



LIVERPOOL JETS SWIM CLUB
2022 GREATER SYRACUSE INVITATIONAL
Saturday/Sunday - November 12-13, 2022
USA Swimming - Niagara Swimming

Held under the sanction of USA Swimming

Sanction # NI-

LOCATION: MAX NEWMAN POOL
NOTTINGHAM HIGH SCHOOL
3100 EAST GENESEE STREET
SYRACUSE, NY 13224

MEET TIME: ***** SATURDAY *****

All times are subject to change at the discretion of the meet director depending on entries received. Final schedule will be communicated prior to the meet.

SESSION I – 12 & Under
Warm-up: 11:15AM
Session Starts: Noon-2:45PM

SESSION II - OPEN
Warm Up: 2:15PM
Session Starts: 3:15PM or 30 min after end of Session I (*which ever comes later.*)

***** SUNDAY *****

SESSION III – 12 & Under
Warm-up: 8:00AM
Session Starts: 8:45AM-Noon

SESSION IV – 8 & Under, 13 & 14, and OPEN
Warm-up: 11:30AM General Warm-up
Noon 8&Under Warm-up
Session Starts: 12:30PM or 30 min after end of Session III (*which ever comes later.*)

FACILITY: The Max Newman Pool at Nottingham High School is an eight lane 25 yard pool with continuous flow through gutters and non-turbulent lane dividers. A separate 25 yard eight lane pool will be used for continuous warm-up and warm-down. Colorado 5000 Electronic Timing System with gutter mounted touch pads, electronic beep starts and scoreboard readouts. The competition course has not been certified in accordance with 104.2.2C(4). The starting blocks are located in the deep end of the pool. The water depth at the start end is no less 2.5m at a distance of 1m/5m. Locker rooms will be available for use. The balcony in the pool offers seating for over 500+ spectators. Parking will be available in the school lot adjacent to the pool building. Refreshments will be available for sale in the entrance to the pool throughout the meet.

ENTRIES: Entries are preferred by e-mail. Entry summary, waiver, and fees must be enclosed with entries or, for e-mailed entries, under separate cover. All entrants must be registered members of USA Swimming. USA swimmer Registration card numbers must appear on the official entry form. Swimmer's age on the first day of the meet determines age group. **Limit 5 individual entries plus 1 relay per swimmer per day.** Swimmers may only compete in ONE SESSION PER DAY. Deck entries will be accepted for meet registered athletes on a first come first serve basis up to ½ hr prior to the meet for open lanes only. The Liverpool Jets Swim Club reserves the right to limit entries to ensure that each session complies with the USA Swimming 4-hour rule. Entries will be taken on a first come, first serve basis until meet timeline if full. Teams whose entries come in after the meet is full will be placed on a waiting list.

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.

****Meet entries on Hy-Tek Meet Manager emails are preferred.****

Email confirmation of your entries will be sent by 11/07/22 confirming entry into the meet. If you do not receive confirmation, please contact Tim Krueger at tskrueger97@gmail.com

ENTRY FEES: Entry Fee is \$5 per individual event, \$12.00 per relay team and \$7.00 swimmer deck fee.
Make checks payable to: **LIVERPOOL JETS SWIM CLUB**
Mail all entries to: Tim Krueger
7736 Spike Horn Path
Baldwinsville, NY 13027
Phone: (315) 447-5778
Email: tskrueger97@gmail.com

DEADLINE: All entries must be received by **November 6th, 2022.**

MEET DIRECTOR: Nick Thompson
Phone: (585) 797-8790 Email: nicholasrthompson@hotmail.com

MEET REFEREE: Bob Nicita
Phone: (315) 263-3054 Email: bnicita@gmail.com

ADMIN OFFICIAL: Tim Krueger
Phone: (315) 744-4813 Email: tskrueger@gmail.com

SEEDING: The meet will be pre-seeded. Swimmers pick up cards from Clerk of Course on the pool deck or be scratched. All events except the 500 Freestyles and 400 IM will be pre-seeded. Swimmers entered in the 500 Freestyle and 400 IM must positively check in no later than the start of the meet session. The event will be seeded with those swimmers who have checked in. Swimmers must provide their own timers and counters for the 500 Freestyle and 400 IM events.

AWARDS: Medals will be awarded to the top finisher in ALL events and based on Age Group/Gender .
All Individual Events: Ribbons 2nd through 12th (per Age Group / Gender)
Relays: Medals for 1st, Ribbons 2nd through 6th .

SUPERVISION: Coaches and parents are responsible for the conduct of their swimmers at all times. Swimmers are encouraged to sit with their teams on the pool deck. Misconduct and vandalism will not be tolerated, as we are guests of the Nottingham Central School District. We reserve the right to eject any swimmer(s) and their team from further competition at this meet by the discretion of the Meet Director.

INSURANCE: 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 meet management request.

RULES: USA Swimming and Niagara Swimming rules and regulations will govern this meet. Niagara Swimming Warm-up Guidelines for Sanctioned Meets in 8 Lane Pools will be followed. Swimmers must be registered with USA Swimming. This meet will be seeded for timed finals.

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.

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

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

Deck changes are prohibited.

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.

OFFICIALS: All currently certified USA Swimming Officials are eligible to participate in this meet. If you have any questions, please contact the Meet Referee.

COACHES'

MEETINGS: Coaches' meetings will occur on deck starting ½ hour prior to the start of session 1 and as needed thereafter.

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.

"All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition." An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19

- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.
- In applying for this sanction, the Host, Mexico Tiger Sharks agree to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Niagara Swimming (LSC), the State of New York and Oswego County.
- All individuals are expected to remain socially distant to the extent possible prior to, while in, and when exiting the facility.

Niagara Swimming Inc.

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. Period - 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. Period - 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.

SATURDAY

Session I

1	Mixed 12 & Under 100 Back
2	Mixed 8 & Under 50 Back
3	Mixed 12 & Under 100 Fly
4	Mixed 8 & Under 50 Free
5	Mixed 12 & Under 200 Free
6	Mixed 8 & Under 50 Fly
7	Mixed 12 & Under 100 Breast
8	Mixed 8 & Under 50 Breast
9	Mixed 12 & Under 200 IM
10	Mixed 8 & Under 100 IM
11	Mixed 12 & Under 500 Free

SATURDAY

Session II

12	Mixed 13 & Over 50 Fly
13	Mixed Open 200 Back
14	Mixed 13 & Over 50 Breast
15	Mixed Open 200 Fly
16	Mixed 13 & Over 100 IM
17	Mixed Open 200 Breast
18	Mixed 13 & Over 50 Back
19	Mixed Open 200 Free
20	Mixed Open 400 IM

SUNDAY

Session III

21	Mixed 12 & Under 100 Free
22	Mixed 12 & Under 50 Back
23	Mixed 12 & Under 50 Fly
24	Mixed 12 & Under 50 Free
25	Mixed 12 & Under 50 Breast
26	Mixed 12 & Under 100 IM
27	12 & Under Girls 200 Free Relay
28	12 & Under Boys 200 Free Relay

SUNDAY

Session IV

29	Mixed Open 100 Free
30	Mixed 8 & Under 25 Free
31	Mixed Open 200 IM
32	Mixed 8 & Under 25 Breast
33	Mixed Open 100 Breast
34	Mixed Open 50 Free
35	Mixed 8 & Under 25 Back
36	Mixed Open 100 Back
37	Mixed 8 & Under 25 Fly
38	Mixed Open 100 Fly
39	Girls 8 & Under 100 Free Relay
40	Boys 8 & Under 100 Free Relay
41	Mixed 8 & Under 100 Free Relay <i>(Must contain 2 boys and 2 girls)</i>
42	Girls Open 200 Free Relay
43	Boys Open 200 Free Relay
44	Mixed 13 and Over 500 Free

NOTE: Session 1 and 3: Individual Event Awards will be given for Male and Female separately for 10 and under AND 11-12 age groups.

NOTE: Session 2 and 4: Individual Event Awards will be given for Male and Female separately for 8 & under, 9-14, AND 15 and over.

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ENTRY FEE CALCULATION SHEET

Team Name: _____ Club Code: _____

Coaches: _____

Contact Person: _____

Phone Number: _____ E-Mail: _____

Full Mailing Address: _____

Number of INDIVIDUAL ENTRIES: _____ x \$ 5.00 = _____

Number of RELAY ENTRIES: _____ x \$12.00 = _____

Number of Swimmers: _____ x \$ 7.00 = _____

Total Entry Fee Due: \$

Please return this form, signed Liability Waiver, Hy-Tek entry email, and a check made out to **LIVERPOOL JETS SWIM CLUB** to the following address:

Tim Krueger
7736 Spike Horn Path
Baldwinsville, NY 13027

Liability Waiver Statement

I/We hereby for myself/ourselves, my heir administrators and assigns, intending to be legally bound, release and forever discharge, any and all rights and claims for damages against USA Swimming Inc., Niagara Swimming Inc., the Liverpool Jets Swim Club, Syracuse School District, and all officials concerned, their respective officers, agents, successors, and/or assigns, for any and all damages which may be sustained or suffered in connection with or entry in and/or out of my/our traveling to, participating in, and registration and eligible in all events I/We entered.

Signature of Club official, Parent or Guardian:

_____ DATE _____

(Form *MUST* be signed and returned with Entry Fee Calculation Sheet)