

Camillus Swim Club

Camillus Distance Meet, G-S-B

Saturday and Sunday, January 10 - 11, 2009

Niagara District Sanction # NI0809 038S

West Genesee High School Pool

5201 West Genesee Street

Camillus, New York 13031

Held under the sanction of United States Swimming, Inc.

- MEET SPONSOR** The Camillus Swim Club with the cooperation of the Camillus Parks and Recreation Department, the Town of Camillus, and the West Genesee Central School District.
- FACILITY** The pool is a 25 yard, six lane, short course swimming pool with ample deck area for coaches and swimmers, and Kiefer McNeil non-turbulent lane lines. The timing system will be the Colorado System 5, six Colorado touch pads, a six lane Colorado scoreboard display, and electronic “beep” with strobe starter. The starting blocks are in the deep end of the pool.
Gym and locker rooms will be available for swimmers. Programs will be available. Refreshments will be available on both days. There is ample balcony spectator seating. The parking lot is adjacent to pool building.
- TRAVEL DIRECTIONS** See attached directions at the end of this announcement.
- MEET TIME** **Session I – 12 & Under; Open: Saturday, January 10**
Warm-ups start at 3:00 PM. Meet begins at 4:00 PM. **Note:** For the 400 IM, each swimmer must provide **his or her own timer**. For the 500 and 1000 freestyle, each swimmer must provide **his or her own timer and counter**.
Session II – 10 & Under; 13 & 14, 8 & Under: Sunday, January 11
Warm-ups start at 7:30 AM. Meet starts at 8:30 AM.
Session III – 11 & 12; Open: Sunday, January 11
Warm-ups start at 12:30 PM (or 15 minutes after the end of session II, whichever is later). Meet begins: 1:30 PM (or 1-hour after warm-ups).
- ENTRIES** Entries are preferred on disc or 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 Swimming registration numbers must appear on the entry form. Swimmer’s age on the day of the meet determines age group. **There will be a limit of two (2) individual events on Saturday and four (4) individual events and 1 relay per swimmer on Sunday.** The meet director may limit the number of entries to ensure that each session is in compliance with the USA Swimming 4-hour rule.
- ENTRY FEES** Entry fee is \$3.50 for individual events and \$12.00 for relays. There will be a \$3.00 deck fee for each participant. Make checks payable to:
Camillus Swim Club, Inc. (or CSCI).

ENTRY DEADLINE Entries either by regular mail **or** e-mail **must be received** no later than Friday, ***January 2, 2009 by 9:00 pm.***

E-Mail to: lkopp@twcny.rr.com

Mail to: Lisa Kopp, 5784 Fikes Road, Memphis, New York 13112

Phone: (315) 689-9793

MEET DIRECTOR WENDY WILLIAMS
1785 Hall Road
Memphis, New York 13112
williamsswtz@aol.com
(315) 689-7741

CO-MEET DIRECTOR LISA KOPP
5784 Fikes Road
Memphis, New York 13112
lkopp@twcny.rr.com
(315) 689-9793

Meet Marshall Mark Kanoza
107 Treeland Circle
Syracuse NY 13219
mkanaza@twcny.rr.com
(315)487-8769

Meet Marshall Scott Zapisek
103 Rose Lane Terrace
Syracuse NY 13219
s_zapisek@yahoo.com
(315)214-8266

ENTRY LIMIT To maintain the quality of this meet, we may have to **limit** the entries **in the 1000 Freestyle** to comply with the Niagara District “four hour rule.” 8 & under swimmers may swim in only one session on Sunday, January 11th.

AWARDS Medals first place, ribbons second through sixth for **each** Division (G-S-B).

8 & Under: Medals first place, ribbons second through twelfth.

Relays: Ribbons first through third place.

Heat Ribbons will be awarded on all events and 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.

REFRESHMENTS The concession will be in the cafeteria, located directly opposite the balcony. Food, assorted snacks, and beverages will be available throughout the meet. Hospitality for coaches and officials will be available throughout the meet.

RULES USA Swimming and Niagara District rules and regulations will govern this meet. Niagara District Warm-up Guidelines for Sanctioned Meets in 6 Lane Pools will be followed. Swimmers must be registered with USA Swimming. This meet will be seeded for timed finals.

DECK ID Only Swimmers, Coaches, Officials, and Meet Personal will be allowed on deck. Coaches and officials must wear and display their USA Swimming ID to ensure insurance coverage.

SEEDING The meet will be preseeded. Swimmers must check in and pick up cards from Clerk of Course or be scratched. Swimmers will be escorted from the gym to the pool.

- OFFICIALS** Visiting officials are always welcome; anyone interested in officiating any or all sessions of the meet please contact Kristin Smith at (315) 468-8620 or by e-mail: kesmith1994@tweny.rr.com
- COACHES MEETINGS** Coaches meetings will start at 3:45 pm on Saturday, 8:15 am and 1:15 pm on Sunday. Location will be on the pool deck outside the pool office.
- CONDUCT** 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. Misconduct and vandalism will not be tolerated as we are guests of the West Genesee Central School District.
- SPORT VENDOR** *To be determined*

Camillus Swim Club, Inc.
Order of events for Saturday, January 10, 2009
 This Meet is held under the sanction of USA Swimming.

Events Listing

Female	Event	Male
SESSION I		
1	12 & Under 500 Freestyle	2
3	Open 500 Freestyle	4
5	Open 400 Individual Medley	6
7	Open 1000 Freestyle	8

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 timers for the 400 IM. Swimmers must also provide their own timers and counters for the 500 and 1000 Freestyle.

ORDER OF EVENTS FOR SUNDAY JANUARY 11, 2009
Events Listing

Female	Event		Male
SESSION II			
9	10 & Under	200 Individual Medley	10
11	13 & 14	200 Individual Medley	12
13	8 & Under	100 Individual Medley	14
15	10 & Under	100 Butterfly	16
17	13 & 14	200 Butterfly	18
19	8 & Under	50 Butterfly	20
21	10 & Under	100 Backstroke	22
23	13 & 14	200 Backstroke	24
25	8 & Under	50 Backstroke	26
27	10 & Under	100 Breaststroke	28
29	13 & 14	200 Breaststroke	30
31	8 & Under	50 Breaststroke	32
33	10 & Under	200 Freestyle	34
35	13 & 14	200 Freestyle	36
37	8 & Under	50 Freestyle	38
39	10 & Under	200 Freestyle Relay	40
41	13 & 14	400 Freestyle Relay	42
43	8 & Under Mixed	100 Freestyle Relay	43

** any combination of boys and girls for the 8 & Under Mixed Relay **

SESSION III			
45	11 & 12	200 Individual Medley	46
47	Open	200 Individual Medley	48
49	11 & 12	100 Butterfly	50
51	Open	200 Butterfly	52
53	11 & 12	100 Backstroke	54
55	Open	200 Backstroke	56
57	11 & 12	100 Breaststroke	58
59	Open	200 Breaststroke	60
61	11 & 12	200 Freestyle	62
63	Open	200 Freestyle	64
65	11 & 12	200 Freestyle Relay	66
67	Open	400 Freestyle Relay	68

Niagara Swimming Inc.

Warm-up Procedures for all Sanctioned Meets in 6 Lane Pools

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.

Camillus Swim Club

Gold – Silver – Bronze Swim Meet

Saturday and Sunday, January 10 - 11, 2009

MEET ENTRY SUMMARY & WAIVER

Mailing Address: LISA KOPP
5784 FIKES ROAD
MEMPHIS NY 13112-9773

***Please send regular mail, Express Mail or FedEx.

Make sure that you do not require a signature for delivery!

Team Name _____

Coach's Name _____ Phone: _____

Team Abbr. _____

Total Number of Swimmers _____ @ \$ 3.00 = _____

Total Number of Individual Entries _____ @ \$ 3.00 = _____

Total Number of Relay Entries _____ @ \$10.00 = _____

TOTAL FEES = _____

Club Entry Coordinator _____

Address _____

City, State, Zip _____

Area Code & Telephone _____

E-Mail Address _____

All of the swimmers entered are registered members of U.S. Swimming. I also release Niagara Swimming, Inc., the Camillus Swim Club, Inc., and the West Genesee Central School District from any liability resulting from any injury suffered by any of our swimmers or spectators.

Signature of Club Official, Parent or Guardian

Date

Travel Directions: From the North: Take I-81 South to Syracuse. Exit at Hiawatha Boulevard (Carousel Center). Take a right at the light onto Hiawatha Boulevard. Follow the signs to I-690 West. Take I-690 West. Near the New York State Fairgrounds, exit to the right onto New York State Route 695, “to 5, Auburn.” In two miles, 695 splits into route 5 to Auburn and 695 to Fairmount. Bear right and take route 5 west towards Auburn. Take the exit for “Hinsdale Road.” At end of ramp, take a left turn. Go straight through several intersections, then up a hill. Stay on Hinsdale and when you reach a light at West Genesee Street, West Genesee High School will be straight ahead. Go into the parking lot, turn left around the building, and park near the athletic field. The pool entrance is near the maintenance garage.

From the South: Take I-81 North to Syracuse. In downtown Syracuse, I-81 becomes two lanes for a short time. In about one mile, two lanes merge on the right. Immediately after this merge, move into the right lane and take the exit for I-690 West towards the New York State Fairgrounds. Near the New York State Fairgrounds, exit to the right onto New York State Route 695, “to 5, Auburn.” In two miles, 695 splits into route 5 to Auburn and 695 to Fairmount. Bear right and take route 5 west until the exit for Hinsdale Road. At end of ramp, take a left turn. Go straight through several intersections, then up a hill. Stay on Hinsdale and when you reach a light at West Genesee Street, West Genesee High School will be straight ahead. Go into the parking lot, turn left around the building, and park near the athletic field. The pool entrance is near the maintenance garage.

From the West: Take route 5 East towards Syracuse. You will come to a light at “Ike Dixon Road.” Continue straight, and soon (within a mile) after the light, there is an exit for Route 5 to the right. Take the right, and now you will be on a divided highway. Look for the exit for “Milton Avenue.” At end of the exit ramp, take a left turn. Stay on Milton Avenue until you reach “Hinsdale Road.” You should see a Home Depot ahead on the left and a small strip mall on your right. Take a right turn and stay on Hinsdale. When you reach a light at West Genesee Street, West Genesee High School will be straight ahead. Go into the parking lot, turn left around the building, and park near the athletic field. The pool entrance is near the maintenance garage.

From the East: Take I-690 into Syracuse. Stay on it until you near the New York State Fairgrounds. Near the New York State Fairgrounds, exit to the right onto New York State Route 695, “to 5, Auburn.” In two miles, 695 splits into route 5 to Auburn and 695 to Fairmount. Bear right and take route 5 west until the exit for Hinsdale Road. At end of ramp, take a left turn. Go straight through several intersections, then up a hill. Stay on Hinsdale and when you reach a light at West Genesee Street, West Genesee High School will be straight ahead. Go into the parking lot, turn left around the building, and park near the athletic field. The pool entrance is near the maintenance garage.

See Map Below:

QuickTime™ and a
TIFF (LZW) decompressor
are needed to see this picture.

