairportswimming.com (585) 364-1552</p>	<p>MEET REFEREE Kathleen Webb webb.kathleen.m@gmail.com</p>	<p>FAST OFFICIALS' CHAIRPERSON Kathleen Webb webb.kathleen.m@gmail.com</p>			
<p>SANCTION:</p>	<ul style="list-style-type: none"> Held under the Sanction of USA Swimming through Niagara Swimming: NI-2324-033 In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, Fairport Swimming, Inc., and Monroe Community College shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 				
<p>FACILITY:</p>	<p>Monroe Community College 1000 East Henrietta Road Rochester, NY 14623</p>  <p>25-yard pool with non-turbulent lane dividers and electronic timing. A separate pool will be available for continuous warm-up and cool down. Water depth: 1 meter from the start end of the competition course is 5ft. While the water depth 1 meter from the turn end of the competition course is 4ft.</p> <p>The competition course is not certified with USA Swimming in accordance with 104.2.2c (4). Colorado Timing System and Hy-Tek computerized meet management software will be used.</p>				
<p>ENTRY DEADLINE:</p>	<p style="text-align: center;">Monday, February 26, 2024 at 10:00 PM</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Entry Coordinator. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>				
<p>SCHEDULE:</p>	<p>#</p>	<p>Day</p>	<p>Ages</p>	<p>Warm Up Time</p>	<p>Meet Start Time</p>
	1	Friday PM	Open	5:00 PM	6:00 PM
	2	Saturday AM	Open	9:00 AM	10:00 AM
	3	Saturday PM	Open	2:00 PM**	3:00 PM**
	4	Sunday AM	Open	9:00 AM	10:00 AM
	5	Sunday PM	Open	2:00 PM**	3:00 PM**
<p>** times subject to change based on entries **</p>					
<p>ELIGIBILITY:</p>	<ul style="list-style-type: none"> Open to all USA Swimming registered members. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302. 				
<p>DISABILITY SWIMMERS:</p>	<p>NI and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the NI BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.</p>				



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<p>TIMING:</p>	<p>Automatic timing will be used.</p>
<p>RULES:</p>	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All 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 MAAPP is a condition of participation in the conduct of this competition. • No on-deck USA Swimming registration is permitted. Deck changes are prohibited. • In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per NI policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. • 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. • Operation of a drone or any other flying devices 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. • The Meet Director and the NI Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.
<p>EVENT RULES:</p>	<ul style="list-style-type: none"> • All events are timed finals. The meet will be swum in accordance with the schedule of events shown in this announcement. This is a "no recall" meet. Prepare for flyover starts. It is the swimmer's responsibility to be at the blocks when their event and heat are called. • There will be scenarios where events are repeated throughout multiple sessions to ensure all participants have ample opportunities to receive qualifying times. • Times achieved at this meet are eligible to be entered in all upcoming championship level meets, such as the Niagara Open, 14 & Under, and Eastern Zone Age Group Championship meets. • Swimmers may enter no more than four (4) events per day. • Entry times must be swimmers' fastest swam time from 9/1/2022 to entry deadline, times must be slower than the Niagara Championship Time Standard (Golds) for the swimmers' age and event. Swimmers' age on the first day of the meet determines eligibility. • Deck entries of swimmers already entered in the meet will be at the Meet Director's discretion.



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WARM-UP:	<ul style="list-style-type: none">The prescribed Niagara Swimming LSC warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.
SUPERVISION:	<ul style="list-style-type: none">Coaches are responsible for the conduct of their swimmers in all areas throughout the duration of the meet and cleaning up the team area at the conclusion.Cooperation with the request of a Meet Marshal is expected.The meet area is restricted to the pool & adjoining locker rooms and the adjacent. Any swimmer found in an area designated out-of-bounds will be barred from participating in the remainder of the meet.
SEEDING:	<ul style="list-style-type: none">The meet is pre-seeded with the exception of the 400-yard Individual Medley and the 500 and 1000-yard Freestyle events. The 1000 free will alternate Female/Male, with the fastest heats swimming first. These events will be deck seeded with positive check-in required by the end of the warm-up period for that session. It is the swimmer's responsibility to be at the blocks when their event and heat are called. Failure to swim after positive check-in will result in disqualification from that event.All events will be swum SLOWEST to FASTEST.
TIMERS:	Participating clubs will be required to assist with lane timing. Schedules will be posted on the hosted meet page and at the pool. Swimmers must provide their own timers and counters for the 500 and 1000 freestyle events. All timers will be required to sign a form saying they have read the "MAAPP" Policy.
SCORING:	There will be no scoring at this meet.
AWARDS:	Heat winner prizes.
CREDENTIALS:	Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times. Failure to comply will result in fines of up to \$100 per incident.
PROGRAMS:	Programs will be available for electronic viewing on the hosted meet page.
CONCESSIONS:	Concessions will be available for sale at the entrance of the facility. Cash & all major credit cards are accepted methods of payment.
HOSPITALITY:	A coaches hospitality area will be setup at the pool for all coaches serving snacks and drinks throughout the meet.



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OFFICIALS:	<ul style="list-style-type: none">• Officials interested in volunteering contact Kathleen Webb and RSVP on Niagara Swimming’s Team App.• Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.
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<p>ENTRY PROCEDURES:</p>	<ul style="list-style-type: none"> • Entries should be submitted via email to entries@fairportswimming.com. • Include in the subject of your email: <ol style="list-style-type: none"> a. "2024 Niagara Last Splash – NI-****" (Clubs initials in place of asterisks.) b. <i>If your club submits multiple files, include the training site in the subject.</i> • Include in the email as an attachment: <ol style="list-style-type: none"> a. Entry File b. A PDF report of your entries sorted by name. • Include in the body of your email: <ol style="list-style-type: none"> a. Provide Entry Numbers (Girls, boys, and total). b. Contact Information (Head Coach and Officials Contact) • Entries directly from individual team members will not be accepted. • Entries via phone or fax will not be accepted. • The entry coordinator will acknowledge receipt via email within 24 hours of submission. If acknowledgement is not received in a timely manner, please contact the Meet Director. • Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined a sum of \$100 by the Niagara Swimming LSC and no further entries will be accepted from that club until the said fine is paid. 	
<p>ENTRY FEES AND PAYMENT:</p>	<p>Deck Fee:</p>	<p>\$10.00 per swimmer</p>
	<p>Individual Entries</p>	<p>\$5.00 per event</p>
	<p>Credit cards are the only accepted form of payment. </p> <p>Visa, MasterCard, Discover, and American Express cards are accepted. All email addresses included in the original entry submission will receive an invoice once the entry period has ended. This invoice must be paid within 48 hours of receipt.</p> <p>Failure to pay on time will result in your entry being deleted from the meet.</p> <p>For questions, please contact Nicholas Weiner at entries@fairportswimming.com.</p>	
<p>MEDICAL SUPERVISION:</p>	<p>Monroe Community College (MCC) has lifeguards stationed on the pool deck monitoring the competition and warmup/cooldown pool. An AED is also available in the facility.</p>	



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Order of Events

Additional 10-minute breaks may be added or deleted at the discretion of the Meet Director.

FRIDAY PM - SESSION 1

Warm-up 5:00 PM - Meet Start 6:00 PM

Female	Event Description	Male
1	400 Individual Medley	2
3	200 Backstroke	4
5	200 Butterfly	6
7	1000 Freestyle	8
9	200 Freestyle	10
11	200 Breaststroke	12

SATURDAY AM – SESSION 2

Warm-up 9:00 AM - Meet Start 10:00 AM

Female	Event Description	Male
13	200 Individual Medley	14
15	100 Freestyle	16
17	200 Breaststroke	18
19	50 Freestyle	20
21	200 Butterfly	22
23	100 Breaststroke	24
25	200 Backstroke	26
27	400 Individual Medley	28
29	500 Freestyle	30

SATURDAY PM – SESSION 3

Warm-up 2:00 PM** - Meet Start 3:00 PM**

Female	Event Description	Male
31	100 Individual Medley	32
33	200 Breaststroke	34
35	50 Butterfly	36
37	200 Freestyle	38
39	100 Backstroke	40
41	200 Individual Medley	42
43	50 Breaststroke	44
45	200 Butterfly	46
47	100 Freestyle	48



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Order of Events (continued)

Additional 10-minute breaks may be added or deleted at the discretion of the Meet Director.

SUNDAY AM – SESSION 4

Warm-up 9:00 AM - Meet Start 10:00 AM

Female	Event Description	Male
49	200 Butterfly	50
51	100 Individual Medley	52
53	200 Breaststroke	54
55	100 Butterfly	56
57	200 Freestyle	58
59	100 Backstroke	60
61	1000 Freestyle	62
63	100 Freestyle	64

SUNDAY PM – SESSION 5

Warm-up 2:00 PM** - Meet Start 3:00 PM**

Female	Event Description	Male
65	200 Breaststroke	66
67	50 Backstroke	68
69	200 Butterfly	70
71	100 Individual Medley	72
73	200 Backstroke	74
75	50 Freestyle	76
77	100 Butterfly	78
79	200 Freestyle	80
81	100 Breaststroke	82



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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 30-45 minutes of pre-meet warm-up period.
 - B. In a six 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 & 5 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.
 - c. Lanes 3 & 4 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.



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Please submit with your HY-TEK entry file.

Club Name: _____ Club Code: _____

Person submitting _____

Entry: _____ Phone: _____

E-mail: _____

Coach's Name: _____ Phone: _____

Names of _____

Additional Coaches _____

who will attend: _____

Names of Officials who will be attending: _____

Total number of individual entries: _____ X \$5.00 = \$ _____

Total number of swimmers: _____ X \$10.00 = \$ _____

Total Due: _____ \$ _____

Entry Deadline: Monday, February 26, 2024 at 10:00 PM. Email entry file to:

entries@fairportswimming.com

Credit cards are the only accepted form of payment. Visa, MasterCard, Discover, and American Express cards are accepted. All email addresses included in the original entry submission will receive an invoice once the entry period has ended. This invoice must be paid within 48 hours of receipt. For questions, please contact Nicholas Weiner at entries@fairportswimming.com.

Enclosed is payment of the entry fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assigns, waive and release all claims against Fairport Swimming, Inc., USA Swimming, Niagara Swimming, and Monroe 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.

Signature of Club Official, Parent or Guardian

Date