

MEXICO TIGER SHARKS, Inc.
Ice Age
January 7-8, 2023
Niagara LSC Sanction # NI – 2223-022

Location: Mexico Academy and Central School; 3338 Main St; Mexico, N.Y. 13114

Time: Session 1– MIXED Open: SATURDAY, January 7, 2023

Warm-up: 2:00 p.m. Meet begins: 3:00 p.m.

For the 500 and 1650 freestyle each swimmer must provide his or her own counter. Positive check in is required for 1650 Free and must be completed by 2:30 pm.

Session 2 – 12 & Under SUNDAY, January 8, 2023

Warm-up: 8:00 a.m. Meet begins: 9:00 a.m.

Session 3 – OPEN: SUNDAY, January 8, 2023

Warm-up: 1:00 p.m. (or 15 minutes after the end of session 1, whichever is later).

Meet begins: 2:00 p.m. (or after 1-hour warm-up).

Facility: Six-lane, 25-yard pool with non-turbulent lane dividers and Colorado Timing system. The starting blocks are in the deep end of the pool. The water depth measured at 1 meter at the start end of pool is 12' and at 5 meters is 9'. The water depth measured at 1 meter at the turn end of pool is 4' and at 5 meters is 5.5'. Gym and locker rooms will be available for swimmers. A balcony seats 171 spectators. Programs will be available for sale. Refreshments will be available throughout the day. Parking will be available in the school lot and other designated areas. The competition course has not been certified in accordance with 104.2.2C(4).

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. USAS registration numbers must appear on the entry form. Swimmer's age on the day of the meet determines age group. "No time" (NT) entries will not be accepted. If a swimmer does not have a time, please approximate or we may contact your coach for a time.

Maximum individual events for both days is 7 with a limit of 3 individual events on Saturday and 5 individual events on Sunday. Swimmers may only swim in one session on Sunday.

No deck entries will be accepted. **Swimmers may only swim in one session on Sunday.**

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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. There will not be an on-deck registration.

The meet director may limit the number of entries to ensure that each session is in compliance with the USS 4-hour rule. Based on number of entries there will be designated warm up times for teams. Those warm up time & lane assignments will be sent out to club contact/coaches and posted at the facility.

Entry Fees: \$5.00 per individual event and \$15 per relay and \$6 surcharge per swimmer. Make checks payable to **Mexico Tiger Sharks. NO REFUNDS after Monday, January 2, 2023.** Mail all entries to:

Janice Hartwell (315) 963-8424
P. O. Box 505 E-Mail: tripod2@verizon.net
Mexico, N.Y. 13114

Meet Director: Amy Clark (315) 391-7422
P O Box 505 E-Mail: jabaclark@aol.com
Mexico, NY 13114

Meet Referee: Sid Parkhurst E-Mail: dunnpark@yahoo.com

Officials: Anyone currently certified USS Official interested in officiating any session of the meet, please contact Janice Hartwell at tripod2@verizon.net (315)963-8424

Deadline: E-mailed entries due by 5:00 pm January 1, 2023. Entries received after the deadline will be considered late and exceptions, if any, will be made at the discretion of the entry coordinator and meet director. The meet will be seeded within 24 hours of entry deadline, once seeded there will be no refunds.

This Meet is held under the sanction of USA Swimming (Rule 202.3.7)

Other: 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.

Deck changes are prohibited.

Supervision: Coaches and parents are responsible for the conduct of their swimmers at all times. An adult should be in the gym with the swimmers to ensure proper behavior. Swimmers misbehaving will be barred from further competition at this meet.

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.

Seeding: Positive check-in required Saturday for the 1650 Free mixed open event. The 500 & 1650 will be swum fastest to slowest. The meet will be pre-seeded for all other events on Saturday and all events Sunday. There will not be a clerk of course for Saturday events. Swimmers on Sunday must check in and pick up cards from Clerk of Course or be scratched. Relay entries may be entered without names but swimmers must be declared prior to the start of the relay. Sunday Swimmers will be escorted from the gym to the pool. There is no penalty for scratches.

Awards: Individual Events: Medals first place, ribbons 2-6
Relays: Medals first place, ribbons 2-3
Heat Ribbons will be awarded on deck at end of heat. Swimmers will not be allowed to pick up awards. Each team must designate a representative to pick up all awards for their team.
Individual High Point trophies will be awarded for 12 & Under based on events swum Saturday afternoon and Sunday morning, 13 & Over will be based on events swum Saturday afternoon and Sunday afternoon. In lieu of **Team Trophies**, Mexico Tiger Sharks will be making a donation of \$50 to a charity selected by the highest scoring large team and small team. A letter will accompany the donation explaining your club's involvement in the donation. Please submit your charities name and contact information with your entries.

Coaches' Coaches' meetings will start at 8:30 a.m. and 1:30 p.m. on the pool deck outside coaches' office. Hospitality for officials and coaches will be available throughout the meet.

Meet Marshal: Joe Fontana

Travel Directions: See attached directions.

Concessions: Food will be available for purchase

NOTE: All starts from the shallow end will be in the water.

This meet is an open, age group, timed final competition.

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

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. Exceptions may be granted with prior written approval by the Program Operations Vice Chair Program & Events Committee Chair or designee.

This Meet is held under the sanction of USA Swimming (Rule 202.3.7)

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.

"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.

This Meet is held under the sanction of USA Swimming (Rule 202.3.7)

WARM-UP PROCEDURES

In the interest of safety, the following warm-up procedures will apply in this Niagara LSC sanctioned meet.

Pre-meet Warm-up

- Control/supervise: Key words for safe warm-ups.
- Marshals will be actively supervising the warm-ups to ensure that proper procedures are followed.

General Warm-up Period

- The first 30-45 minutes are for general warm-ups in all lanes.
- There shall be **NO DIVING** off the blocks or the edge of the pool at this time.
- Outside lanes – kicking and swimming.
- Inside lanes – swimming and pulling only; no paddles.
- No sprinting or pace work.

Specific Warm-up Period

- Last 30-45 minutes of pre-meet warm-up period.
- Each lane will be scheduled as follows:
 - Lanes 1 & 6 push off one or two lengths, beginning at the starting end of the pool. Circle swimming only.
 - Lanes 2 & 5 racing starts only. Swim one length only. All swimmers begin at the starting end of the pool.
 - Lanes 3 & 4 general warm-up only (as above) **NO DIVING**.

IMPORTANT POINTS FOR SPECIFIC WARM-UP PERIOD

- No diving in lanes other than those designated for racing dives. The blocks will be marked.
- Start all swimmers in all lanes at the starting end of the pool.
- Coaches should stand at the starting end of the pool when verbally starting swimmers.
- Swimmers should be reminded by coaches that breaststrokers need more lead-time.
- Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one will be allowed on the starting block until the backstroke start is executed.
- The announcer will announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
- Coaches should maintain as much contact with their swimmers as possible – verbal and visual – throughout the warm-up period.
- The coaches should understand that responsibility for supervision of their swimmers is the same at this meet as when on deck at practice.
- Marshals have the authority over the warm-up. A swimmer or coach may be removed from the deck for interfering with the marshal.
- When the number of participants for a session cannot be safely accommodated during the same warm-up period, the warm-up sessions will be split to provide a safe and adequate warm-up time for all.
- The meet referee shall have responsibility for establishing and enforcing rules for safe conduct within the pool area during the swimming competition.
- The meet safety committee will have responsibility for safety rules in all other areas during competition and will assist the meet referee in the pool if necessary.
- The meet safety committee shall have any person deliberately violating safety rules removed from the meet facility.
- There shall be at least one marshal at each end of the pool to ensure the warm-up procedures will be followed.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition. 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.

January 7 & 8, 2023
Niagara LSC Sanction # NI – 2223-022
ENTRY SUMMARY SHEET

Person submitting entries: _____

Complete mailing address: _____

Telephone: Home _____ Work _____

All checks and signed waiver forms must be completed and received by January 1, 2023.
E-mailed and manual entries due by January 1, 2023. Once meet is seeded there will be no refunds.

Mail entries to: Janice Hartwell
P. O. Box 505
Mexico, NY 13114 Telephone: (315) 963-8424
E-Mail: tripod2@verizon.net

Payment: Make checks payable to **Mexico Tiger Sharks.**
CLUB CHECKS ONLY.

Entry Fees:	_____ Girls' Individual Entries @ \$5.00	\$ _____
	_____ Boys' Individual Entries @ \$5.00	\$ _____
	_____ Relay Entries @ \$15.00	\$ _____
	_____ Swimmer Surcharge @ \$6.00	\$ _____
		Total \$ _____

I/We enclose a total of \$ _____ covering fees for all events I/we have entered. In consideration of this entry, I/we waive and release any and all claims against Niagara Swimming, Inc., USA Swimming, Mexico School District and the Mexico Tiger Sharks Swim Club for injuries incurred at this meet or while traveling to and from the meet. I/We are bonafide amateur athlete(s) and eligible in all events I/we have entered.

Signature of Club Official, Parent or Guardian

Official Team Name: _____ Code: _____

Head Coach: _____

Telephone: Home _____ Work _____

Assistant Coaches: _____

Address to send results: _____

This Meet is held under the sanction of USA Swimming (Rule 202.3.7)
TRAVEL DIRECTIONS

From the north:

Travel south on Interstate 81 to exit 34. Turn right (west) on Route 104. Travel approximately 6.1 miles into Mexico. 1/10 mile past first traffic light, turn right into the Mexico High School parking lot.

Travel south on Route 11 to Maple View. Turn right (west) onto Route 104. Travel approximately 4.7 miles into Mexico. 1/10 mile past first traffic light, turn right into Mexico High School parking lot.

Travel south on Route 3 into Mexico. Turn right (west) onto Route 104. Travel 1/10 mile and turn right into the Mexico High School parking lot.

From the west:

Travel east on Route 104 to Mexico. Turn left into the Mexico High School parking lot. The school is 1/10 mile past first stop light in Mexico. Mexico is approximately 13 miles from the Wal-Mart in Oswego.

From the south:

Travel north on Interstate 81 to exit 34. Turn left (west) onto Route 104. Travel approximately 6.3 miles into Mexico. 1/10 mile past first traffic light, turn right into Mexico High School parking lot.

Travel north on Route 11 to Maple View. Turn left (west) onto Route 104. Travel approximately 4.7 miles into Mexico. 1/10 mile past first traffic light, turn right into Mexico High School parking lot.

Travel north on Route 3 into Mexico, approximately 16 miles north of Fulton. Turn right at the stop light (east) onto Route 104. Travel 1/10 mile and turn left into the Mexico High School parking lot.

From the east:

Travel west on Route 69 into Mexico, approximately 6.3 miles west of Parish. Turn left (west) onto Route 104. Travel approximately 2/10 mile and turn right into the Mexico High School parking lot (1/10 mile past the first traffic light).

Mexico Tiger Sharks, Inc
Ice Age
January 7-8, 2023 Meet
Sanction # NI – 2223-022

Schedule of Events for Saturday January 7, 2023

Session 3 – Warm Up @ 2:00 PM — Start @ 3:00 PM			
1	MIXED Open	400 Individual Medley	
2	MIXED Open	200 Freestyle	
3	MIXED Open	200 Butterfly	
4	MIXED Open	200 Breaststroke	
5	MIXED Open	200 Backstroke	
6	MIXED Open	500 Freestyle	
10 MINUTE BREAK			
7	MIXED Open	1650 Freestyle	

PLEASE NOTE: THE MEET DIRECTOR MAY NEED TO LIMIT THE ABOVE ENTRIES TO THE TOP TWELVE FASTEST SWIMMERS IN EACH EVENT. Note: Swimmers must provide their own counter for the 500 & 1650 and these two events will be swum fastest to slowest.

POSITIVE CHECKIN FOR 1650 FREE BY 2:30 PM 1-7-23

Schedule of Events for Sunday January 8, 2023

Session 1-Warm Up @ 8:00 AM Start- @ 9:00 AM			
8	Mixed 12 & Under	100 Individual Medley	
9	Mixed 12 & Under	25 Freestyle	
10	Mixed 12 & Under	50 Breaststroke	
11	Mixed 12 & Under	25 Breaststroke	
12	Mixed 12 & Under	50 Freestyle	
10 MINUTE BREAK			
13	Mixed 12 & Under	100 Freestyle	
14	Mixed 12 & Under	25 Backstroke	
15	Mixed 12 & Under	50 Butterfly	
16	Mixed 12 & Under	25 Butterfly	
17	Mixed 12 & Under	50 Backstroke	
10 MINUTE BREAK			
18	Mixed 12 & Under	200 Mixed Freestyle Relay	

*Mixed relay teams must consist of 2 boys and 2 girls.

Session 2 – Warm Up @ 1:15 PM — Start @ 2:15 PM			
19	Mixed Open	200 Individual Medley	
20	Mixed Open	100 Freestyle	
21	Mixed Open	100 Breaststroke	
10 MINUTE BREAK			
22	Mixed Open	50 Freestyle	
23	Mixed Open	100 Backstroke	
24	Mixed Open	100 Butterfly	
10 MINUTE BREAK			
25	Mixed Open	200 Mixed Freestyle Relay	

*Mixed relay teams must consist of 2 boys and 2 girls.

Maximum individual events for both days is 7 with a limit of 3 individual events on Saturday and 5 individual events on Sunday.

Swimmers may only swim in one session on Sunday.

This Meet is held under the sanction of USA Swimming (Rule 202.3.7)