



Niagara Frontier League

Varsity Swimming and Diving

Championships

Note: All information below is for SWIMMING championships. Niagara Falls is hosting diving and will send information for the diving meet.

LOCATION: Grand Island High School
1100 Ransom Road
Grand Island, NY 14072

DATE: Saturday, January 26, 2019

TIME: Warm Up - 9:30 a.m. - Please see important warm up notes under meet specifications
Meet Start - 11:00am start

ENTRY DEADLINE: All entries must be emailed to grandislandswimming@yahoo.com using Hy-Teks Team Manager by 12:00 p.m. (noon) on **Thursday, January 24, 2019**. No other form of entry (word, spreadsheet, excel, etc.) will be accepted.

IMPORTANT CONFIRMATION TIMELINE: An entry report will be emailed back individually to each coach by 6:00 p.m. on Thursday. A psych sheet will be emailed to all coaches at 12:00 p.m. (noon) on Friday, January 25. No changes will be accepted after the psych sheet is emailed out. No other form of entry (word, spreadsheet, excel, etc.) will be accepted.

Late entries will not be accepted.

FACILITY SPECIFICATIONS

Pool: 6 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.) Only one school relay per event is permissible.
- C.) Swimmers may enter no more than 2 individual events and 2 relays **OR** 1 individual event and 3 relays.

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 9:30 a.m.
- 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:

- A.) Awards will be immediately after the final heat of each event. The top six places for each event will be awarded. The coach of the winning swimmer from each event will present the awards for that event. The presentation will take place on the starting blocks with 6th place in lane 1 and 1st place in lane 6.
- B.) 1st place will be awarded medals and 2nd through 6th place will be awarded ribbons
- C.) All Stars will be awarded a pin and certificate for 1st team and a certificate for 2nd and 3rd Team. Certificates will be given to the coaches blank so the names can be printed the way the coach wants them done.