

2012 Niagara LSC Championship Qualifier Meet

Hosted By

Union Aquatic Club (UNAC)

February 24th, 25th & 26th 2012

Held under the Sanction of U.S.A. Swimming: Sanction # NI1112-043S

Patricia A. Saunders Aquatic Center, Binghamton University

Open to Qualifying Niagara LSC Club Swimmers
9 & UNDER, 10, 11, 12, 13, 14, and 15 - 18

Facility: The Patricia A. Saunders Aquatic Center, located in the **West Gym** building on the campus of Binghamton University at 4400 Vestal Parkway (NY Route 434), Vestal, New York, is a 6 lane, 25 yard pool with a movable bulkhead, Colorado Timing System, electronic scoreboard with readouts for all lanes, computer scoring (HYTEK) and seating for 650 spectators. An area for continuous warm-up/cool-down will be available. The competition course has not been certified in accordance with 104.2.2C(4).

Parking: Adequate parking is available on campus adjacent to the aquatic center. Please note that campus parking restrictions and fees are enforced until 5:00 pm on Friday. Please observe all posted parking restrictions in order to avoid ticketing and fines. Parking is free after 5:00 pm on Friday and all day Saturday and Sunday.

Meet Sites: The 2012 "BB" LSC Swim Meet will be held at 3 Venues: **Binghamton**, Buffalo and Rochester. Niagara LSC Swimming requests that teams attend their own regional Meet. All special requests should go to Tim Dubois, Tech. Planning Chair (tdubois@kdimages.com).

SESSIONS:	1	Friday	Timed Finals	All Age Groups (Timed Finals)
	2	Saturday AM	Preliminaries	Ages 13 - 18
	3	Saturday PM	Preliminaries	Ages 10 & Under (Timed Finals), 11 & 12
	4	Saturday Night	Finals	11 - 14 single age; 15-18
	5	Sunday AM	Preliminaries	Ages 13 - 18
	6	Sunday PM	Preliminaries	Ages 10 & Under (Timed Finals), 11 & 12
	7	Sunday Night	Finals	11 - 14 single age; 15-18

Starting Times:	1	Friday	5:00 PM Warm-Up	6:00 PM Start
	2	Saturday AM	7:30 AM Warm-Up	8:30 AM Start
	3	Saturday PM	11:30 AM Warm-Up	12:30 PM Start
	4	Saturday Night	5:00 PM Warm-Up	6:00 PM Start
	5	Sunday AM	7:30 AM Warm-Up	8:30 AM Start
	6	Sunday PM	11:30 AM Warm-Up	12:30 PM Start
	7	Sunday Night	5:00 PM Warm-Up	6:00 PM Start

Note Start Times are approximate and will be finalized by February 21st, 2012. Please refer to Niagara LSC Web Site and UNAC web site (www.unionaquatics.org) for Final Warm-Up and Start times.
** Preliminary sessions may be combined if entries dictate**

MEET

PERSONNEL:

Meet Director:
Donna Striley
P.O. Box 115
Endicott, NY 13760
dstriley@stny.rr.com

Meet Referee:
Joe Dempsey
jdempsey@nbtbank.com

Meet Operations:
Pete Burnett
pburnett@stny.rr.com

Meet Entries:
Donna Striley
dstriley@stny.rr.com

Meet Marshal:
Margo Sarkisian
msarkisi@stny.rr.com

Officials: Anyone interested in officiating at this meet is welcome. Please contact Pete Burnett at pburnett@stny.rr.com or 607-754-8566

Timers: **Participating Clubs will be asked to supply timers for preliminaries and all Friday events. UNAC will provide timers for Saturday and Sunday Finals. Swimmers in the 400 IM, 500, 1000, and 1650 Freestyle events must provide their own lap counters and timers.**

**Entry
Restrictions:**

1. Swimmers may enter and swim no more than three (3) individual events and two (2) relay events per day, and no more than (8) individual events for the meet.
2. Relay swimmers must be qualified, entered and swim in at least one (1) individual event in the meet. Any swimmer in a relay must have a silver or slower cut time in the individual event (stroke **and** distance) by the meet entry deadline.
3. Entry times submitted must be **actual best times**. All times will be proved through the **SWIMS Database**. Acceptable proof of time can be obtained at a USA Swimming sanctioned meet, an approved meet, or for an observed swim
4. **Entry times must be equal to or faster than the applicable Niagara LSC “BB” time standards, and slower than the “A” time standard for the same event. The only exceptions to this rule are events formally designated as bonus events. Swimmers achieving one “BB” time standard are allowed to enter two additional bonus events. Swimmers achieving two “BB” time standards are allowed to enter ONLY one additional bonus event. No swimmer can enter more than two bonus events for the entire meet. This DOES NOT mean that one or two bonus events are allowed in EACH session. Swimmers may not enter bonus events in which they have achieved the “A” time standard. Bonus events will be subject to over swim fines if not properly designated as bonus events. Directions on how to properly designate bonus events appear below. Bonus event entries for the following events may be restricted to control the length of the preliminary session: 400 IM events and the 500, 1000 & 1650 freestyle events. Please submit an Entry Report (sorted by Athlete last name) for verification of bonus events.**
5. No late entries will be accepted.
6. No deck entries will be permitted.
7. No entries will be accepted without a swimmer’s current USA number.
8. Payment of entry fees and original signed waiver for such entries must be submitted by the entry deadline. **Swimmers whose entry fees are unpaid will be barred from competition at the meet.**
9. 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 meet. The fine applies either when the athlete is unregistered or has not properly transferred registration.

How to Properly Designate Bonus Events for the Niagara LSC BB Championship Meet

To avoid the over swim fine, the club **must** designate which events are bonus events within their “Team Manager” entry file. Simply highlighting the bonus event on any entry report is inadequate. Here’s how you do that:

- Import the event file into Team Manager.
- Launch Team Manager, and select the meet. Then, select “Entries” from the menu bar, and “Pre Enter Athletes in Meet” from the drop-down menu. Click on the check box to the right of the swimmer’s name (middle initial) to enter the swimmer into the meet. Check off the swimmers who you will enter into the meet. When you are finished, close the screen.
- With the meet still selected, click “Entries” in the menu bar, and then “Entries by Name” from the drop-down list.
- In this view, only the swimmers you checked appear in a list across the top half of the screen.
- Select an individual swimmer in the list in the upper half of your screen.
- The bottom half of the screen now shows all the events for that swimmer’s age, along with that swimmer’s best time (and other detail). If the swimmer’s time is shaded in pink, that swimmer **does not have a qualifying time** for that event. If there is no shading in the best time field, the swimmer has a “provable” cut time for that event.
- Look to the right of the “best times” column. Four columns to the right of the swimmer’s time is a box where you can designate the event as a bonus event. To designate any event as a bonus event, that box **MUST BE CHECKED!!**
- Please note that if you check the “Enter” box to the immediate left of the swimmer’s time, the bonus box will not be automatically checked if the swimmer does not have a qualifying time. You will not be prevented from entering a swimmer in an event in which he/she does not have a qualifying time, due to the bonus event structure.

ENTRY FEES:

1. Individual Events- \$ 4.50
2. Relay Events - \$ 12.00 Make checks payable to: UNAC
3. Deck Fee - \$ 5.00 **Club Checks Only Please!** (No individual entries)

Email TM entries to:
Donna Striley
dstriley@stny.rr.com

Send written entries/signature waiver to:
UNAC
PO Box 115
Endicott, NY 13760

ENTRY DEADLINE:

Entry forms, fees, and waivers must be received, no later than **9P.M., Saturday, February 18th 2012**. ***NOTE: Do not** send entries by registered mail. Please include a stamped, self-addressed envelope if you would like verification of entries received and accepted.

IT IS THE COACH/ENTRY PERSON’S RESPONSIBILITY TO CHECK THE ACCURACY OF THEIR TEAM’S ENTRY. ENTRIES THAT DO NOT MEET THE APPLICABLE TIME STANDARDS OR BONUS CRITERIA, AS WELL AS ANY ENTRIES THAT EXCEED THE ENTRY LIMIT WILL BE DELETED WITHOUT NOTIFICATION!!!

*****DEADLINE(S) AND RESTRICTIONS WILL BE STRICTLY ENFORCED*****

COMPUTER PROGRAM:

Check to make sure you do not have the: Show Only “Faster than” Time STD/Qualifying Times Check box selected in the System Defaults Window! (Get there by: Set-up-Preferences-System Preferences). If selected, you will not be excluding **“A” TIMES** when you do your entries.

SEEDING:

The meet is Pre-Seeded. It is the swimmers responsibility to be at the blocks when their event and heat is called. **POSITIVE CHECK- IN WILL BE REQUIRED for the 400 IM, 500, 1000, and 1650 Freestyle events.** *Failure to swim after positive check-in will result in disqualification from the meet.* All circle in events (400yds and longer) will be seeded & swum together and scored by age group. The 1650/1000 will be swum FASTEST to SLOWEST, alternating Female and Male. The meet director reserves the right to combine 200 and longer events to keep the meet manageable. All events will be scored separately following the awards summary below. It will be at the meet director's & Meet Referee's discretion to run 2 per lane for 1000 and 1650 events. Finals Heats may be combined. Relays may be moved to the beginning of finals if the time line warrants it.

Awards:

RELAYS – Medal for 1st place, ribbons for places 2nd – 3rd.

INDIVIDUAL EVENTS – Medal for 1st place, ribbons for places 2nd -12th for each single age division & gender in each event (9 y/o, 10, 11,12, 13, 14, 15-18 y/o)

SCORING:

There is no team/individual scoring for this meet.

PROGRAMS:

Programs for each session will be on sale for \$ 3.00/session. Finals programs - \$3.00.

CONDUCT:

Coaches, UNAC volunteers & Meet Marshals will enforce proper conduct at all times. Swimmers found in restricted areas will be disqualified from the remainder of the meet.

DECK ID:

Only Swimmers, Coaches, Officials, and Meet Personal allowed on deck.

Coaches and Officials must wear their U.S.A. Swimming ID No Exceptions!!

MEETINGS:

Coaches: Saturday February 25th @ 8:00 A.M. and as required.

Officials: 15 minutes prior to all session start times.

NIAGARA LSC SCRATCH RULE:

Any swimmer qualifying for a Consolation or Championship Final heat in an individual event who fails to compete in that Consolation or Championship race shall be disqualified from further competition for the remainder of the meet (except as noted below).

Exceptions for failure to compete - no penalty shall apply if:

- The Referee is notified in the event of illness or injury and accepts proof of same.
- The swimmer qualifying for a Consolation or Championship Final heat formally scratches from the finals within thirty (30) minutes after announcement of the qualifiers for finals.
- It is determined by the Referee that failure to compete is caused by a circumstance beyond the control of the swimmer.

Penalty for Violation

In addition to being barred from competition for the balance of the meet, a swimmer who fails to properly scratch from an event falling on the swimmers last day of the meet shall also pay a fine of \$ 25.00 for each missed finals event.

PROOF OF TIME: ALL TIMES SUBMITTED WILL BE CHECKED WITH THE SWIMS DATA BASE

It is required that teams using Hy-tek's Team Manager bring (when not included with the team entries) their Meet Entries report (checking the "include proof of time" from "other options" - which lists the date and meet) or the Top Time Report (get there by: Reports-Performance-Top Times Report; DO NOT use the Top Times Spreadsheet) to the meet to prove over-swims. These reports can serve as a team's official log.

NIAGARA LSC UNREGISTERED PARTICIPENT:

Any club, which enters an unregistered athlete in a meet or permits an unregistered coach to represent that club at a meet, will be fined the sum of \$100.00 and no further entries will be accepted from that club until the fine has been paid. The fine will in each case be split between Niagara LSC and the club hosting the meet in question. The fine is not in lieu of other penalties that may be imposed by USA Swimming, Niagara LSC or the Board of Review in a given case.

Exception Reports

- The Meet Director will post the Exception Report on the Niagara Website 5 days prior to the first day of the meet.
- Entering Clubs must check the report on the website before going to the meet to see if any of their swimmers are on the report. Any swimmer listed on the Exception Report must show his current USA Swimming card to the person in charge of checking membership before the meet begins. If a swimmer doesn't have their card, they will not be allowed to swim. If a swimmer does swim without proof of membership the club will be fined \$100.
- Entry fees for swimmers without proof of membership will remain with the host club.

Niagara Swimming, Inc.

Warm-up Procedures for all Sanctioned Meets in 6 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. 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.

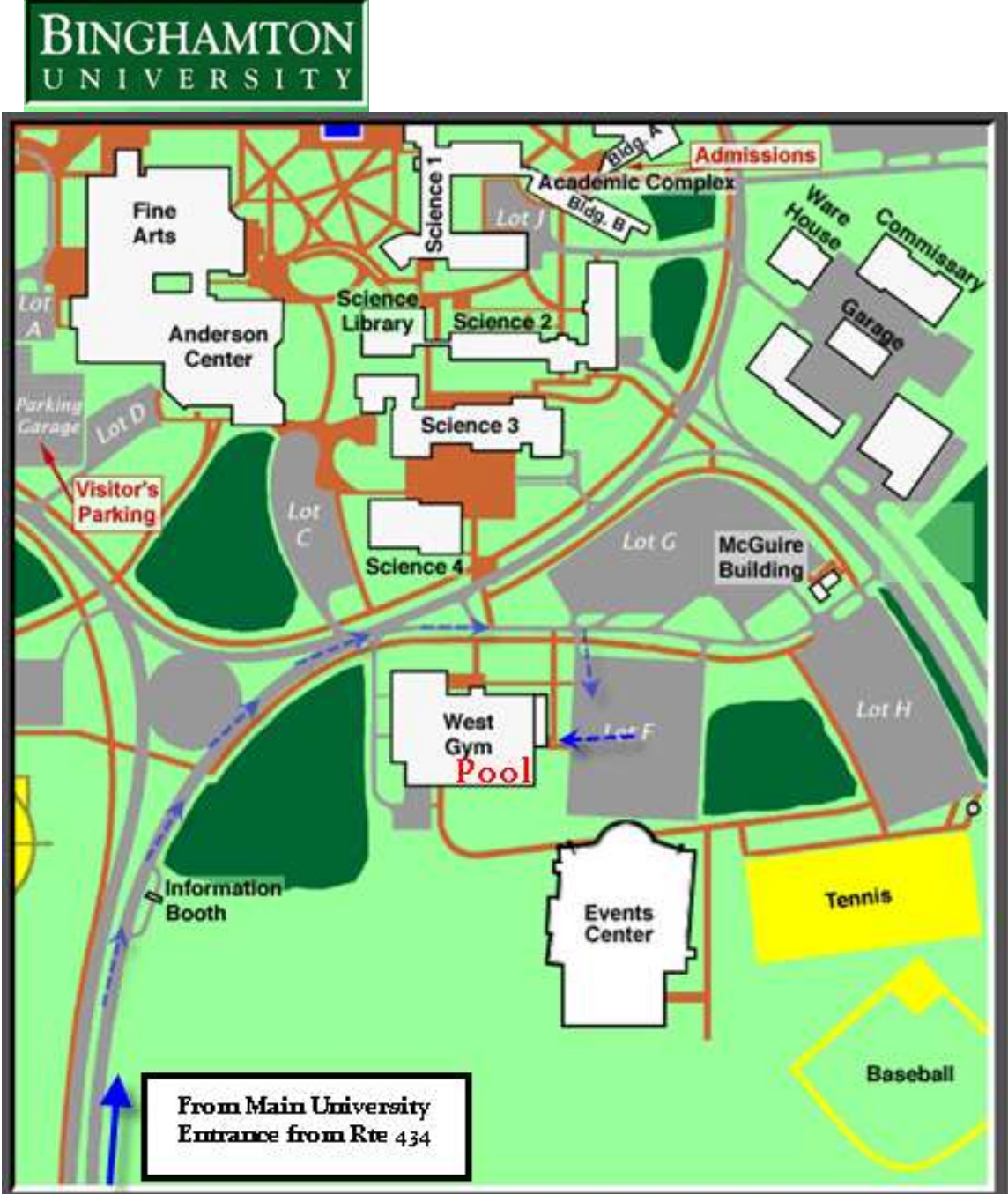
III. Specific warm-up period

- A. Last 30-45 minutes of pre-meet warm-up period.
- B. In a six-lane pool, each lane shall be scheduled as follows:
 - a. Lanes 1 & 6 push off one or two lengths & back, beginning at the turn end of the pool. Circle Swimming only. **NO DIVING**
 - b. Lanes 2 & 5 racing start only. Swim one length only. All swimmers begin at the starting end of the Pool.
 - c. Lanes 3, & 4 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.
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 modified by the Meet Referee according to the needs of the meet.

Map of Binghamton University:



Niagara LSC Time Standards for the Championship Qualifier meet

All qualifying times must be between the two times listed for the events to participate in the meet. The “Slower Than” cut time listed is the qualifying time for the Niagara Short Course Championships in March. The order of events and days of competition are listed following these qualifying standards

Entries may be further restricted by the meet referee, meet director, with input from the Niagara LSC Technical Planning Chair, to maintain meet timelines

Female

Male

Slower Than	Faster Than or Equal to	Event	Slower Than	Faster Than or Equal to
<u>9 and under</u>				
32.19	38.19	50 Free	31.59	37.89
1:11.89	1:29.09	100 Free	1:10.79	1:25.89
2:36.39	3:11.79	200 Free	2:31.89	3:02.34
6:48.39	8:08.09	500 Free	6:44.59	8:05.14
38.09	46.09	50 Back	38.29	47.44
1:22.19	1:39.99	100 Back	1:21.29	1:39.19
41.99	51.09	50 Breast	42.19	51.74
1:33.39	1:54.89	100 Breast	1:31.79	1:52.99
37.29	46.79	50 Fly	36.69	45.24
1:26.69	1:52.84	100 Fly	1:25.59	1:51.24
1:22.59	1:41.44	100 IM	1:21.09	1:37.94
2:55.99	3:33.19	200 IM	2:55.29	3:32.29
<u>10 Year old</u>				
32.19	35.99	50 Free	31.59	35.19
1:11.89	1:21.59	100 Free	1:10.79	1:19.99
2:36.39	2:58.29	200 Free	2:31.89	2:50.89
6:48.39	7:39.49	500 Free	6:44.59	7:35.19
38.09	43.49	50 Back	38.29	43.69
1:22.19	1:33.99	100 Back	1:21.29	1:32.09
41.99	47.79	50 Breast	42.19	47.89
1:33.39	1:46.69	100 Breast	1:31.79	1:43.69
37.29	42.99	50 Fly	36.69	41.99
1:26.69	1:42.09	100 Fly	1:25.59	1:40.39
1:22.59	1:33.79	100 IM	1:21.09	1:31.39
2:55.99	3:19.39	200 IM	2:55.29	3:18.09
<u>11 year old</u>				
29.49	34.19	50 Free	28.59	33.29
1:03.09	1:15.19	100 Free	1:02.69	1:14.04
2:19.89	2:45.04	200 Free	2:16.19	2:39.44
6:09.29	7:09.79	500 Free	6:04.69	7:05.14
12:51.69	14:17.39	1000 Free	12:42.89	14:12.39
33.89	40.29	50 Back	33.49	40.34
1:14.19	1:27.94	100 Back	1:12.29	1:25.79
2:35.89	2:54.39	200 Back	2:32.89	2:52.99
37.79	44.44	50 Breast	37.29	44.64
1:22.19	1:37.99	100 Breast	1:20.49	1:36.59
2:56.89	3:18.49	200 Breast	2:52.89	3:15.59
32.39	39.19	50 Fly	32.09	38.74
1:13.19	1:31.34	100 Fly	1:11.69	1:29.94
2:38.59	2:59.19	200 Fly	2:35.29	2:59.09
1:13.99	1:27.34	100 IM	1:11.49	1:24.84
2:37.59	3:05.59	200 IM	2:35.59	3:03.89
5:36.09	6:16.19	400 IM	5:28.89	6:10.59

Female			Male	
Slower Than	Faster Than or Equal to	Event	Slower Than	Faster Than or Equal to

12 Year old

29.49	31.89	50 Free	28.59	30.99
1:03.09	1:08.29	100 Free	1:02.69	1:07.89
2:19.89	2:31.49	200 Free	2:16.19	2:27.49
6:09.29	6:40.09	500 Free	6:04.69	6:35.09
12:51.69	13:55.99	1000 Free	12:42.89	13:46.49
33.89	36.79	50 Back	33.49	36.49
1:14.19	1:21.09	100 Back	1:12.29	1:19.09
2:35.89	2:48.89	200 Back	2:32.89	2:45.59
37.79	40.89	50 Breast	37.29	40.79
1:22.19	1:29.29	100 Breast	1:20.49	1:27.79
2:56.89	3:11.69	200 Breast	2:52.89	3:07.29
32.39	35.09	50 Fly	32.09	35.19
1:13.19	1:20.19	100 Fly	1:11.69	1:18.69
2:38.59	2:51.79	200 Fly	2:35.29	2:48.29
1:13.99	1:20.09	100 IM	1:11.49	1:17.59
2:37.59	2:50.69	200 IM	2:35.59	2:49.39
5:36.09	6:04.19	400 IM	5:28.89	5:56.29

13 year old

27.49	31.59	50 Free	25.19	29.89
59.59	1:07.84	100 Free	55.09	1:05.49
2:08.19	2:28.59	200 Free	1:59.99	2:22.14
5:52.99	6:31.24	500 Free	5:35.19	6:21.39
12:07.59	13:32.84	1000 Free	11:36.39	13:16.49
20:12.19	22:41.69	1650 Free	19:15.69	22:15.44
1:08.49	1:18.14	100 Back	1:04.19	1:14.69
2:27.29	2:44.89	200 Back	2:18.19	2:38.84
1:17.59	1:26.89	100 Breast	1:12.09	1:23.39
2:46.79	3:07.24	200 Breast	2:36.29	2:58.39
1:07.79	1:17.19	100 Fly	1:02.89	1:13.99
2:28.59	2:46.99	200 Fly	2:20.29	2:42.04
2:30.49	2:47.84	200 IM	2:20.29	2:41.69
5:17.79	5:56.19	400 IM	5:00.49	5:43.59

14 Year old

27.49	30.99	50 Free	25.19	28.49
59.59	1:07.39	100 Free	55.09	1:02.19
2:08.19	2:24.99	200 Free	1:59.99	2:15.69
5:52.99	6:22.39	500 Free	5:35.19	6:03.19
12:07.59	13:08.29	1000 Free	11:36.39	12:34.39
20:12.19	21:53.19	1650 Free	19:15.69	20:51.99
1:08.49	1:14.19	100 Back	1:04.19	1:09.59
2:27.29	2:39.59	200 Back	2:18.19	2:29.79
1:17.59	1:24.09	100 Breast	1:12.09	1:18.09
2:46.79	3:00.69	200 Breast	2:36.29	2:49.39
1:07.79	1:13.49	100 Fly	1:02.89	1:08.09
2:28.59	2:40.99	200 Fly	2:20.29	2:31.99
2:30.49	2:42.99	200 IM	2:20.29	2:31.99
5:17.79	5:44.29	400 IM	5:00.49	5:25.49

Female	Male			
Slower Than	Faster Than or Equal to	Event	Slower Than	Faster Than or Equal to
<u>15 -18</u>				
26.89	30.39	50 Free	24.29	27.39
58.19	1:05.79	100 Free	52.89	59.79
2:04.89	2:21.19	200 Free	1:55.09	2:10.09
5:47.39	6:16.29	500 Free	5:24.29	5:51.29
11:55.89	12:55.49	1000 Free	11:12.19	12:08.19
19:58.89	21:38.89	1650 Free	18:47.99	20:21.89
1:06.59	1:12.09	100 Back	1:01.09	1:06.19
2:23.89	2:35.89	200 Back	2:12.39	2:23.39
1:15.69	1:21.99	100 Breast	1:08.89	1:14.69
2:42.79	2:56.39	200 Breast	2:30.09	2:42.59
1:06.29	1:11.79	100 Fly	1:00.09	1:05.09
2:24.49	2:36.39	200 Fly	2:13.39	2:24.49
2:26.99	2:39.29	200 IM	2:15.09	2:26.39
5:09.89	5:35.69	400 IM	4:47.79	5:11.79

Order of Events

Friday Session 1

All Friday night events are Timed Finals

Female		Event	Male
1	11-12	200 Backstroke (T.F.)	2
3**	13 - 18	400 Individual Medley (T.F.)**	4**
5	10 & U	200 Individual Medley (T.F.)	6
7	11-12	200 Individual Medley (T.F.)	8
9	10 & U	200 Freestyle (T.F.)	10
11**	11-12	500 Freestyle (T.F.)**	12**
13**	13 - 18	1650 Freestyle (T.F.)**	14**

**** Positive Sign-in required by 5:30 pm**

The number of heats of the 1650 may be limited to keep the meet manageable.

Saturday Preliminaries – Session 2

Female	Event	Male
15	14 & U 200 Free Relay (T.F.)	16
17	18 & U 200 Free Relay (T.F.)	18
19	13 - 14 200 Backstroke	20
21	15 - 18 200 Backstroke	22
23	13 - 14 100 Breaststroke	24
25	15 - 18 100 Breaststroke	26
27	13 - 14 50 Freestyle	28
29	15 -18 50 Freestyle	30
31	13 - 14 200 Butterfly	32
33	15 -18 200 Butterfly	34
35	13 - 14 100 Freestyle	36
37	15 -18 100 Freestyle	38
39	14 & U 400 Medley Relay (T.F.)	40
41	18 & U 400 Medley Relay (T.F.)	42
	***** Optional 10 Minute Break*****	
43**	13 - 14 500 Freestyle (T.F.)**	44**
45**	15 - 18 500 Freestyle (T.F.)**	46**

**** Positive Sign-in required by 9:00 am**

The number of heats of the 500 may be limited to keep the meet manageable.

10 & UNDER, 11-12 Saturday Preliminaries - Session 3

Female	Event	Male
47	11-12 200 Breaststroke (T.F.)	48
49	10 & U 200 Free Relay (T.F.)	50
51	12 & U 200 Free Relay (T.F.)	52
53	10 & U 100 Backstroke (T.F.)	54
55	11-12 100 Backstroke	56
57	10 & U 50 Breaststroke (T.F.)	58
59	11-12 50 Breaststroke	60
61	10 & U 50 Freestyle (T.F.)	62
63	11-12 50 Freestyle	64
65	10 & U 100 Butterfly (T.F.)	66
67	11-12 100 Butterfly	68
69	10 & U 100 Ind. Medley (T.F.)	70
71	11-12 100 Ind. Medley	72
73	10 & U 400 Medley Relay (T.F.)	74
75	12 & U 400 Medley Relay (T.F.)	76
	*****Optional 10 Minute Break*****	
77**	10 & U 500 Freestyle (T.F.)**	78**
79**	11-12 1000 Freestyle (T.F.)**	80**

**** Positive Sign-in required by 1:00 pm**

The number of heats of the 500/1000 may be limited to keep the meet manageable.

Saturday Finals - Session 4

**There will be one heat (top 6) of 11a, 12b, 13a, 14b year old events
and two heats (top 12) for 15 - 18.**

55a	11	100 Backstroke	56a
55b	12	100 Backstroke	56b
19a	13	200 Backstroke	20a
19b	14	200 Backstroke	20b
21	15 -18	200 Backstroke	22
59a	11	50 Breaststroke	60a
59b	12	50 Breaststroke	60b
23a	13	100 Breaststroke	24a
23b	14	100 Breaststroke	24b
25	15 -18	100 Breaststroke	26
63a	11	50 Freestyle	64a
63b	12	50 Freestyle	64b
27a	13	50 Freestyle	28a
27b	14	50 Freestyle	28b
29	15 -18	50 Freestyle	30
67a	11	100 Butterfly	68a
67b	12	100 Butterfly	68b
31a	13	200 Butterfly	32a
31b	14	200 Butterfly	32b
33	15 -18	200 Butterfly	34
71a	11	100 Ind. Medley	72a
71b	12	100 Ind. Medley	72b
35a	13	100 Freestyle	36a
35b	14	100 Freestyle	36b
37	15 -18	100 Freestyle	38

13-14, 15-18

Sunday Preliminaries – Session 5

Female	Slower Than	Faster Than	Event	Slower Than	Faster Than	Male	
81			13 - 14	200 Breaststroke		82	
83			15 - 18	200 Breaststroke		84	
85			14 & U	200 Medley Relay (T.F.)		86	
87			18 & U	200 Medley Relay (T.F.)		88	
89			13 - 14	100 Backstroke		90	
91			15 -18	100 Backstroke		92	
93			13 - 14	200 Freestyle		94	
95			15 -18	200 Freestyle		96	
97			13 - 14	200 Ind. Medley		98	
99			15 -18	200 Ind. Medley		100	
101			13 - 14	100 Butterfly		102	
103			15 -18	100 Butterfly		104	
105			14 & U	400 Free Relay (T. F.)		106	
107			18 & U	400 Free Relay (T.F.)		108	
			***** Optional 10 Minute Break*****				
109**			13 - 14	1000 Freestyle (T.F.)**		110**	
111**			15 - 18	1000 Freestyle (T.F.)**		112**	

**** Positive Sign-in required by 9:00 am**

The number of heats of the 1000 may be limited to keep the meet manageable.

Sunday Preliminaries - Session 6

Female	Slower Than	Faster Than	Event	Slower Than	Faster Than	Male
113			11-12 200 Butterfly (T.F.)			114
115			10 & U 200 Medley Relay (T.F.)			116
117			12 & U 200 Medley Relay (T.F.)			118
119			10 & U 100 Breaststroke (T.F.)			120
121			11-12 100 Breaststroke			122
123			10 & U 50 Backstroke (T.F.)			124
125			11-12 50 Backstroke			126
127			11-12 200 Freestyle			128
129			10 & U 50 Butterfly (T.F.)			130
131			11-12 50 Butterfly			132
133			10 & U 100 Freestyle (T.F.)			134
135			11-12 100 Freestyle			136
137			10 & U 400 Free Relay (T.F.)			138
139			12 & U 400 Free Relay (T.F.)			140
			***** Optional 10 Minute Break*****			
141**			11-12 400 Ind. Medley (T.F.)**			142**

**** Positive Sign-in required by 1:00 pm**

The number of heats of the 400 IM may be limited to keep the meet manageable.

Sunday Finals- Session 7

**There will be one heat (top 6) of 11a, 12b, 13a, 14b year old events
and two heats (top 12) for 15 - 18.**

121a	11	100 Breaststroke	122a
121b	12	100 Breaststroke	122b
81a	13	200 Breaststroke	82a
81b	14	200 Breaststroke	82b
83	15 -18	200 Breaststroke	84
125a	11	50 Backstroke	126a
125b	12	50 Backstroke	126b
89a	13	100 Backstroke	90a
89b	14	100 Backstroke	90b
91	15 -18	100 Backstroke	92
127a	11	200 Freestyle	128a
127b	12	200 Freestyle	128b
93a	13	200 Freestyle	94a
93b	14	200 Freestyle	94b
95	15 -18	200 Freestyle	96
131a	11	50 Butterfly	132a
131b	12	50 Butterfly	132b
101a	13	100 Butterfly	102a
101b	14	100 Butterfly	102b
103	15 -18	100 Butterfly	104
135a	11	100 Freestyle	136a
135b	12	100 Freestyle	136b
97a	13	200 Ind. Medley	98a
97b	14	200 Ind. Medley	98b
99	15 -18	200 Ind. Medley	100

Entry & Financial Summary Form

Niagara LSC Championship Qualifier Meet

February 24th, 25th 26th 2012

Held under the sanction of U.S.A. Swimming: Sanction # NI1112-043S

Please return with your entry grids, Commlink File, or HYTEK Disc.

Club Name: _____ Club Code: _____
Coach Name: _____ Coaches Phone: _____
Coaches e-mail: _____
Person submitting Entries: _____ Phone #: _____
E-mail: _____

Total # of 10 & Under Individual Entries _____ X \$ 4.50/Event = \$ _____
Total # of 11-12 Individual Entries _____ X \$ 4.50/Event = \$ _____
Total # of 13-14 Individual Entries _____ X \$ 4.50/Event = \$ _____
Total # of 13&O and 15-18 Ind. Entries _____ X \$ 4.50/Event = \$ _____
Total # of Swimmers _____ X \$ 5.00/ Swimmer (Deck Fee)= \$ _____
Total # of Relay Entries _____ X \$12.00/ Relay Event = \$ _____
Total Due \$ _____

Make Checks Payable to: **UNAC**

Club checks only please!

***** THIS FORM MUST BE RETURNED WITH ENTRY FORMS *****

AND PAYMENT, TO BE CONSIDERED A COMPLETE ENTRY.

MAIL, POSTAL EXPRESS OR FED EXPRESS TO:

UNAC P.O. Box 115 Endicott, NY 13760

DO NOT send entries by **REGISTERED MAIL** and/or **SIGNATURE FOR DELIVERY**.

Liability Waiver and U.S.A Swimming Membership Meet Entry Form

Held under the sanction of U.S.A. Swimming. Sanction # NI1112-043S

Enclosed is payment of the entry fees and deck fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assignees, waive and release, any and all claims against the Union Aquatic Club, OR ANY MEET MANAGEMENT PERSONEL, U.S.A. Swimming, Niagara Swimming, and Binghamton University, for injuries and/or expenses incurred by us at this meet or while on the road to and from the meet.

We are bona-fide amateur athletes eligible to participate in all events entered.

Further the undersigned team representative certifies by his/her signature that all athletics participating for or entered by the team in this sanctioned swim meet are currently member athletes of U.S.A. Swimming. The undersigned further certifies that any person appearing on deck in the capacity of coach is currently a coach member of U.S.A. Swimming.

The following coaches are coach members of U.S.A. Swimming and will be on-deck supervising

_____ (name of team) Swimmers at all times.

Additional Coaches (Name)

Additional Coaches (Name)

Signature of club official, parent or guardian

Date

No entry is complete without this form completed and signed and the check is received.