

UNION AQUATIC CLUB
35th Annual Sertoma Long Course Invitational
 July 11-13, 2008
 Sanction #NI0847

1. Location/Facility

George W. Johnson Memorial Park Pool, Watson Boulevard, Endicott, NY, 13760

Long Course 50m outdoor six-lane pool equipped with non-turbulent lane-markers, starting blocks, and electronic timing. There is ample spectator seating around the pool.

2. Dates and Session Times

<u>Session</u>	<u>Description</u>	<u>Warm Up</u>	<u>Timed Finals</u>
1	Friday, July 11 – Morning 12 & Under	7:45 AM	9:00 AM
2*	Friday, July 11 – Distance	12:00 PM	12:30 PM
3*	Friday, July 11 – Afternoon 13 & Over	2:00 PM	3:00 PM
4	Saturday, July 12 – Morning 12 & Under	7:15 AM	8:30 AM
5*	Saturday, July 12 – Distance	11:30 AM	12:00 PM
6*	Saturday, July 12 – Afternoon 13 & Over	1:00 PM	2:00 PM
7	Sunday, July 13 – Morning 12 & Under	7:15 AM	8:30 AM
8*	Sunday, July 13 – Distance	11:30 AM	12:00 PM
9*	Sunday, July 13 – Afternoon 13 & Over	1:00 PM	2:00 PM

* Note: Distance and Afternoon session times are approximate and may be moved up if time allows.

3. Entries/Fees

This meet will be pre-seeded. Swimmers are limited to five (5) individual events per day, plus relays. Swimming events for this meet are listed in section 9.

Deck Fee	\$4.00 per swimmer
Individual Event	\$3.00 per event
Relay	\$10.00 per relay

Distance Events: The qualifying times for the distance events are the 2005-2008 USA-S NAG Motivational Times – Top 16 Based 'BB' cuts (15-16 for Open events). Please refer to the table below when entering those races.

	SCY*	SCM	LCM	Event	LCM	SCM	SCY*	
Girls	6:22.39	5:34.59	5:42.99	13-14 400m FR*	5:31.09	5:21.79	6:07.69	Boys
	6:17.39	5:30.29	5:38.19	Open 400m FR*	5:17.79	5:08.39	5:52.29	
	5:46.19	6:22.59	6:32.49	13-14 400m IM	6:15.09	6:01.99	5:27.59	
	5:40.29	6:15.99	6:26.29	Open 400m IM	5:57.49	5:46.09	5:13.19	
	21:38.89	21:31.29	22:10.69	Open 1500m FR*	20:59.89	20:14.79	20:21.89	

* Note, SCY cut times for the 400m FR and 1500m FR are the 500y FR and 1650y FR, respectively.

Proof of time is required for all distance entries. No 'custom times' will be accepted. All entry times that are unaccounted for, and entry times exceeding the qualifying time will be scratched.

Directions for exporting proof of time from Team Manager:

1. Open the Meets page and select the Sertoma Invitational.
2. Select the Reports menu and create an Entries report.
3. Check the 'Show Times Unconverted' and the 'Include Proof of Time' boxes.
4. Create the report and save to file. Include this file as an e-mail attachment when submitting entries.

Mail Entries To

Richard Wisniewski c/o Union Aquatic Club
 123 Dogwood Court
 Endwell, NY 13760

e-mail (HyTek TM)

rwisniews@stny.rr.com
 (607) 766-9744

- **PROGRAM DEADLINES:** All clubs shall e-mail their entries using a HyTek Team Manager file or send the enclosed entry form. Entries must be **received** no later than **Monday, June 30, 2008**. Late entries may be accepted at the Meet Director's discretion.
- Please include club contact and e-mail on your entry and/or waiver.
- Please make check payable to **UNION AQUATIC CLUB**.
- All entry fees must be in **U.S. DOLLARS** and accompany the entry and/or waiver.
- Entry fees for scratches and no shows will not be refunded.

4. **Scoring**

Scoring for individual events will be earned for the first twelve (12) best times in each age group. Team scores will be the sum of individual and relay event scores. Points toward individual High Point Awards can only be earned swimming in events for that particular age group. For example:

Swimmers up to 14 years old may swim in open events, but points earned do not count toward their individual high point award. Points do, however, count for team scoring.

Place	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>9</u>	<u>10</u>	<u>11</u>	<u>12</u>
Individual Event Scores	16	13	12	11	10	9	7	5	4	3	2	1
Relay Event Scores	32	26	24	22	20	18	14	10	8	6	4	2

5. **Awards**

Awards will be earned for the first twelve (12) best times on individual events and relays for each age group. Individual High Point Award will be based on applying the scoring in section 5.

Individual Events	Medals: 1 st – 3 rd Ribbons: 4 th – 12 th
Relay Events	Medals: 1 st – 3 rd Ribbons: 4 th – 12 th
High Point Awards	Top 3 boys and girls in each age group
Team Championship	Top 3 total team scores

6. **Eligibility**

All swimmers with current USA-S, Swimming Canada or Mexican Swimming Federation membership are eligible to compete. Participants shall enter the appropriate age category based on their age on **July 11, 2008**.

7. **Sanction**

Niagara District has issued Sanction #NI0847 for this meet, and this meet will be "held under the sanction of United States Swimming, Inc." All current rules and regulations of USA Swimming and Niagara Swimming shall be complied with and enforced.

8. **Meet Rules**

- Each swimmer may swim five (5) individual events per day, plus relays.
- USA/Canadian/Mexican registration numbers must appear on the entry form for each participant.
- ENTRY TIMES MUST BE IN METERS.** Swimmers in the 400 IM, 400 Freestyle, and 1500 Freestyle **shall provide their own timers and counters.**
- We will accept a total of 3000 entries for this meet. If greater than 3000 entries are received, then the entries will be returned unopened.
- Stopwatches will be provided for any volunteers wishing to assist with back up timing.
- A coaches meeting will be held at 8:00 AM each morning of the meet at the timing tent.
- Mixed relay teams will be allowed for exhibition purposes only. No points will be awarded.
- Deck entries** will only be accepted to fill heats seeded with fewer than 6 swimmers. Open lanes will be filled on a "first come, first served" basis. The events will not be re-seeded and the cost will be \$3.00 per entry fee. Deck entries for unfilled heats will be accepted up to ½ hour before the start of each session.
- The Clerk of Course will check for Current Coach Certification when Coaches pick coaches' packets.
- Fly-Over Starts may be used at the Meet Director's discretion to control the duration of the sessions. COACHES, PLEASE PREPARE YOUR SWIMMERS FOR FLY-OVER STARTS.**

9. Meet Program

Day 1			
Friday, July 11, 2008			
Morning Session			
Girls Event	Age	Event Description	Boys Event
1	11-12	200 Meter Free Relay	2
3	10&U	200 Meter Free Relay	4
5	8&U	200 Meter Free Relay	6
7	11-12	200 Meter Freestyle	8
9	10&U	200 Meter Freestyle	10
11	8&U	200 Meter Individual Medley	12
13	11-12	200 Meter Individual Medley	14
15	10&U	200 Meter Individual Medley	16
Distance Session			
17*	Open	1500 Meter Freestyle	18*
<i>*Positive sign in required by 11:00 AM. Please refer to section 3 for 1500m Freestyle qualifying times.</i>			
Afternoon Session			
19	13-14	200 Meter Freestyle Relay	20
21	Open	200 Meter Freestyle Relay	22
23	13-14	200 Meter Breaststroke	24
25	Open	200 Meter Breaststroke	26
27	13-14	200 Meter Butterfly	28
29	Open	200 Meter Butterfly	30
31*	13-14	400 Meter Freestyle	32*
33*	Open	400 Meter Freestyle	34*
<i>*Positive sign in required by 2:00 PM. Please refer to section 3 for 400m Freestyle qualifying times.</i>			

Day 2**Saturday, July 12, 2008****Morning Session**

Girls Event	Age	Event Description	Boys Event
35	11-12	50 Meter Freestyle	36
37	10&U	50 Meter Freestyle	38
39	8&U	50 Meter Freestyle	40
41	11-12	100 Meter Backstroke	42
43	10&U	100 Meter Backstroke	44
45	11-12	50 Meter Breaststroke	46
47	10&U	50 Meter Breaststroke	48
49	8&U	50 Meter Breaststroke	50
51	11-12	100 Meter Butterfly	52
53	10&U	100 Meter Butterfly	54
55	11-12	200 Meter Medley Relay	56
57	10&U	200 Meter Medley Relay	58
59	8&U	200 Meter Medley Relay	60

Distance Session

61*	13-14	400 Meter Individual Medley	62*
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**Positive sign in required by 11:00 AM. Please refer to section 3 for 400m Individual Medley qualifying times.*

Afternoon Session

63	13-14	100 Meter Freestyle	64
65	Open	100 Meter Freestyle	66
67	13-14	200 Meter Backstroke	68
69	Open	200 Meter Backstroke	70
71	13-14	100 Meter Breaststroke	72
73	Open	100 Meter Breaststroke	74
75	13-14	200 Meter Individual Medley	76
77	Open	200 Meter Individual Medley	78
79	13-14	400 Meter Medley Relay	80
81	Open	400 Meter Medley Relay	82

Day 3**Sunday, July 13, 2008****Morning Session**

Girls Event	Age	Event Description	Boys Event
83	11-12	50 Meter Butterfly	84
85	10&U	50 Meter Butterfly	86
87	8&U	50 Meter Butterfly	88
89	11-12	100 Meter Freestyle	90
91	10&U	100 Meter Freestyle	92
93	8&U	100 Meter Freestyle	94
95	11-12	50 Meter Backstroke	96
97	10&U	50 Meter Backstroke	98
99	8&U	50 Meter Backstroke	100
101	11-12	100 Meter Breaststroke	102
103	10&U	100 Meter Breaststroke	104
105	11-12	400 Meter Free Relay	106
107	10&U	400 Meter Free Relay	108

Distance Session

109*	Open	400 Meter Individual Medley	110*
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**Positive sign in required by 11:00 AM. Please refer to section 3 for 400m Individual Medley qualifying times.*

Afternoon Session

111	13-14	50 Meter Freestyle	112
113	Open	50 Meter Freestyle	114
115	13-14	100 Meter Backstroke	116
117	Open	100 Meter Backstroke	118
119	13-14	200 Meter Freestyle	120
121	Open	200 Meter Freestyle	122
123	13-14	100 Meter Butterfly	124
125	Open	100 Meter Butterfly	126
127	13-14	400 Meter Free Relay	128
129	Open	400 Meter Free Relay	130

10. Warm-Up Procedures

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.
- F. ***Lane 6 may be reserved for 8& Under swimmer only at discretion of meet personnel.***

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 starting end of the pool. Circle swimming only.
 - 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 swimmers.
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.

11. Other

- **Concessions:** As always, there will be a well-stocked and varied supply of food at the pool. Concessions will open at 7:30 am daily.
- **Discipline:** Coaches and parents are responsible for the conduct of their swimmers. Anyone is caught damaging or misusing the facilities in any way will be asked to leave the meet. **GLASS CONTAINERS ARE NOT PERMITTED IN THE POOL AREA.**
- **Officials:** If your club has officials who will be traveling to this meet and would like to assist in officiating the meet, please indicate their name and qualifications (stroke, turn, starter, etc.) when your team submits entries or call Richard Wisniewski (Meet Director) at (607) 766-9744. We would be grateful for their assistance.
- **Timers:** Competing teams are welcome to provide timers. Stopwatches will be provided.

12. Facility Information and Directions

The George W. Johnson Memorial Park Pool ("Northside Pool") is located on Watson Boulevard, Endicott, New York. The Northside Pool is an outdoor, 6-lane, 50-meter facility shaped in a "Z" configuration. The pool will be equipped with non-turbulent lane-markers, starting blocks, and electronic timing.

From the North, South, or East: Traveling via Interstate 81 North or South: At Binghamton, merge onto NY Route 17 West toward Endicott/Elmira. Follow Route 17 West to Exit 67N (NY Route 26 North). Continue straight onto McKinley Avenue. At the 3rd light, turn left off McKinley onto Watson Boulevard. About ½ mile down Watson, turn right onto Bermond. The pool is on the right.

From the West: Follow Route 17 East to Exit 67N (NY Route 26 North). Continue straight onto McKinley Avenue. At the 3rd light, turn left off McKinley onto Watson Boulevard. About ½ mile down Watson, turn right onto Bermond. The pool is on the right.

13. Director and Sponsors

Sponsors: Union Aquatic Club, Endicott Sertoma Club, Village of Endicott

Meet Director: Rich Wisniewski
Meet Referee: Joesph Dempsey
Meet Marshall: Jamie Burns

14. Camping

CHENANGO VALLEY STATE PARK New York Route 369; Chenango Forks, NY (607) 648-5251	GREENWOOD COUNTY PARK Greenwood Rd. Nanticoke, NY (Outside of Maine, NY) (607) 862-9933
DORCHESTER COUNTY PARK New York Route 26; Whitney Point, NY (607) 692-4612	PINE VALLEY CAMPGROUNDS (closest to the pool) 600 Boswell Hill Road; Endicott, NY (607) 785-6868

15. Lodging

RECOMMENDED HOTELS

UNAC has contacted several local hotels and motels to block off rooms for the nights of July 11, 12, and 13 for families and swimmers that are planning to attend the meet. **IT IS STRONGLY RECOMMENDED** that you make your reservation **AS SOON AS POSSIBLE**. There are several other events that same weekend that may also impact overnight room availability.

Please note that rooms have been blocked for July 11, 12, and 13. If you plan on arriving on Thursday, July 10th it is important that you get in your reservation as soon as possible!

- All reservations **MUST BE MADE no later than June 10th** to guarantee a room (30 days prior to meet.)
- The codes listed with each hotel/motel below must be used to get a blocked room and specified rate.

HOTEL RATE INFORMATION

*Union Aquatic Swim Meet
Sertoma Summer Invitational Swim Meet*

July 11 - 13, 2008

(See notes on page 2)

<i>Hotel</i>	<i>Double</i>	<i>Triple</i>	<i>Quad</i>	<i>Cots</i>	<i>Amenities</i>
Best Western Johnson City 729-9194 569 Harry L. Drive Johnson City, NY 13790 www.bestwestern.com/ofjohnsoncity Limited rooms	\$84.00	\$84.00	\$84.00	\$8.00	Complimentary continental breakfast, restaurants within walking distance, next to Mall.
<i>"NEW"</i> Holiday Inn Express Hotel & Suites (Vestal) 3603 Vestal Parkway East Vestal, NY 13850 www.hiexpress.com/binghamton **Total # Rooms Blocked (25)	\$134.95	\$144.95	\$154.95	\$15.00	Complimentary continental breakfast, indoor pool, fitness facility, high speed wireless internet.
Howard Johnson Express Inn (SUNY) 729-6181 3601 Vestal Parkway East Vestal, NY 13850 www.howardjohnson.com **Total # Rooms Blocked (15)	\$84.95	\$84.95	\$84.95	\$15.00	Deluxe continental breakfast, private balconies, wireless internet. 1 king bed (1 or 2 people) \$74.95.
La Quinta Inn 770-9333 569 Harry L. Drive Johnson City, NY 13790 http://6003.lq.com Limited rooms	\$89.00	\$89.00	\$89.00	\$8.00	Complimentary continental breakfast, cable television, restaurants within walking distance, next to Mall.
Red Roof Inn 729-8940 590 Fairview Street Johnson City, NY 13790 www.redroof.com **Total # Rooms Blocked (25)	Double \$64.99	Std King \$59.99	BusKing \$69.99	N/A	Restaurants within walking distance, located near Oakdale Mall.
Hampton Inn & Suites - Vestal 797-5000 3708 Vestal Parkway East Vestal, NY 13850 **Total # Rooms blocked (20)		King Suites \$145			Has just about everything King in master Double pullout
Holiday Inn Express Owego 687-9000 20 Hickory Park Rd Owego, NY. **Limited Rooms		\$94.95 Std Double			Approx 15 drive to pool

DUE TO SEVERAL EVENTS TAKING PLACE THIS SAME WEEKEND, IT IS RECOMMENDED THAT YOU MAKE RESERVATIONS AS SOON AS POSSIBLE. MANY HOTELS IN THE AREA HAVE VERY LIMITED AVAILABILITY.

Please notify us of any problems that you may encounter.

IMPORTANT:

When making reservations, let them know that you are with the UNAC swim meet or Union Aquatic Club Swim Meet

NOTES:

All phone numbers are area code 607.

All prices subject to 13% tax.

Blocked rooms may be in any accommodation (example: 15rooms in double, 5 rooms in triple, 5 rooms in quad)

Additional Rooms MAY BE available at “BLOCKED HOTELS/MOTELS”.

Additional rates for over 2 guests may apply as some hotels.

All reservations MUST be made 30 days prior to July 10. Exception is Red Roof until June 26.

All hotels/motels are within approximately 15 minutes from the pool depending upon traffic conditions.

VERIFY RATES as both UNAC and the Tourist Bureau have been setting up rooms and rates. Conflicts may exist.

If you have difficulty finding lodging, the Owego Holiday Inn has 2 additional hotels they can provide rooms in.

OTHER HOTELS IN THE BINGHAMTON AREA

Courtyard by Marriott 3801 Vestal Pkwy Vestal, NY 13850 (607) 644-1000	Hampton Inn 630 Field Street Johnson City, NY 13790 (607) 729-9125	Econo Lodge 749 West Main St. Endicott, NY 13760 (607) 754-1533
Holiday Inn Arena 8 Hawley Street Binghamton, NY 13901 (607) 722-1212	Quality Inn Main St Apalachin, NY 13732 (607) 625-4441	Fairfield Inn 864 Upper Front St. Binghamton, NY (607) 773-8432
Owego Treadway Exit 65 off Route 17 Route 17C Owego, NY (607) 687-4500 http://www.owegotreadway.com	Hampton Inn Owego 1030 State Route 17C Owego, NY 13827 (607) 687-4600	Holiday Inn University 4105 Vestal Pkwy East Vestal, NY 13850 (607) 729-6371
Residence Inn by Marriott 4610 Vestal Pkwy Vestal, NY 13850 (607) 770-8500		

FEE SUMMARY AND WAIVER

TEAM NAME _____

TEAM CODE _____

COACH NAME(S) _____

PHONE(S)

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() -

() -

TEAM CONTACT _____

PHONE

() -

ADDRESS _____

MEET ENTRY SUMMARY

	Cost	Total
# Swimmers _____	@ \$4.00	_____
# Individual Entries _____	@ \$3.00	_____
# Relays _____	@ \$10.00	_____
	Total Cost	<input type="text"/>

* Please make check payable to **UNION AQUATIC CLUB**.

I/We hereby for myself/ourselves, my heir administrators and assigns, intending to be legally bound, release and forever discharge, any and all rights and claims for damages against USA-S Inc., Union Aquatic Club, Greater Endicott Sertoma, Village of Endicott, and all officials concerned, their respective officers, agents, successors, and/or assigns, for any and all damages which may be sustained or suffered in connection with or entry in and/or out of my/our traveling to, participating in, and registration and eligible in all events I/We entered.

Signature of Club official, Parent or Guardian: _____

(Form must be signed)

