

SPENCERPORT/GREECE MARLINS SWIM CLUB
23rd ANNUAL THANKSGIVING INVITATIONAL

SANCTION # NI-1213-036

DATE: Saturday, November 17, 2012

LOCATION: Spencerport High School
2707 Spencerport Road
Spencerport, NY 14559

TIME: **Session 1:** Saturday Morning: Warm-up 7:30am
Start 8:30am

Session 2: Saturday Afternoon: Warm-up 1:00pm
Start 1:45 pm

*******SUPER SPRINT SATURDAY*******

WE ARE AGAIN OFFERING "SUPER SPRINT SATURDAY".

Those swimmers completing the following designated events in their age group will be eligible for a High Points Trophy in that age group. High Points will be based on race completion placement and where necessary, the lowest sum total of all five times.

8&U 25 Free, Back, Breast, Fly and 100IM

9-10 50 Free, Back, Breast, Fly and 100 IM

11-12 50 Free, Back, Breast, Fly and 100IM

13-14 100 Free, Back, Breast, Fly and 200IM

OPEN 100 Free, Back, Breast, Fly and 200IM

ALL PARTICIPANTS SWIMMING IN THE **FIVE** DESIGNATED INDIVIDUAL EVENTS, IN THEIR AGE GROUP DURING "**SUPER SPRINT SATURDAY**" WILL RECEIVE A SPECIAL PARTICIPATION RIBBON.

FACILITY: Spencerport High School Pool

Eight lane, 25-yard pool with non-turbulent lane dividers, shallowest pool depth is 3'6" and deepest pool depth is 9'. The diving well will be available for continuous warm up. The Datronics timing system will be used. There will be ample parking and spectator seating. Facilities are available for swimmers between events. Gymnasium with breakfast, lunch and snack items sold throughout the day at modest prices. Food and drink permitted in Gymnasium only. The competition course has not been certified in accordance with 104.2.2C(4)

CLERK OF COURSE: will be used for the afternoon session only

AWARDS:

8 & U: 1st - 3rd place: Medals
4th - 12th place: Ribbons

9-10, 11-12, 13-14, 15&O : 1st - 3rd A/BB/B place: Medals
4th - 6th A/BB/B place: Ribbons

10&U EVENTS: Heat Winner Ribbons

SANCTION: Meet sanctioned by Niagara LSC and held under sanction of US Swimming, Inc.

MEET DIRECTOR:

Jennifer Willis
30 Betwood Ln
Rochester, NY 14612
585-749-2194
meetdir1@teammarlins.com

Keena Smith
147 King Arthurs Court
Rochester, NY 14626
585-820-2831
meetdir2@teammarlins.com

MARSHAL: Charlie Avery
49 Rocklea Drive
Rochester, NY 14624

ENTRY RULES:

1. The first **1200** entries will be accepted.
2. Entries in excess of **1200** will be accepted at the discretion of the meet director.
3. All mail will be opened.
4. Each swimmer may enter **5 individual events**.
5. Current USA number must accompany entries.
6. Age of entrant on day of meet determines eligibility.
7. Use and sign attached entry form or copy.
8. **500 Free entries may be limited d/t time restraints and will need to provide their own timers. Racers must "circle in" before 9:00.**

ENTRY FEES: \$3.50 per swimmer for individual event
 \$4.00 per swimmer deck fee

*Make checks payable to **Marlins Swimming***

DEADLINE: Friday, November 9, 2012.

Submit all entries using HYTEK Meet Manager Commlink.
Deck entries will only be permitted if there is availability in a heat and at the discretion of the Meet Director.
Late entries will be accepted at the discretion of the Meet Director.

E-MAIL ENTRIES TO: Bob DiNunzio [rdinunzio@rochester.rr.com]

Or mail entries/grid to: Bob DiNunzio
 98 Mill Run Drive
 Rochester, NY 14626

When e-mailing entries, expect confirmation.

If you do not receive confirmation, email Bob at above address.

All changes to submitted entries are due by Monday November 12, 2012

OFFICIALS: Anyone interested in assisting with officiating this meet please contact Katie Kodweis at rkodweis@rochester.rr.com

DISCIPLINE: Adult supervision must be provided in the gymnasium areas for each club. No eating, rough play, loud radios, or flying objects will be permitted in the gym or cafeteria areas. Repeated violations will result in swimmer expulsion from the meet.

DIRECTIONS:

From EAST: Take 90 West to Exit 46. Proceed on Route 390 North towards Greece. Go to 490W toward Buffalo for about 1-2 miles to route 531 towards Brockport. Take the Manitou Rd. exit and turn right at the light. At the second light (Spencerport Rd, Route 31), go left towards the village of Spencerport. At the first light turn right (Gillette Rd), then a quick left onto Lyell Rd. Continue down past the highschool to EJ Wilson Rd (Lyell will again turn to Spencerport Rd) Turn left and go to the back parking lot. Enter through the Blue Arches at the back of the building.

From WEST: Take 90 East to Exit 47. Proceed on Route 490 East towards Rochester. Exit route 531 towards Brockport to the Manitou Rd. exit . Turn right at the light. At the second light (Spencerport Rd, Route 31), go left towards the village of Spencerport. At the first light turn right (Gillette Rd), then a quick left onto Lyell Rd. Continue down past the highschool to EJ Wilson Rd (Lyell will again turn to Spencerport Rd) Turn left and go to the back parking lot. Enter through the Blue Arches at the back of the building.

WARM-UP: Niagara LSC Warm-up procedures will be followed.

General Warm-up period:

1. The first 30 minutes are for general warm-up in all lanes.
2. There shall be no diving off the blocks or the edge of the pool at this time.
3. Outside lanes- kicking only. Inside lanes- swimming and pulling only: no paddles.
4. No sprinting or pace work.

Specific Warm-up Period:

1. The last 30 minutes shall constitute the specific warm-up period.
2. In an eight lane pool, each lane shall be scheduled as follows:
Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only.
Lanes 2 & 7 racing start only. Swim one length only. ALL swimmers begin at the starting end of the pool.
3. Lanes 3, 4, 5 & 6 general warm-up only (as above) NO DIVING

Important Points for Warm-up Periods:

1. No diving in lanes other than those designated for diving.
2. Start all swimmers in lanes at the starting end of the pool.
3. Coaches should stand at the starting end of the pool when verbally starting swimmers on the sprint or pace work.
4. Coaches please remind swimmers that breaststrokers need more lead-

- time than freestylers or flyers
5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be on the block until the backstroker has executed his/her start.
 6. Coaches should maintain as much contact with their swimmers as possible. Coaches have the same responsibility for supervision as when on deck for practice.
 7. Marshals have authority through the meet directors over the warm-up period. Swimmers should recognize this authority to ensure a safe warm-up period.

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, per such meet. The fine applies either when the athlete is unregistered or has not properly transferred registration.

Be advised, any swimmer entered in the meet is expected to be accompanied by a coach who is 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. The club/head coach needs to provide the Racing Start Qualification Form prior to the day of the meet. Clubs also need to notify and obtain permission from Marlins Swimming for any swimmer attending the meet without a coach one week prior to the meet. Any swimmers who arrive on the day of the meet without submitting the form and notifying the team may not be permitted to swim in the meet.

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

Safety Announcement for Niagara Sanctioned Meets

1. Safety of athletes, officials, coaches and volunteers is of paramount importance to USA Swimming. Please use safe procedures in and out of the pool.
2. Please cooperate with safety marshals and officials. They are here for your safety and protection.
3. **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.**
4. **ABSOLUTELY NO PARENTS OR OTHER INDIVIDUALS INCLUDING OFFICIALS WHO ARE NOT OFFICIATING ARE ALLOWED ON DECK UNLESS VOLUNTEERING FOR TIMING OR OTHER APPROVED MEET DUTIES. ANY FAILURE TO COMPLY WILL RESULT IN POSSIBLE FINES OF UP TO \$100 PER INCIDENT.**
5. USA Swimming reminds all athletes and coaches: Have a **successful** and **safe** meet.

Spencerport/Greece Marlins Swimming
23rd ANNUAL THANKSGIVING INVITATIONAL

SATURDAY, NOVEMBER 17, 2012

Session 1: 7:30 am WU; 8:30 am Start

GIRLS				BOYS	
1	11-12	50	BUTTERFLY	2	
3	13-14	100	BUTTERFLY	4	
5	OPEN	100	BUTTERFLY	6	
7	11&Over	200	BUTTERFLY	8	
9	11-12	50	BACK	10	
11	13-14	100	BACK	12	
13	OPEN	100	BACK	14	
15	11&Over	200	BACK	16	
17	11-12	50	BREAST	18	
19	13-14	100	BREAST	20	
21	OPEN	100	BREAST	22	
23	11&Over	200	BREAST	24	
25	11-12	50	FREE	26	
27	13-14	100	FREE	28	
29	OPEN	100	FREE	30	
31	11&Over	200	FREE	32	
33	11-12	100	IM	34	
35	13-14	200	IM	36	
37	11&Over	200	IM	38	
			10 MINUTE BREAK		
39	OPEN	500	FREE	40	

500 Free entries may be limited d/t time restraints

500 free entries must "circle in" before 9:00

Spencerport/Greece Marlins Swimming
23rd ANNUAL THANKSGIVING INVITATIONAL
SATURDAY, NOVEMBER 17, 2012

Session 2: 1:00pm Warm Up; 1:45 Start
10 & UNDER

GIRLS				BOYS
41	10&U	200	FREE	42
43	8&U	25	BUTTERFLY	44
45	10&U	50	BUTTERFLY	46
47	10&U	100	BUTTERFLY	48
49	8&U	25	BACK	50
51	10&U	50	BACK	52
53	10&U	100	BACK	54
55	8&U	25	BREAST	56
57	10&U	50	BREAST	58
59	10&U	100	BREAST	60
61	8&U	25	FREE	62
63	10&U	50	FREE	64
65	10&U	100	FREE	66
67	8&U	100	IM	68
69	9-10	100	IM	70

Spencerport/Greece Marlins Swim Team
THANKSGIVING INVITATIONAL
RELEASE/MEET SUMMARY

This signed form must accompany your meet entries with check made out for proper amount to Marlins Swimming.

This meet is held under the sanction of USA swimming.
Sanction # NI TBD

In consideration of the acceptance of this entry, I/we hereby for myself/ourselves, my/out, heirs, administrators, and assigns, waive and release any and all claims against United States Swimming, Inc., Niagara District Local Swim Committee, Marlins Swimming, Spencerport Central School District, and Spencerport High School for any injuries and/or expenses accrued by me/us at this meet or while on the road to/from meet. I/we are members of U.S. Swimming and are eligible to compete in all the events I/we have entered.

Signature of club official, parent or guardian _____

Deck Fee #: _____ @ \$4.00 each = _____

Individual Events #: _____ @ \$3.50 each = _____

Total amount enclosed = _____

Entries via e-mail to:
Bob DiNunzio [rdinunzio@rochester.rr.com]
Or mail to: Bob DiNunzio
98 Mill Run Drive
Rochester, NY 14626

When e-mailing entries, expect confirmation.
If you do not receive confirmation, email Bob at above address.

Club Name: _____ Prepared By: _____
Club Code: _____ Phone #: _____

Spencerport/Greece Marlins Swim Club

INDIVIDUAL ENTRY GRID

NAME: _____ USS ID # _____	EVENT TIME
NAME: _____ USS ID # _____	EVENT TIME
NAME: _____ USS ID # _____	EVENT TIME
NAME: _____ USS ID # _____	EVENT TIME
NAME: _____ USS ID # _____	EVENT TIME
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This meet is held under the sanction of USA Swimming Sanction # NI TBD