



General Meeting

Monday, March 31st, 2025 – 8:30 p.m.

Meet Personnel



Nicholas Weiner
Meet Director



Marci Callan
Meet Director



Rob Wahl
Meet Director



Randy Naccarella
Meet Director

Additional Support Staff

Alec Wahl (Wahl Analytics)
Check In Coordinator

Tara Blanchard
Volunteer Coordinator

Sage Vadney
Person of Many Skills

Andrea Prosser
Hospitality Coordinator

Lead Officials



Leo Gibbons
Meet Referee



Bryan Saxton
Admin Referee



Adam Yee
Lead Chief Judge



Patrick Johnstone
Lead Starter



Amy Hoppenrath
National Evaluator

Facility Information



Hours

- **Wednesday**
 - Practice Hours: 2:00 – 4:00 p.m.
 - Continuous Warm Up: 4:00 – until Session 1 ends
- **Thursday – Saturday**
 - Doors will open at 6:50 a.m.

Seating

- Areas in front of fire doors, blue doors, and offices must be kept clear.
- Outside chairs are not allowed unless for an extenuating circumstance, please email the Meet Directors if this is the case.

Cleaning Deck

- We plan to run the “Zamboni” to clean the deck between sessions (if time allows).

Restroom for Coaches

- Located in the lobby and upstairs balcony. No entry is permitted into locker rooms at ANY time.

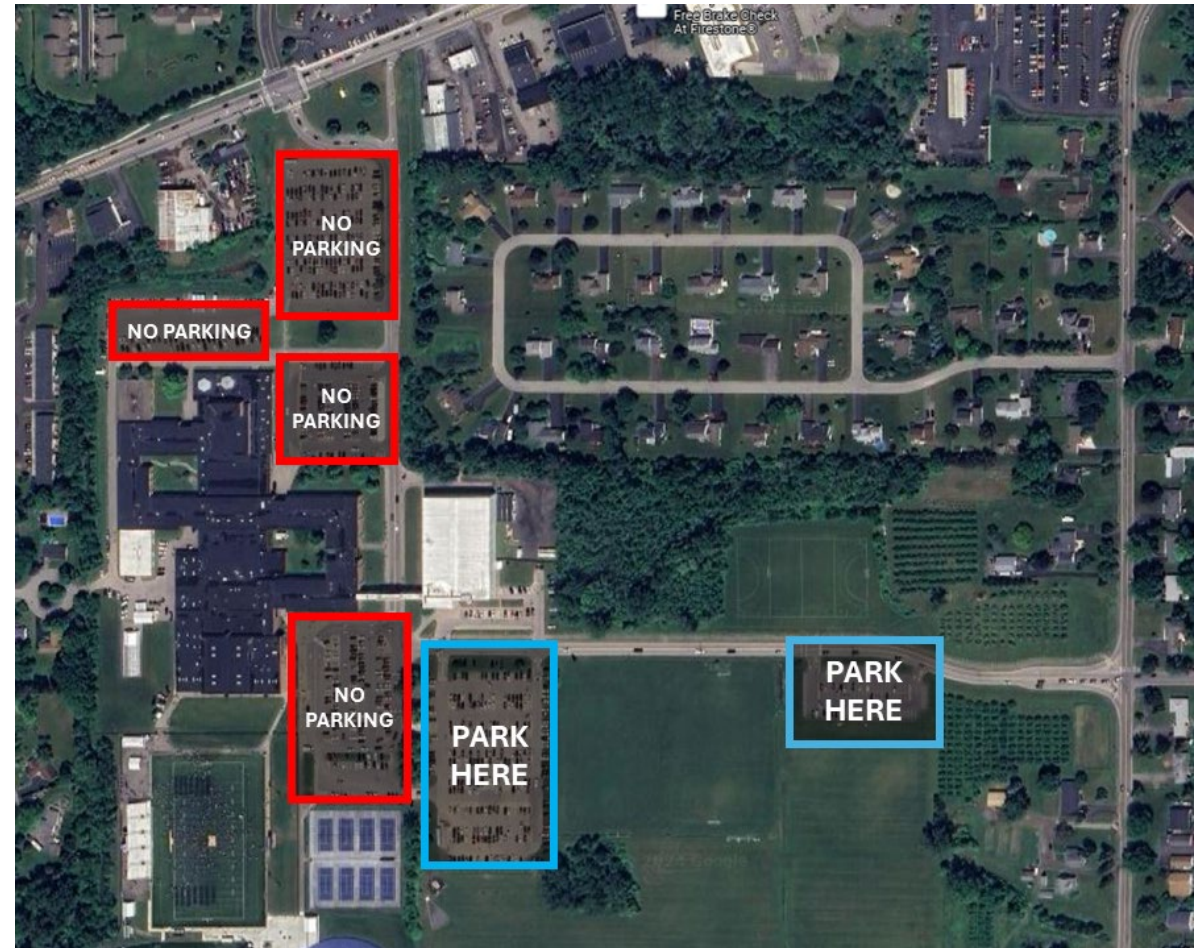
Facility Information (continued)



Parking

- Thursday & Friday Prelims + 10 & Under Sessions:
 - **BLUE Lots Only**
- All Other Sessions:
 - *Any Available Lot*
(**Red** and **Blue** Lots)

All patrons are asked to park in designated spots only. Parking in the grass or in the fire lane striping is prohibited at all times. Illegally parked vehicles, including vehicles in handicapped spots without valid permits, may be towed at the owner's expense.



Pool Layout



The general facility map has been posted on our hosted meet page.

First Aid

- Some sessions may have EMT's on site, otherwise it will be provided by the WAC lifeguard staff.

Ready Room

- 'A' finalists will stage in the ready room and will be paraded out to music. **NO RELAYS.**
- 10 & under top-8 finalists will stage by the podium.
- Wednesday's events will not be walked out. Saturday's fastest 1000 freestyle heat **will** walk out.

Hospitality Room

- For coaches, officials, and meet personnel only. Overflow seating may be in the ready room.
- Please be considerate of others and their eating schedules.

Deck Entrance

- Coaches and officials ONLY! Coaches, scan your badge in EVERY TIME you enter the deck.

Restricted Areas

- No parents, coaches, and officials are permitted in the locker rooms or back hallway. Failure to follow will result in loss of deck access.

Meet Logistics



Results

- Live results will be available on MeetMobile.

Relay Cards

- Wednesday's relay cards will be in your team packet. All other days will be available at the meet operations table.

Awards

- Awards will be assembled during the meet and will be available for pick up after every day.
- Thursday and Friday: Behind the meet operations table.
- Saturday: By the coaches' entrance and blue exit doors.
- **DO NOT TAKE YOUR TEAM AWARDS UNTIL THE SESSION IS COMPLETED AND THE AWARDS STAFF GIVES YOU YOUR BAG. DO NOT TAKE AWARDS EARLY!**
- 10 & under awards will be presented during each respective session.

Unsupervised Athletes

- Please fill out the form located on our hosted meet page to declare the coach/team supervising your athletes.

Updated Entry Times

- Since the entry deadline has passed, we can no longer make any updates to entry times.

Meet Logistics



Lane Timing Assignments

- Participating clubs are required to provide lane timers for the preliminary and 10 & under sessions. Assignments will be posted on the hosted meet page.
- A SignUpGenius will be created for families to sign up to be a timer. General Sign Ups will also be available.
- Timers are expected to stay through the session, including distance events.
- Announcements will be made throughout the facility for teams who still need to provide lane timers.
- FAST will provide lane timers for all final sessions.

Team Packet Pickup

- Packets will be available for pickup in the lobby of the WAC beginning at 2:00 p.m.
- Included in the packets are your:
 - Wednesday Relay Cards
 - Athlete Credentials

Bleacher Assignments

- Bleachers are assigned by LSC's throughout the facility. Please see the facility map on the hosted meet page for more information.

Meet Logistics



Coach Check In Process

- Utilizing an electronic coach check in process.
- Link is available on the hosted meet page and in the pre-meet communication.
- Fill this out **BEFORE** arriving to the meet to speed up the process.
- Once verified at the check in desk, you'll receive your credential and team packet.
- You must scan your badge every time you enter the deck.

Heat Sheets

- Will be available in the hospitality room for every session.

Warm-Up Procedures

- The Niagara LSC warm-up procedures will be followed.
- Lanes will not be assigned. Please be courteous and mindful if the pool is busy.
- Start & Pace lanes will open 30 minutes prior to the meet start:
 - 1 & 10: Pace
 - 2, 3, 8, and 9: Starts
 - 4, 5, 6, and 7: General Warm-Up
- During the warm-up period, both the shallow and deep end are open.
- During the meet, the shallow end will be closed, the meet end will remain open.

12 & Under Tech Suit Restriction

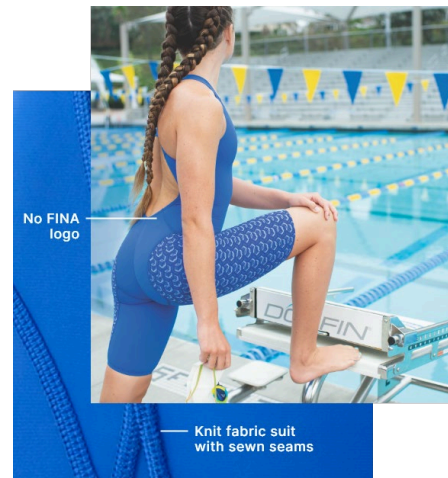


Pursuant to USA Swimming Rules & Regulations 102.8.1.F:

- No Technical Suits shall be worn by any 12 & Under USA Swimming athlete member in competition at any sanctioned, approved or observed meet.
- A Technical Suit is one that has the following components:
 - a. Any suit with any bonded or taped seams regardless of its fabric or silhouette;
 - or-**
 - b. Any suit with woven fabric extending past the hips.



Not Permitted



Permitted



Permitted

Start Time Changes



11–14-Year-Old Sessions:	Warm-up*	Start*
Wednesday Evening <i>Timed Finals</i>	4:00 – 4:50 PM	5:00 PM
Thursday Prelims Girls 11-14	7:30 – 8:20 AM	8:30 AM
Thursday Prelims Boys 11-14	10:30 – 11:20 AM	11:30 AM
Thursday Finals – Both Genders	5:00 – 5:50 PM	6:00 PM
Friday Prelims Boys 11-14	7:30 – 8:20 AM	8:30 AM
Friday Prelims Girls 11-14	10:45 – 11:40 AM	11:45 AM
Friday Finals – Both Genders	5:00 – 5:50 PM	6:00 PM
Saturday Prelims Girls 11-14	7:30 – 8:20 AM	8:30 AM
Saturday Prelims Boys 11-14	10:00 – 10:50 AM	11:00 AM
Saturday Finals – Both Genders	4:30 – 5:20 PM	5:30 PM
10 & Under Timed Finals	Warm-up*	Start*
Thursday	1:30 – 2:10 PM	2:15 PM
Friday	1:45 – 2:25 PM	2:30 PM
Saturday	1:15 – 1:55 PM	2:00 PM

Things to Note

- Girls will be starting **first** on Thursday.
- Some sessions warm-up periods will overlap.
- The start of Finals has been pushed back to 6:00 p.m. on Thursday & Friday.
- Saturday finals start remains the same (5:30 p.m.)

Finals



11-14 Age Group

- Top 16 in prelims will return to finals after scratches:
 - **A** final: 1-8th, **B** final: 9-16th
 - The 'A' finalist will line up in the ready room and will be paraded out.
 - #1 seed gets to pick out their walk out music. Content must be appropriate and will be monitored. Otherwise, we will pick a song from our list.
 - Swimmers will clear the pool after the conclusion of each race.
 - Failure to show at finals will result in the swimmer being barred from further competition, unless the swimmer was **NOT** in the top 16 announced after prelims.
 - 8 lane format will be utilized.

10 & Under Age Group

- Top 8 in each event will line up stage behind the meet operations table for an awards presentation on the podium.
- All events are timed finals and will be swum in the afternoon sessions.
- 10 lane format will be utilized.



Positive Check In

Events

- 500 free, 1650 free, 400 Free Relays, 400 IM, and 1000 free.

Check In Deadlines

- Wednesday Events by 3:30 p.m.
- Other Events must be checked in 45 minutes prior to the session's start time for each event.

Location

- Check-in sheets will be located at the scratch table near the meet operations table. We will make announcements throughout the facility to check-in, but it is ultimately **your responsibility** to ensure your athletes are checked into their races. **DEADLINES WILL BE STRICTLY ENFORCED.**

Remote Check In (For Traveling Teams ONLY)

- Remotely check in events by emailing zoneoperations@fairportswimming.com or by texting (585) 364-2557. **A response from the Meet Operations staff is confirmation of check-in.**



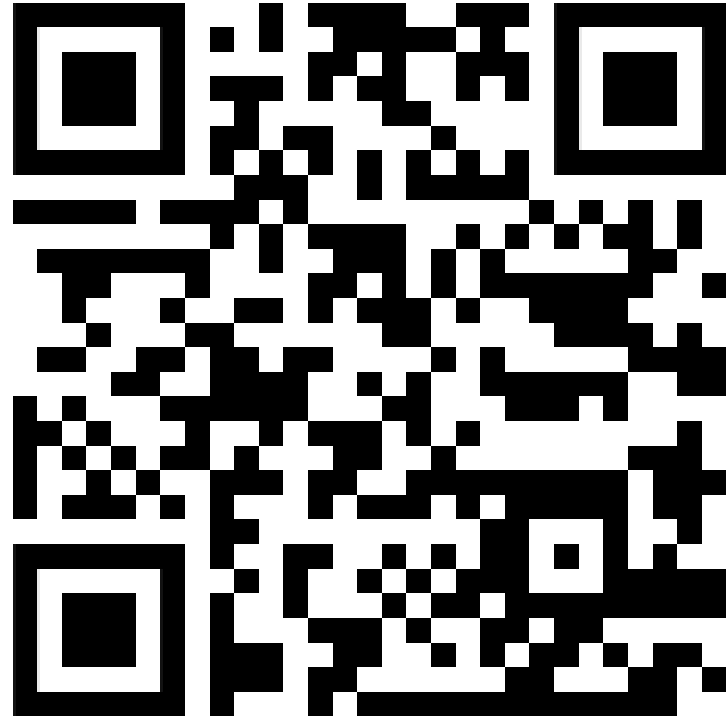
Meet Specifics

Presented by Leo Gibbons, Meet Referee



Admin Specifics

Presented by Bryan Saxton, Admin Referee



Check In Now!

Coach Check In Process Powered by Wahl Analytics



Thank you!

Safe travels, we're looking forward to hosting you.