



2024 Niagara Junior/Senior Power Point Championships


January 13-15, 2024
Sanction # NI-2324-020

Hosted by:



MEET DIRECTOR Rob Wahl Coach_Rob@wsabluefins.com 585-230-4530	MEET REFEREE Mike Burgess headwizard@icloud.com 607-368-3381 (Text preferred)	CLUB OFFICIALS CHAIR Dan Rinker officials@wsabluefins.com	ENTRY CHAIR Linda Barbeau adminofficial@wsabluefins.com
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SANCTION	<ul style="list-style-type: none"> Held under the sanction of USA Swimming through Niagara Swimming: NI-2324-020. In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, Webster Swim Association and Webster Aquatic Center 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.
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FACILITY	<p style="text-align: center;">Webster Aquatic Center 875 Ridge Road Webster, NY 14580 585-670-1087</p>  <ul style="list-style-type: none"> 50-meter pool will be set up as 6-10 lane, 25-yard pool with non-turbulent lane dividers and electronic timing. Water depth: From start end, pool depth ranges from 6'8" to 7'6" at 1 meter and 6'8" to 7'6" at 5 meters. From turn end, pool depth ranges from 6'8" to 7'6" at 1 meter and 6'8" to 7'6" at 5 meters. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming. Lane(s) will be available for continuous warm-up and cool down. Swimmers will sit with their teams on the pool deck.
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ENTRY DEADLINE	<p>January 5, 2024 at 10 pm</p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Entry Chair. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>
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SCHEDULE	<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th>Date(s)</th> <th>Session #</th> <th>Session Info</th> <th>Warm-up start</th> <th>Event start</th> </tr> </thead> <tbody> <tr> <td rowspan="2" style="text-align: center;">Saturday, January 13</td> <td style="text-align: center;">1</td> <td>Male & Female 12 & Under</td> <td style="text-align: center;">8:30 am</td> <td style="text-align: center;">9:30 am</td> </tr> <tr> <td style="text-align: center;">2</td> <td>Male & Female 13 & Over</td> <td style="text-align: center;">2:00 pm*</td> <td style="text-align: center;">3:00 pm*</td> </tr> <tr> <td rowspan="2" style="text-align: center;">Sunday, January 14</td> <td style="text-align: center;">3</td> <td>Male & Female 12 & Under</td> <td style="text-align: center;">8:30 am</td> <td style="text-align: center;">9:30 am</td> </tr> <tr> <td style="text-align: center;">4</td> <td>Male & Female 13 & Over</td> <td style="text-align: center;">2:30 pm*</td> <td style="text-align: center;">3:30 pm*</td> </tr> <tr> <td style="text-align: center;">Monday, January 15</td> <td style="text-align: center;">5</td> <td>Male & Female 13 & Over</td> <td style="text-align: center;">10:00 am*</td> <td style="text-align: center;">11:00 am*</td> </tr> </tbody> </table> <p>*Subject to change based on entries.</p> <ul style="list-style-type: none"> Meet Director reserves the right to adjust times/sessions after entries are received. 	Date(s)	Session #	Session Info	Warm-up start	Event start	Saturday, January 13	1	Male & Female 12 & Under	8:30 am	9:30 am	2	Male & Female 13 & Over	2:00 pm*	3:00 pm*	Sunday, January 14	3	Male & Female 12 & Under	8:30 am	9:30 am	4	Male & Female 13 & Over	2:30 pm*	3:30 pm*	Monday, January 15	5	Male & Female 13 & Over	10:00 am*	11:00 am*
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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 SWIMMERS	<ul style="list-style-type: none"> • NI and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the NI BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete’s coach) is also responsible for notifying the session referee of any disability prior to competition.
TIMING SYSTEM	<ul style="list-style-type: none"> • Automatic timing will be used.
RULES	<ul style="list-style-type: none"> • Current USA Swimming rules shall govern this meet. • All 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 MAAPP 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 spectators are present. • Prepare for fly-over starts. • 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	<ul style="list-style-type: none"> • All events are timed finals. The 13 & Over 400 Individual Medley, 1000 Freestyle and 11-12 and 13 & Over 500 freestyle events shall be competed on a timed final basis alternating women’s & men’s, fastest to slowest. Entries may be limited for meet management. • No deck entries will be permitted. • 12 & Under swimmers may enter and swim no more than 3 individual events and 2 relays on Saturday and 5 individual events and 1 relay on Sunday. • 13 & Over swimmers may enter and swim no more than 3 individual events and 1 relay on Saturday, 3 individual events and 2 relays on Sunday, and 3 individual events and 1 relay on Monday. • Relay swimmers must be qualified, entered and swim in at least 1 individual event in the meet. • Entry times must be equal to or faster than the applicable Niagara LSC meet time standards where listed. For events without time standard requirements, please consider entering swimmers' times with a coach's watch time if no official time is available. • Age on the first day of the meet determines eligibility. • All or part of the meet may be live streamed to the video scoreboard or internet.



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POSITIVE CHECK IN	<ul style="list-style-type: none"> The meet is pre-seeded except for the 400 Individual Medley, 500 Freestyle and 1000 Freestyle events. These events will be deck seeded with positive check-in required by the end of the warm-up period for that session. It is the swimmer's responsibility to be at the blocks when their event and heat are called. Failure to swim after positive check-in will result in disqualification from that event. 				
WARM-UP	<ul style="list-style-type: none"> 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. 				
SUPERVISION	<ul style="list-style-type: none"> Coaches are responsible for the conduct of their swimmers in all areas throughout the duration of the meet and cleaning up the team area. Cooperation with the request of a Meet Marshal is expected. The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway and balcony area. Any swimmer found in an area designated out-of-bounds will be barred from participating in the remainder of the meet. 				
SEEDING	<ul style="list-style-type: none"> The meet will be seeded following USA Swimming seeding rules. 				
SCORING	<ul style="list-style-type: none"> Individual High Point Male and Female Scoring using HY-Tek Single-Age Power Points. There will be no team scoring. 				
AWARDS	<ul style="list-style-type: none"> There will be "Bell ringer" prize heats at random intervals during the meet. Individual High Point eligibility for awards in each category will be based on swum times. Gender-specific age groups are: 8 & Under, 9 year old, 10 year old, 11 year old, 12 year old, 13 & Over. <table border="1" data-bbox="391 1024 1511 1255"> <tr> <td>12 & Under Categories</td> <td>1st – Towel, Medal, Drawstring Bag, Water Bottle 2nd & 3rd – Medal, Drawstring Bag</td> </tr> <tr> <td>13 & Over Categories</td> <td>1st – Waterproof Speaker, Towel, Water Bottle, Drawstring Bag, Plaque 2nd – Towel, Water Bottle, Drawstring Bag, Plaque 3rd – Water Bottle, Drawstring Bag, Plaque</td> </tr> </table>	12 & Under Categories	1 st – Towel, Medal, Drawstring Bag, Water Bottle 2 nd & 3 rd – Medal, Drawstring Bag	13 & Over Categories	1 st – Waterproof Speaker, Towel, Water Bottle, Drawstring Bag, Plaque 2 nd – Towel, Water Bottle, Drawstring Bag, Plaque 3 rd – Water Bottle, Drawstring Bag, Plaque
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PROGRAMS	<ul style="list-style-type: none"> Programs will be provided for coaches and officials and will be made available electronically to spectators. 				
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. 				
SPECTATOR ENTRY FEE	<ul style="list-style-type: none"> None 				
OFFICIALS	<ul style="list-style-type: none"> Officials interested in volunteering should contact the Officials Chair listed above. Officials volunteering for this meet should sign in at the recording table prior to 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 officials briefing will precede each session during warm-ups. 				
TIMERS	<ul style="list-style-type: none"> Participating clubs will be required to assist with lane timing. Schedules will be communicated before the meet and posted at the pool. Swimmers must provide their own timers and counters for the 500 and 1000 freestyle events. 				



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<p>ENTRY PROCEDURES</p>	<ul style="list-style-type: none"> • Entries should be submitted by email to adminofficial@wsabluefins.com • Include in the subject of the email, "Jr-Sr Power Point - ****" with the club's initials in place of the asterisks. 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 entry chair will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director. • 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.
<p>ENTRY FEES</p>	<p style="text-align: center;">Per Swimmer Surcharge: \$10.00 Relay event fee: \$15.00 Individual event fee: \$5.00</p> <ul style="list-style-type: none"> • Make checks payable to Webster Swim Association and mail to the following address: <div style="text-align: center;"> Webster Swim Association Treasurer P.O. Box 262 Webster, NY 14580 </div> • 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.
<p>Available Medical Supervision/ Equipment</p>	<ul style="list-style-type: none"> • The Webster Aquatic Center (WAC) has lifeguards stationed on the pool deck monitoring the competition and warm up pool. A lifeguard office is located off the pool deck with medical supplies. AEDs are available in the facility.
<p>On Site Vendors</p>	<ul style="list-style-type: none"> • Concessions will be available for sale. • Northwest Design will be selling custom meet apparel. • Ultimate Swim Shop will be selling swimming related merchandise.



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Order of Events

Additional 10-minute breaks may be added or deleted at the discretion of the Meet Director.

Time Standards are specific to this meet.

Session 1 - Saturday AM

Warm-up 8:30 AM - Meet Start 9:30 AM

Female	Equal to or Faster Than	Event Description	Equal to or Faster Than	Male
1	NT	9-12 400 Free Relay	NT	2
		10 Minute Break		
3	NT	11-12 200 Breaststroke	NT	4
5	NT	9-12 50 Freestyle	NT	6
7	NT	9-12 100 Backstroke	NT	8
9	NT	9-12 200 Individual Medley	NT	10
11	NT	9-12 200 Freestyle	NT	12
13	NT	11-12 200 Butterfly	NT	14
15	NT	9-12 50 Backstroke	NT	16
17	NT	9-12 200 Medley Relay	NT	18

Session 2 - Saturday PM

Warm-up 2:00 PM – Start 3:00 PM

Female	Equal to or Faster Than	Event Description	Equal to or Faster Than	Male
49	NT	13 & Over 200 Medley Relay	NT	50
		****10 minute break****		
51	1:35.89	13 & Over 100 Breaststroke	1:33.89	52
53	2:39.89	13 & Over 200 Freestyle	2:34.89	54
55	1:25.49	13 & Over 100 Backstroke	1:24.09	56
57	3:08.79	13 & Over 200 Individual Medley	3:04.99	58
59	35.59	13 & Over 50 Freestyle	33.19	60
61	13:49.19	13 & Over 1000 Freestyle* <i>alternating heats by gender, fastest to slowest</i>	13:08.19	62

*Positive check-in by end of warm-up period.



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Session 3 - Sunday AM

Warm-up 8:30 AM – Start 9:30 AM

Female	Equal to or Faster Than	Event Description	Equal to or Faster Than	Male
19	NT	12 & Under 200 Free Relay	NT	20
		10 Minute Break		
21	NT	8 & Under 50 Freestyle	NT	22
23	NT	9-12 Under 50 Butterfly	NT	24
25	5:56.79	11-12 400 Individual Medley	5:46.39	26
27	NT	8 & Under 50 Breaststroke	NT	28
29	NT	9-12 50 Breaststroke	NT	30
31	NT	8 & Under 50 Backstroke	NT	32
33	NT	11-12 200 Backstroke	NT	34
35	NT	9-12 100 Butterfly	NT	36
37	NT	8 & Under 50 Butterfly	NT	38
39	NT	9-12 100 Freestyle	NT	40
41	NT	9-12 100 Breaststroke	NT	42
43	NT	8 & Under 100 Individual Medley	NT	44
45	NT	9-12 100 Individual Medley	NT	46
47	7:32.69	11-12 500 Freestyle* <i>alternating heats by gender, fastest to slowest</i>	7:39.99	48

*Positive check-in by end of warm-up period.

Session 4 - Sunday PM

Warm-up 2:00 PM - Meet Start 3:00 PM

Female	Equal to or Faster Than	Event Description	Equal to or Faster Than	Male
63	NT	13 & Over 400 Medley Relay	NT	64
		****10 minute break****		
65	NT	13 & Over 50 Butterfly	NT	66
67	NT	13 & Over 50 Breaststroke	NT	68
69	3:22.99	13 & Over 200 Breaststroke	3:19.29	70
71	1:24.99	13 & Over 100 Butterfly	1:23.99	72
73	NT	13 & Over 200 Freestyle Relay	NT	74
		****10 minute break****		
75	6:13.69	13 & Over 400 Individual Medley* <i>alternating heats by gender, fastest to slowest</i>	6:08.09	76

*Positive check-in by end of warm-up period.



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Session 5 - Monday AM

Warm-up 10:00 AM – Start 11:00 AM

Female	Equal to or Faster Than	Event Description	Equal to or Faster Than	Male
77	NT	13 & Over 400 Freestyle Relay	NT	78
		****10 minute break****		
79	2:59.79	13 & Over 200 Backstroke	2:56.29	80
81	1:16.89	13 & Over 100 Freestyle	1:14.19	82
83	NT	13 & Over 50 Backstroke	NT	84
85	3:13.99	13 & Over 200 Butterfly	3:11.19	86
87	1:24.80	13 & Over 100 Individual Medley	1:21.83	88
89	6:44.99	13 & Over 500 Freestyle* <i>alternating heats by gender, fastest to slowest</i>	6:37.99	90

*Positive check-in by end of warm-up period.

