



Niagara Frontier League

Junior Varsity Swim Meet

LOCATION: Kenmore East High School
350 Fries Road
Tonawanda, NY 14150
Swimmers, Spectators, and Officials should enter the building at door #13.

DATE: Thursday, January 24, 2019

TIME: Warm Up: 3:30 pm
Meet Start: 5:00 pm

ENTRY DEADLINE: All entries must be emailed to nbourke@ktufsd.org using Hy-Tek Team Manager by 12:00 p.m. (noon) on **Wednesday, January 23, 2019.**

IMPORTANT CONFIRMATION TIMELINE: An entry report will be emailed back individually to each coach by 2:00 p.m. on Wednesday. A psych sheet will be emailed to all coaches at 6:00 p.m. on Wednesday, January 23.

FACILITY:

Pool: 4 lane, 25 yard pool

Locker Rooms: Teams will share two locker rooms. Assignments will be posted the day of the meet. For safety and security, please ask your swimmers to leave valuables at home or otherwise secure them. **Limited locker space will be available.**

MEET SPECIFICATIONS:

NFHS 2018-2019 Rules Book will be followed unless otherwise noted.

Scoring: This is a non-scoring, timed finals meet.

Entries: A.) Each team may enter a maximum of 4 swimmers per event
B.) Two relay entries per event is permissible.
C.) Swimmers may enter no more than 2 individual events and 2 relays **OR** 1 individual event and 3 relays.
D) There will be unlimited team entries in the 50 freestyle.

Regulations: A.) Three coaches and two officials will act as a meet committee.
B.) Arrangements have been made to have USA Swimming Officials observe the meet.

Warm Ups: A.) Warm ups will begin at 3:30 pm
B.) Swimmers CANNOT enter the water until a lifeguard is on duty in the chair
C.) Starting blocks cannot be used until one-way sprint lanes are opened. Cones will be placed on the blocks and will be removed when sprint lanes are opened.

Awards: There are no awards for this meet.

Diving: There is no springboard diving at this meet. Divers will compete on Friday 1/25/19 at Niagara Falls. Please enter your JV (6 dives) entry in the TM file.