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# **7<sup>th</sup> Annual Terror on the Block**

## **MEET ANNOUNCEMENT**

### **About the Meet**

**Date: October 29, 2016**

**Location: Skaneateles YMCA & Community Center**

**Entry Deadline: October 20, 2016**

**Hosted by: Auburn YMCA Stingrays**

**Meet Director: Shannon House**

**Web Site: [auburnstingrays.org](http://auburnstingrays.org)**

### **Contents**

*About The Meet*

3

*Meet Format Waiver*

3

*Location and Facility*

3

*Web Site*

4

*Contact Information*

4

*Meet Timeline*

4

*Eligibility*

4



# **7<sup>th</sup> Annual Terror on the Blocks**

## ***October 29, 2017***

---

### *Entry Information*

6

*Volunteers/Officials/Timers*

7

*Check-in Procedure*

7

*Procedures and Operations*

7

*Awards and Recognition*

9

*Spectators*

9

*Liability, Safety and Emergency Procedures*

10

*Parking:*

12

*APPENDIX I: Order of Events*

14

*APPENDIX 2: YMCA Sanctioned Meet Declaration Form*

16



## **7<sup>th</sup> Annual Terror on the Blocks October 29, 2017**

---

### **ABOUT THE MEET**

***This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the Niagara LSC of USA Swimming.***

***USA-S/[NI] Approval number: NI-1617-AP2***

### **MEET FORMAT WAIVER**

***RESERVE THE RIGHT TO MAKE CHANGES: The host organization reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. Changes will be communicated as far in advance as possible. None of the required elements of a sanctioned meet may be changed.***

### **LOCATION AND FACILITY**

***Location: Skaneateles YMCA & Community Center, 97 State St.***

***Skaneateles, NY 13152***

***Emergency Phone Number: 315-253-5304 (Auburn YMCA)***

***The Skaneateles YMCA & Community Center is configured as a 8 lane, SCY course. Water depth at start is 13 feet (minimum 5 feet required) and at turn end is 4 feet. Daktronics electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4)***

***There is a 3 lane, 20 yard pool available for warm-up and warm-downs. It will be closed during the 10 & under session with the exception of warming up for the 1000's.***

***There is spectator seating for 250 people. Areas outside the pool are available for families to relax.***

***Swimmers are expected to stay on the pool deck. Absolutely no glass bottles are allowed anywhere in the facility.***



## **7<sup>th</sup> Annual Terror on the Blocks October 29, 2017**

---

*Free WiFi is available in the lobby.*

### **WEB SITE**

*Meet Information can be found at: [auburnstingrays.org](http://auburnstingrays.org)*

*Online Meet Results: Meet Mobile*

### **CONTACT INFORMATION**

*Meet Director: Shannon House*

*Entry Chairperson: Brian House*

*Meet Referee: Steve Duffy*

*Administrative Official: Brian House*

*Officials Coordinator: Steve Duffy*

*Safety Director: Shannon House*

### **MEET TIMELINE**

*Warm-up and start times for all sessions are subject to change depending on the size of the meet*

**10 & Under Session 1**    **Warm-up 8:00 AM**                      **Session will begin at 9:00 AM**

**11 & Up Session 2**                      **Warm-up 12:00 PM**                      **Session will begin no sooner than 1:00 PM**

***Inclement Weather/Cancelation: We will make every effort to inform each team if there is a change in the meet schedule do to inclement weather.***

### **ELIGIBILITY**

#### **ATHLETE**

***YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 90 days prior to the first day of the meet. An athlete may have only represented that***



## **7<sup>th</sup> Annual Terror on the Blocks** **October 29, 2017**

---

***YMCA team in competition for a period of 90 days prior to the first day of the meet, excluding scholastic competition.***

***Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.***

***Unattached Athletes: There is no unattached status in YMCA Swimming.***

***Age: Age is determined as of your age on December 1, 2016***

***YMCA Meet Participation: Be a current full privileged YMCA member for the team you are representing.***

***Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.***

### **COACH**

***Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.***

***Coach Registration: Each coach must have completed the annual YMCA on-line team and coach registration process. Coaches who are not registered and approved will not be permitted on deck.***

***Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may***



## **7<sup>th</sup> Annual Terror on the Blocks October 29, 2017**

---

**authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.**

### **TEAM**

**Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.**

**Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.**

### **ENTRY INFORMATION**

- ENTRY LIMITS:**
- 1. There are no restrictions on the number of entries per team in individual events.**
  - 2. The host reserves the right to limit the number of heats in certain events as well as close entries at any time.**
  - 3. There is no limitation to the number of mixed relays a team may enter in a relay event.**
  - 4. Swimmers may swim up to 5 individual events and two relays.**

**USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.**

**ENTRY FEES:**    **\$5.00 per individual event**  
                      **\$20.00 per relay event (\$5.00 per swimmer)**  
                      **\$5.00 deck fee (one-time fee per swimmer)**

**OTHER: T-shirts and programs will be available for sale. The Deep End will be on site.**

**ENTRY DEADLINE: October 20, 2016**

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## **7<sup>th</sup> Annual Terror on the Blocks** **October 29, 2017**

---

**ENTRY PROCEDURE:** Entries are to be submitted electronically. An event file will be provided. Please email entries to [auburnstingraysmm@gmail.com](mailto:auburnstingraysmm@gmail.com).

**PAYMENT:** Please submit checks to the Auburn YMCA Stingrays, 27 William St., Auburn, NY 13021 postmarked by October 24, 2017.

**OVER-SUBSCRIPTION:** The meet manager reserves the right to close entries if the meet size exceeds 450 athletes.

### **VOLUNTEERS/OFFICIALS/TIMERS**

**OFFICIALS AND TIMERS:** We will likely need the assistance of other clubs officials and timers. Please inform Bill Brown at [bill@auburnymca.net](mailto:bill@auburnymca.net) if you have officials that would like to participate.

### **CHECK-IN PROCEDURE**

**MEET CHECK-IN PROCEDURE:** Head coaches should check in the coaches room.

**EVENT CHECK-IN:** There will be a positive check-in for the 1000 free.

**COACHES MEETING/SCRATCH MEETING:** Coaches meeting will be announced prior to each session. Please provide courtesy scratches to the meet manager.

**OFFICIALS AND TIMERS MEETING:** Officials and timers meeting will be announced at the meet prior to each session.

### **PROCEDURES AND OPERATIONS**

**RULES:** The meet will run under YMCA Rules that Govern Competitive Sports, Addendum to the YMCA Rules that Govern Competitive Sports, **CNY Swim League**, USA-S Technical Rules.

**MEET FORMAT:** The meet will be swum using a **Timed finals** format. Swimmer's age will be determined as of **December 1, 2016** All relays will be mixed.



## **7<sup>th</sup> Annual Terror on the Blocks** **October 29, 2017**

---

**EVENT SEEDING:** Events will be seeded Slowest to Fastest. The Meet Referee/Administrative Official reserve the right to combine heats.

**SCRATCH PROCEDURES:** An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

**DECLARED FALSE START:** An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

**WARM-UP SAFETY PROCEDURES:** Teams **will** be assigned lanes for warm-ups. During designated warm up sessions, athletes may only enter the competition pools feet first. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

**Bull Pen:** **10 & under swimmers will be bull penned on the deck. 11 & up swimmers will line up behind the blocks.**

**STARTS:** 'Fly-over' starts **will** be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun.

**Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23).**

**CONDUCT AND RESTRICTIONS:** The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- **Deck access is limited to only registered and approved coaches, swimmers, and working officials.**
- **Deck Changes are prohibited.**
- **No Glass containers are allowed in the facility.**
- **The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.**





## **7<sup>th</sup> Annual Terror on the Blocks October 29, 2017**

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- **Massage tables are not permitted.**
- **Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.**
- **Swimmers are not permitted in the spectator stands**
- **Shaving is not permit in any areas of the facility.**
- **Folding chairs are allowed on the pool deck in team areas.**

### **AWARDS AND RECOGNITION**

**SCORING:**        **Individual Events 1<sup>st</sup>-16<sup>th</sup> place:**

**20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1**

**Relay Events 1<sup>st</sup>-16<sup>th</sup> place** *Place awards only, no points*

**AWARDS:** *First through sixteenth place for all events will receive awards.*

*High point in each age group, male and female, will receive an award first thru third. All events, except relays, will score points through sixteenth place. All relays are non-scoring. 11 & up 1000 free event will score by age group*

### **SPECTATORS**

**ADMISSION FEE:** **none**

**HEAT SHEETS/PROGRAMS:** *Available for sale*

**CONCESSION STAND:** *There will be a vendor running concessions at the meet.*

**T-SHIRTS:** *Will be available for sale*

**SUIT & EQUIPMENT SALES:** *The Deep End will be at the meet.*

**ATHLETE APPAREL:** ***Swimmers must wear shirts and footwear outside the pool deck.***

**HANDICAP SEATING:** *will be available*

**CONDUCT AND RESTRICTIONS:**



## **7<sup>th</sup> Annual Terror on the Blocks October 29, 2017**

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- **No Flash Photography at the start of competition races.**
- **Parents and coaches are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.**
- **The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.**
- **Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request**
- **No smoking, drugs, or alcohol are permitted in the swimming complex.**
- **The hockey rink areas are off limits. A swimmer may be expelled from the meet if found in the rink areas.**

### **LIABILITY, SAFETY AND EMERGENCY PROCEDURES**

**INSURANCE:** Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of travel from their Association to the meet, during the entire period of the meet and return to their Association. Appendix 3 must be signed by each association participating in the meet.

#### **LIABILITY LIMITS:**

- **In granting of the USA-S/*Niagara LSC* approval, it is understood and agreed that USA Swimming and *Niagara LSC* shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.**
- **In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.**

**EMERGENCIES:** the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will



## **7<sup>th</sup> Annual Terror on the Blocks October 29, 2017**

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***ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.***

***Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.***

***UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).***

***CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.***

***If a head injury occurs, the action plan below will be followed:***

- 1. Athlete is removed immediately from participation by the Meet Director***
- 2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.***
- 3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.***
- 4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.***

***LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an***



## **7<sup>th</sup> Annual Terror on the Blocks October 29, 2017**

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***indoor pool during an electrical storm. This policy will be followed at the meet.***

***EVACUATION PROCEDURE: Will be announced before each session.***

### **PARKING:**

#### **IMPORTANT PARKING INFORMATION AND NOTICE**

*Parking is available at the front entrance to the Skaneateles YMCA and Community Center. Parking is allowed in marked parking spaces only. The Community Center will be hosting hockey events on the same day and the parking lot may be full particularly as swimmers arrive for the afternoon session.*

***DO NOT PARK ALONG ROADWAY, IN DRIVE AREAS, ON GRASS OR ANY LOCATION NOT DESIGNATED A PARKING SPACE. ALL ROADWAYS AND DRIVE AREAS MUST REMAIN OPEN AND CLEAR FOR EMERGENCY ACCESS.***

***VEHICLES PARKED IN NO PARKING AREAS WILL BE TICKETED, BOOTED AND TOWED AT THE OWNERS EXPENSE. NO EXCEPTIONS. WARNINGS MAY NOT BE ISSUED.***

*If the lot is full, additional parking is available at the adjacent Austin Park south of the Community Center. A walkway is available from the parking area to the Community Center. In the unlikely event both lots are full, additional parking is available across the street from Austin Park at the Skaneateles School parking lot.*

***PLEASE ABIDE BY THE PARKING REGULATIONS AND AVOID A TICKET AND FINE.***



**7<sup>th</sup> Annual Terror on the Blocks**  
***October 29, 2017***

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# **7<sup>th</sup> Annual Terror on the Blocks**

## ***October 29, 2017***

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### **APPENDIX 1: ORDER OF EVENTS**



## 7<sup>th</sup> Annual Terror on the Blocks October 29, 2017

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<u>Girls &amp; Mixed Event #</u>	<u>Session 1 Events</u>	<u>Boys Event #</u>
1	Mixed 8 & Under 100 Medley Relay	-
2	Mixed 9-10 200 Medley Relay	-
3	8 & Under 100 Freestyle	4
5	9-10 200 Freestyle	6
7	8 & Under 100 Individual Medley	8
9	9-10 100 Individual Medley	10
11	8 & Under 25 Freestyle	12
13	9-10 50 Freestyle	14
15	8 & Under 25 Butterfly	16
17	9-10 50 Butterfly	18
19	8 & Under 50 Freestyle	20
21	9-10 100 Freestyle	22
23	8 & Under 25 Backstroke	24
25	9-10 50 Backstroke	26
27	8 & Under 25 Breaststroke	28
29	9-10 50 Breaststroke	30
31	Mixed 8 & Under 100 Freestyle Relay	-
32	Mixed 9-10 200 Freestyle Relay	-
33	8 & Under 200 Freestyle	34
35	9-10 500 Freestyle	36
37	Mixed 11 & Over 1000 Freestyle	-

<u>Girls &amp; Mixed Event #</u>	<u>Session 2 Events</u>	<u>Boys Event #</u>
39	Mixed 11-12 200 Medley Relay	-
40	Mixed 13 & Over 200 Medley Relay	-
41	11-12 200 Freestyle	42
43	13 & Over 200 Freestyle	44



## 7<sup>th</sup> Annual Terror on the Blocks October 29, 2017

45	11-12 200 Individual Medley	46
47	13 & Over 200 Individual Medley	48
49	11-12 50 Freestyle	50
51	13 & Over 50 Freestyle	52
53	11-12 50 Butterfly	54
55	13 & Over 100 Butterfly	56
57	11-12 100 Freestyle	58
59	13 & Over 100 Freestyle	60
61	11 & Over 500 Freestyle	62
63	11-12 50 Backstroke	64
65	13 & Over 100 Backstroke	66
67	11-12 50 Breaststroke	68
69	13 & Over 100 Breaststroke	70
71	Mixed 11-12 200 Freestyle Relay	-
72	Mixed 13 & Over 200 Freestyle Relay	-

### **APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM**

*(Note: Return signed Declaration form to the meet director)*

**Participating YMCA:** \_\_\_\_\_

**YMCA Address:** \_\_\_\_\_

**Meet Name:** \_\_\_\_\_

**Meet Date(s):** \_\_\_\_\_

**Meet Host:** \_\_\_\_\_

**Meet Location:** \_\_\_\_\_

We the undersigned attest to the following:

**SWIMMERS** - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

**COACHES** - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

**INSURANCE** - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the **Terror on the Blocks** for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. (We suggest you investigate trip insurance). I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in





# 7<sup>th</sup> Annual Terror on the Blocks October 29, 2017

liability insurance that covers our coaches and swimmers during their travel to and from and during their participation in the **Terror on the Blocks**. The YMCA of the USA must be named the Certificate Holder and also names the YMCA of the USA as an additional insured as it relates to this meet.

**RELEASE** - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, **Auburn YMCA Stingrays & the Auburn / Skaneateles YMCA** their agents, representatives or assigns, and the **Skaneateles YMCA & Recreation Center** any and all injuries which may be suffered by participants at the **Terror on the Blocks** Furthermore, we understand that the YMCA of the USA and **Auburn YMCA Stingrays** are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

\_\_\_\_\_

\_\_\_\_\_  
**Name and Signature of Head Coach**

\_\_\_\_\_

\_\_\_\_\_  
**Name and Signature of YMCA Executive Director or Designee**

### Coaches Attending the Meet

Team: \_\_\_\_\_

Team Acronym: \_\_\_\_\_

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_



## **7<sup>th</sup> Annual Terror on the Blocks** **October 29, 2017**

---

*I attest to the fact that all coaches listed above have the proper credentials (Life Guarding or safety training for swim coaches, CPR, First Aid and required YMCA Credentials) to be on deck at the Terror on the Blocks invite held at the Skaneateles YMCA and Community Center on Sunday, October 30<sup>h</sup> 2016. All Coaches certifications will be checked at the YMCA approved coaches list.*

*Head Coach:* \_\_\_\_\_

*Signature required*



# 7<sup>th</sup> Annual Terror on the Blocks October 29, 2017

## 6th Annual Terror On The Blocks

### Entry Summary Sheet

Team Name: \_\_\_\_\_ Team abbr. \_\_\_\_\_

Head Coach's Name: \_\_\_\_\_

Phone # Day: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail Address: \_\_\_\_\_

<u>Girls</u>	<u>Boys</u>	<u>Total Entries</u>	<u>X Fee</u>	<u>Total Due</u>
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Total number

Of swimmers \_\_\_\_\_ \$4.00 \_\_\_\_\_

Individual

Entries \_\_\_\_\_ \$4.00 \_\_\_\_\_

\_\_\_\_\_ Mixed (Total Relays)

Relay

Entries \_\_\_\_\_ \$16.00 \_\_\_\_\_

Total Fee: \_\_\_\_\_

Coaches Signature: \_\_\_\_\_

After e-mailing entries in, the following documents must be sent and post marked no later than October 20th to the address listed below:

1. Entry summary sheet
2. Coaches attendance sheet
3. Release declaration
4. Enclosed check made payable to: Auburn YMCA Stingrays

Auburn YMCA Stingrays

Attn: Theresa Ehresman

27 William Street

Auburn, NY 13021