



2024 Natalie Lewis Long Course Spring Invite

Friday May 17th – Sunday May 19th

Held under the Sanction of USA Swimming – NI-2324-031



Hosted by: Town of Tonawanda Titans

Open to All USA Swimming and Niagara LSC Members
12 & Under and 13 & Over Mixed Events Relays by Gender

***Entries WILL NOT BE ACCEPTED PRIOR TO 9:00 PM on April 15th
Additional entry restrictions apply***

<p>MEET DIRECTOR Timothy Bennett Tmbennett1@roadrunner.com</p>	<p>MEET REFEREE F. Matuszewski MrRnch@aol.com</p>	<p>CLUB OFFICIALS CHAIR Rachel Cabin jewelersstudio@aol.com AND Ann Pendley annjpendley@gmail.com</p>	<p>ENTRY CHAIR Scott Vanderzell 716-208-5372 927 Stony Point Rd. Grand Island NY 14072 scottvanderzell@gmail.com</p>
--	--	--	--

SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Niagara Swimming: NI-2324-031 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 any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
FACILITY	<p>Town of Tonawanda Aquatic and Fitness Center (AFC) 1 Pool Plaza Kenmore, NY 14223 716-876-7424</p> <ul style="list-style-type: none"> 8 lanes, 50 Meter The water depth at the start end is 13' at 1 meter and 5 meters away from wall, the turn end is 10'3" at 1 meter and 5 meters away from wall. The competition course has been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C).
ENTRY DEADLINE	<p><u>Entry forms, fees and waivers must be received no later than 8:00PM, Monday May 6, 2024.</u> Scott Vanderzell scottvanderzell@gmail.com</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Entry Chair Scott Vanderzell. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p> <p>Waiver forms & FEES must be RECEIVED by 8:00 PM May 6th to make your entry official and WILL NOT BE ACCEPTED PRIOR TO 9:00 PM APRIL 15th.</p> <p>Entries without payment will be deleted May 16th to make room for waiting list teams. ALL changes after May 16th 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>

MEET SCHEDULE		Day	Description	Warm-Up	Start
	1	Friday PM	Open – Timed Finals	5:00PM	5:45PM
	2	Saturday AM	12&U Timed Finals	8:00AM	8:45AM
	3	Saturday PM	Open – Timed Finals*	TBD	TBD
	4	Sunday AM	12&U Timed Finals	8:00AM	8:45AM
	5	Sunday PM	Open – Timed Finals*	TBD	TBD
<p>*Saturday & Sunday PM sessions will begin no earlier than 11:30AM, TBD after meet entries close Meet Director reserves the right to adjust times/sessions after entries are received.</p> <p>*** 12 & Under swimmers may not swim in both sessions in one day***</p>					
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	<ul style="list-style-type: none"> USA Swimming National Disability Committee released motivational time standards to foster and promote the inclusion of nontraditional athletes in their LSC Championships. The motivational times are designed to provide a fair, equitable and structured path for these athletes. Time Standards will be posted on the Niagara Website. The standards are divided up into three “P” groups. The groups are to place athletes with similar disabilities into the same grouping. The groupings are as follows: <ul style="list-style-type: none"> P1- non-ambulatory (wheelchair bound)- limited use of all four extremities. P2- dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body. P3- single limb deficiencies, visual impairment, intellectual impairment, ambulatory without significant assistance <p>If you know of or are a nontraditional athlete who may be classified in one of the “P” groups, please contact Niagara’s Disability Chair- Courtney Christ (disability@niagaraswim.org).</p> <p>Please submit all disability qualifications and any accommodation needed to Niagara’s Disability Chair for Proof of Time. After they are approved the entry and accommodations will be submitted to the host via the Disability Chair.</p>				
TIMING SYSTEM	[Automatic] Colorado Timing System, electronic scoreboard with an 8-lane readout and computer scoring (HYTEK) will be used.				
RULES	<ul style="list-style-type: none"> Current USA Swimming rules shall govern this meet. 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. 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 				

	<p>spectators are present.</p> <ul style="list-style-type: none"> • Dive-over (Fly-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/ RESTRICTIONS	<ul style="list-style-type: none"> • All times must be submitted in long course meters times or converted SCY 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	<p>All events will be pre-seeded, with the following exceptions: Positive check-in will be required for the 400, 800, 1500 Freestyle, 400 IM.</p> <p>Failure to swim after positive check-in will result in disqualification from that event.</p>
WARM-UP	<p>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.</p>
SUPERVISION	<p>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</p>
SEEDING	<ul style="list-style-type: none"> • All events will be pre-seeded with the exceptions listed below: • POSITIVE CHECK-IN - required for the 400 IM, 400, 800 and 1500 Freestyles to be seeded. • The Meet Director reserves the right to circle in all 200 and above events as well as all relays.
SCORING	<p>Places, awards, and results for the 12 and under events, will be separated by age group & gender. Open for informational purposes only, no team scoring.</p>
AWARDS	<ul style="list-style-type: none"> • 10 & Under and 11-12 by Gender <ul style="list-style-type: none"> ○ INDIVIDUAL – 1st - 8th Place. ○ RELAYS – 1st -8th Place. • 12 & Under: Random Bell Ringer Heats • No Awards for Open Events
PROGRAMS	<p>Will be available on titanswimming.com under the TTSC Hosted Meets tab.</p>
SPECTATOR ENTRY FEE	<p>Admission charge of \$3.00 per session will be charged for all spectators 10 & over.</p>
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 have proof of active USA Swimming membership with them at all times.
CONCESSIONS	<p>TTSC will facilitate concessions stand available at all sessions.</p>
OFFICIALS	<ul style="list-style-type: none"> • Officials interested in volunteering should contact Titans Official Chairs. • Officials volunteering for this meet should sign in the officials' room at 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 briefing will precede each session during warm-ups.
TIMERS	<p>Timers will be supplied by the TTSC with the following exceptions:</p> <ul style="list-style-type: none"> • Swimmers in the 400, 800, and 1500 Free Events must provide their own timers.
ENTRY PROCEDURES	<p>Entries should be submitted by email to the Entry Chair:</p> <ul style="list-style-type: none"> • Include in the subject of the email, Natalie Lewis Meet - TTSC

	<ul style="list-style-type: none"> • 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 Meet Director/Entries person will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Entries person. • 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	<p>Per Swimmer Surcharge: \$10.00 Individual event fee: \$6.00 Relay event fee: \$15.00</p> <p>Make checks payable to Town of Tonawanda Titans- Club Checks only please. Checks may be mailed to Entries Coordinator Scott Vanderzell - 927 Stony Point Grand Island, NY 14072</p> <ul style="list-style-type: none"> • 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.

2024 Natalie Lewis Long Course Spring Invite

Order of Events

Session 1 Friday PM		
Event #	Ages	Event
1	Mixed 12 & Under	200 Individual Medley
2	Mixed OPEN	400 Individual Medley
3	Mixed 12 & Under	200 Freestyle
4	Mixed OPEN	800 Freestyle
5	Mixed OPEN	1500 Freestyle

POSITIVE CHECK-IN is required for the 400 IM, 800, and 1500 Freestyles at the conclusion of warm-up.

The 800 & 1500 will be swum fastest to slowest. Swimmers will need to provide their own timers.

We reserve the right to run 2 swimmers per lane. The number of heats will be limited to keep the meet manageable.

Session 2 – Saturday AM		
Event #	Ages	Event
6	Mixed 12 & Under	50 Freestyle
7	Mixed 12 & Under	50 Backstroke
8	Mixed 12 & Under	100 Butterfly
9	Mixed 12 & Under	100 Breaststroke
10	Girls 12 & Under	200 Medley Relay
11	Boys 12 & Under	200 Medley Relay
12	Mixed 12 & Under	400 Freestyle

Lead off swimmers for 200/400 relays wishing to have times submitted to swims database must provide 2 timers to make the time official.

POSITIVE CHECK- IN is required for the 400 Freestyle at the conclusion of warm up. Swimmers need to provide their own timers. We reserve the right to run 2 swimmers per lane, where 2 timers per swimmer will be required.

Session 3 – Saturday PM		
Event #	Ages	Event
13	Mixed OPEN	100 Breaststroke
14	Mixed OPEN	200 Backstroke
15	Mixed OPEN	100 Freestyle
16	Mixed OPEN	200 Butterfly
17	Women OPEN	400 Medley Relay
18	Men OPEN	400 Medley Relay
19	Mixed OPEN	400 Freestyle

POSITIVE CHECK- IN is required for the 400 Freestyle at the conclusion of warm up Swimmers need to provide their own timers. We reserve the right to run 2 swimmers per lane.

2024 Natalie Lewis Long Course Spring Invite

Order of Events, cont.

Session 4 – Sunday AM		
Event #	Ages	Event
20	Mixed 12 & Under	100 Backstroke
21	Mixed 12 & Under	100 Freestyle
22	Mixed 12 & Under	50 Butterfly
23	Mixed 12 & Under	50 Breaststroke
24	Girls 12 & Under	200 Freestyle Relay
25	Boys 12 & Under	200 Freestyle Relay

Lead off swimmers for 200/400 relays wishing to have times submitted to swims database must provide 2 timers to make the time official.

POSITIVE CHECK- IN is required for the 400 Freestyle at the conclusion of warm up. Swimmers need to provide their own timers. We reserve the right to run 2 swimmers per lane, where 2 timers per swimmer will be required.

Session 5 – Sunday PM		
Event #	Ages	Event
26	Mixed OPEN	50 Freestyle
27	Mixed OPEN	200 Individual Medley
28	Mixed OPEN	100 Backstroke
29	Mixed OPEN	200 Freestyle
30	Mixed OPEN	200 Breaststroke
31	Mixed OPEN	100 Butterfly
32	Women OPEN	400 Freestyle Relay
33	Men OPEN	400 Freestyle Relay

Lead off swimmers for 200/400 relays wishing to have times submitted to swims database must provide 2 timers to make the time official.

POSITIVE CHECK- IN is required for the 400 Freestyle at the conclusion of warm up. Swimmers need to provide their own timers. We reserve the right to run 2 swimmers per lane, where 2 timers per swimmer will be required.

2024 Natalie Lewis Long Course Spring Invite

Liability Wavier & Financial Summary Form
Held under the sanction of USA Swimming Sanction NI-2324-031

Club Name: _____ Club Code: _____

Coach Name: _____ Phone: _____

Email: _____

Entry Submitter: _____ Phone: _____

Email: _____

Number of Swimmers: _____ x \$10.00 _____

Individual Entries: _____ x \$6.00 _____

Relays: _____ x \$15.00 _____

Total due: _____

Make Checks Payable to: Tonawanda Titans Swim Club - 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, any and 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.

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.