



Titans Holiday Meet 2023

Wednesday & Thursday

December 27th & 28th 2023

Held under the Sanction of USA Swimming – NI-2324-017

Hosted by:



Hosted by: Town of Tonawanda Titans

Open to All USA Swimming and Niagara LSC Members

Open Mixed events

MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Tim Bennett Tmbennett1@roadrunner.com	Matty Matuszewski MrRnch@aol.com	Tim Bennett Tmbennett1@roadrunner.com

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Niagara Swimming: NI-2324-017 In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, TTSC, and TOT AFC shall be held free and harmless from all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event. 												
FACILITY	<p style="text-align: center;">The Town of Tonawanda Aquatic and Fitness Center (TOT AFC) 1 Pool Plaza Tonawanda NY 14223</p> <ul style="list-style-type: none"> 8 lanes, 25 yards Water depth range of 13' at the starting end and 10' 3" at the turning end. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). 												
PARKING	<p>Parking lot adjacent to the building and is free.</p> <p>PARKING IS NOT PERMITTED IN THE "ABOVE" LOTS NEAR ALDI'S. OFFENDERS WILL BE TOWED.</p>												
ENTRY DEADLINE	<p>Waiver forms & FEES must be RECEIVED by 8:00 PM December 20th to make your entry official.</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the host club. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p> <p>Entries without payment will be deleted December 21st to make room for waiting list teams. ALL changes after December 20th will be subject to entry fee charge (no refund).</p> <p>Please do not submit "blanket entries" to reserve space for your team as these will not be accepted at the discretion of the meet personnel.</p>												
SCHEDULE	<table border="1" style="width: 100%; text-align: center;"> <thead> <tr> <th>Session</th> <th>Swimmers</th> <th>Warm Up</th> <th>Start</th> </tr> </thead> <tbody> <tr> <td>Wednesday PM</td> <td>Open – Timed Finals</td> <td>5:00PM</td> <td>5:45PM</td> </tr> <tr> <td>Thursday PM</td> <td>Open – Timed Finals</td> <td>5:00PM</td> <td>5:45PM</td> </tr> </tbody> </table> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Session	Swimmers	Warm Up	Start	Wednesday PM	Open – Timed Finals	5:00PM	5:45PM	Thursday PM	Open – Timed Finals	5:00PM	5:45PM
Session	Swimmers	Warm Up	Start										
Wednesday PM	Open – Timed Finals	5:00PM	5:45PM										
Thursday PM	Open – Timed Finals	5:00PM	5:45PM										
ELIGIBILITY	<ul style="list-style-type: none"> Open to all registered USA Swimmers. No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302. 												

DISABILITY SWIMMERS	<ul style="list-style-type: none"> NI and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the NI BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
TIMING SYSTEM	Automatic timing will be used. Colorado Timing System, electronic scoreboard with an 8-lane readout and computer scoring (HYTEK).
RULES	<ul style="list-style-type: none"> Current USA Swimming rules shall govern this meet. All 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 MAAPP is a condition of participation in the conduct of this competition. No on-deck USA-S registration is permitted. In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per NI policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. Deck changes are prohibited. 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. Operation of a drone or any other flying devices 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. Dive-over starts will be used. The Meet Director and the NI Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F.
EVENT RULES	<ol style="list-style-type: none"> All times must be submitted in short course yards or long course converted times. No swimmer may enter more than 5 Individual events plus 1 relay per day. Age on the first day of the meet determines the swimmer's age for the remainder of the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. 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 entries will be accepted without a swimmer's current USA number. No phone entries, Deck entries of swimmers already in the meet will be at the Meet Director's discretion. The signed Agreement & Release and Summary form must accompany all entries.
POSITIVE CHECK IN	All events will be pre-seeded except the 500, Freestyle which will require positive check in.
WARM-UP	The prescribed NI warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.
SUPERVISION	Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	<p>All events will be pre-seeded with the exceptions listed below:</p> <ul style="list-style-type: none"> POSITIVE CHECK-IN - required for the 500 Freestyle to be seeded. The Meet Director reserves the right to circle in all 200 and above events as well as all relays. Mixed, Open, Pre-seeded, Short Course Yards, Timed Finals. No clerk-of-course.

SCORING	Places, awards, and results will be posted for informational purposes only, no team scoring.
AWARDS	<ul style="list-style-type: none"> No awards will be given. Bell ringers will be awarded for select heats
PROGRAMS	Will be available digitally after the Warm-Up for each session on the meet website: www.titanswimming.com – TTSC Hosted Meets – 2023 TTSC Holiday Meet
CREDENTIALS	<ul style="list-style-type: none"> Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should always have proof of active USA Swimming membership with them.
SPECTATOR ENTRY FEE	No charge for admission.
OFFICIALS	<ul style="list-style-type: none"> Officials interested in volunteering should contact Matty Matuszewski at MrRnch@aol.com Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive official’s briefing will precede each session during warm-ups.
TIMERS	Timers will be supplied by the TTSC with the following exceptions: <ul style="list-style-type: none"> Swimmers in the 500 Free Event will need to provide their own timers.
ENTRY PROCEDURES	<ul style="list-style-type: none"> Entries should be submitted by email to the Entries Chair Scott Vanderzell. Include in the subject of the email, “TTSC Holiday Meet.” If your club submits multiple entry files include training site in the subject of the email. Include in entry email: entry file, report of entries by name, report of entries by event. In the body of your email provide entry numbers (girls, boys, totals), contact information (email, phone, officials contact). Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. The Entries Chair will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by NI and no further entries will be accepted from that club until the said fine is paid.
ENTRY FEES	Deck Fee - \$10.00 Individual Events - \$5.00 Relay Events - \$15.00 <ul style="list-style-type: none"> Make checks payable to Titans Swim Club. Checks may be mailed to: Scott Vanderzell - 927 Stony Point Grand Island, NY 14072 Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. Entry fees are due with meet entry. Unpaid fees will be reported to the NI Administrative Office at the conclusion of the meet.
Available Medical Supervision/Equipment	A description of the medical supervision (e.g., lifeguards, EMT, AED devices, etc.) available to athletes participating in the meet.

Titans Holiday Meet 2023

Wednesday & Thursday

December 27th & 28th 2023

Thursday & Friday 5:00 pm WU 5:45 PM Start

Order of Events

Session 1 – Wednesday		
Event #	Ages	Event
1	Mixed Open	50 Freestyle
2	Mixed Open	100 Backstroke
3	Mixed Open	200 Butterfly
4	Mixed Open	100 Breaststroke
5	Mixed Open	200 IM
6	Mixed Open	50 Backstroke
7	Mixed Open	200 Freestyle

Session 2 – Thursday		
Event #	Ages	Event
8	Mixed Open	100 Freestyle
9	Mixed Open	50 Butterfly
10	Mixed Open	200 Breaststroke
11	Mixed Open	100 IM
12	Mixed Open	50 Breaststroke
13	Mixed Open	200 Backstroke
14	Mixed Open	100 Butterfly
15	Mixed Open	500 Freestyle

POSITIVE CHECK-IN is required for 500 Freestyle at the conclusion of warm-up. Swimmers need to provide their own timers for the 500 Freestyle. The number of heats will be limited to keep the meet manageable.

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. 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 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.
 - 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.
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.

Liability Wavier & Financial Summary From

Club Name: _____ Club Code: _____

Coach Name: _____ Phone/Email: _____

Entry Submitter: _____ Phone: _____

Address: _____ Email: _____

Total Number of Swimmers _____ x \$10.00 = _____

Total Number of Individual Entries _____ x \$5.00 = _____

Total Number of Relay Entries _____ x \$15.00 = _____

Make Checks Payable to: Tonawanda Titans Swim Club Total Due \$ _____
Club checks only please!

THIS FORM MUST BE SUBMITTED AND PAYMENT, TO BE CONSIDERED A COMPLETE ENTRY. MAIL, POSTAL EXPRESS OR FED EXPRESS TO:

Scott Vanderzell
927 Stony Point
Grand Island, NY 14072 (716) 208-5372
Email to: scottvanderzell@gmail.com

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

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, all claims against the Town of Tonawanda Titans Swim Club OR ANY MEET MANAGEMENT PERSONEL, U.S.A. Swimming, Niagara Swimming, and the Town of Tonawanda recreation department 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 representing this club is currently a coach member of U.S.A. Swimming.

(Name of Club Official, parent, or guardian) (Signature) (Date)

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