

Eric Namesnik Memorial Swim Meet

SENIOR CIRCUIT

**Sponsored By Allegheny Mountain Swimming
July 7-9, 2017**

Held under the sanction of USA Swimming and Allegheny Mountain Swimming
Swim Meet Sanction Number: **AM-070717-01**
Time Trial Sanction Number: **AM-TT-070717-01**

In granting this sanction, it is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**This meet is in honor of Eric Namesnik.
Eric was a former western PA athlete that went on to earn silver medals in the 400 IM in the 1992 and 1996 Olympics.**

Facility Address: University of Pittsburgh, Trees Hall, Darragh and Allequippa St., Pittsburgh, PA, 15261

The University of Pittsburgh has played host to many meets over the years. The list would include, but is not limited to The Big East Championships, Eastern College Athletic Conference Championships, Speedo Super Sectionals, and the Eastern Zone Age Group Championships. The University has recently completed renovations to the facility including a new gutter system, new heated deck, and new starting blocks. The facility consists of one 50 meter, 8 lane competition pool with electronic timing system and an adjacent 25 yard, 6 lane warm-up/warm-down pool.

CERTIFICATION: The competition course has been certified in accordance with 104.2.2C(4).

WATER DEPTH: The pool is 16 feet deep at start end of the competition pool and 4 feet deep at turn end

Meet Directors		Meet Referee & Officials Contact	Meet Entry Chair	Admin Referee
Matt Tucker	Marian Clark	Dave Watterson	Marian Clark	TBA
mattuck@aol.com	marianc@pitt.edu	Wttrsnd@gmail.com	marianc@pitt.edu	
412-861-3096	412-648-3154		412-648-3154	

WARM-UP TIMES:

There may be a warm-up period of up to 10 minutes prior to all relay events.

WARM UP & START TIMES: <small>*To be confirmed based on the entries - will be posted on website</small>	SESSIONS	WARM-UPS	MEET START	
	Morning Prelims	Prelims – 7:30 – 8:55 am		9:00 am
	Time Trials	At the conclusion of the prelim session there will be a 30 minute warm-up period in the competition pool for general warm-up/warm down prior to the start of the time trial session		30 minutes after conclusion of prelim sessions – time permitting
	Finals	Finals – 4:30 – 5:25 pm		5:30 pm

WARM-UP RULES: Due to the insurance liability issue that is in effect from USA Swimming all warm-up policies will be strictly enforced by USA Swimming Officials. Swimmers warming up or down, before, during or after this swim meet must be under the direct supervision of an USA Swimming member certified coach. The coaches have the same responsibility for supervision of their swimmers at the meet as they do at practice. Each competing club's coach must register with the MEET DIRECTOR before the club may warm up. The coaches' sign-in sheet will be forwarded to the AMS registrar for verification of current coaches' certification. The coaches must present their current USA registration card at the sign in table and keep it visible on deck at all times. In the event that a club has fewer than five (5) swimmers per session, it is the responsibility of the club to have a representative register a contact person with the MEET DIRECTOR to assure compliance of their swimmers with the rules of conduct. The contact person signing in requirement is in addition to the requirement for every swimmer to be under the supervision of a USA registered coach.

Rules and Conduct: Swimmers are not to leave the pool deck without appropriate attire. Coaches will be responsible for the conduct of their athletes while in the facility and surrounding grounds. Failure to follow these rules or any inappropriate behavior will result in the athlete being barred from further competition in the meet. Parents shall be responsible for the conduct of any minor children that accompany them. Diving will be prohibited during warm-ups except in specifically announced one-way sprint lanes. There will be no diving in the warm-up and warm-down areas at any time. **THERE IS TO BE NO EQUIPMENT USED IN THE POOL AT ANY TIME:** Paddles, board, buoys, fins. No glass containers are permitted within the facility. Swimmers must be in direct contact with their supervising coach before they will be allowed to enter the pool for warm-up.

Meet Marshals: Marshals have authority through the Meet Director over warm-ups. A swimmer and/or coach may be removed from the deck for non-compliance with warm-up procedures.

Racing Start Certification: 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. A copy of the Racing Start Certification Checklist, signed by a USA Swimming member-coach, must be given to the Referee prior to the start of the meet.

UNATTACHED SWIMMERS: IT IS THEIR RESPONSIBILITY, PRIOR TO THE DAY OF THE MEET, TO OBTAIN A COACH WHO WILL SUPERVISE THEM ON DECK DURING WARM-UP, WARM DOWN, BEFORE, DURING, OR AFTER THE MEET. THIS INFORMATION SHOULD BE PROVIDED WITH THEIR ENTRIES TO THE MEET ENTRY PERSON. FAILURE TO DO SO WILL RESULT IN NOT BEING ENTERED IN THE MEET.

Prelim/Finals: There will be bonus, consolation, and championship finals in each individual event at this Championship (except the 800m and 1500m freestyle events, which will have a championship final only). The order of the final events shall be C, B and A (bonus, consolation and championship).

Order of events for finals:

Day 1: 11, 12, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10

Day 2: 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24

Day 3: 33, 34, 25, 26, 27, 28, 29, 30, 31, 32

QUALIFYING: Entries must have been swum after January 1, 2016. Qualifying times are National 15-16 "AA" Time Standards. All entries must be equal to or faster than qualifying times. Entries should be in LCM. Non-conforming times will be seeded last. Proof of times shall be required. Relays do not have qualifying times.

ALL ENTRIES WILL BE SUBMITTED VIA THROUGH [USA Swimming OME](#).

Entries Open – THURSDAY, JUNE 22, 2017 at 10AM

Entries Close – MONDAY, JULY 3, 2017 at 5PM

All entries must be completed through OME and paid through OME via credit card. A Hy-Tek event file will be provided on the AMS website for organizational purposes only.

After entries are final and checked out through OME, a copy of the Club Entry Summary Form (listed below), along with an OME receipt, must be sent to the entry chairs no later than 9AM Wednesday, July 5, 2017 via email.

Duration: The Meet Director reserves the right to return entries with the approval of the Meet Committee in order to control the meet duration. Affected clubs will be notified at least five (5) days prior to the meet.

Rules: Current USA Swimming rules will govern all competition. All scratches shall be governed by 207.11.6.D & .E

Eligibility: All entrants must be registered members of USA Swimming. Age as of the first day of the meet determines eligibility. This meet is open to all USA swimming registered swimmers. "No Time" entries will not be accepted. Swimmers must be equal to or faster than the qualifying times located in the meet structures. All relay only swimmers must appear on the master entries. Time Trials are reserved for all individual event swimmers and relay only swimmers.

Event Cost and Limits: Individual Events \$7.00 Relays \$12.00. Facility Surcharge \$5.00/Athlete. This meet will be swum according to the attached scheduled of events. The maximum amount of events that a swimmer may swim per day is 3, excluding relays. Time trials are included in the daily maximum. Swimmers may enter a maximum of 9 individual events including Time Trials.

Distance Events: Any swimmer who qualifies for the 800m or 1500m freestyle events may enter at his/her fastest time or at the qualifying time standard, if entered in two or more events on the day of the distance freestyle. "PM" will swim in finals. The 800 and 1500 will be swum fastest to slowest alternating women and men with the fastest 8 swimmers competing at night. On Sunday, swimmers must check-in with either "AM" or "PM" and the fastest 8 marking "PM" will swim in finals. All swimmers in the 800 and 1500 are required to provide their own counter AND timer.

Bonus Events: Swimmers making 1 qualifying time will be permitted to enter one bonus event. Swimmers making 2 qualifying times will be permitted to enter 2 bonus events. Swimmers making 3 or more qualifying times will be permitted to enter 1 bonus event, but cannot exceed the daily or meet maximums. Bonus entries shall be seeded last. All Bonus events must use official times. Bonus events shall be eligible for proof of times. Bonus events are ONLY available for events 200 meters and shorter.

Meet/Deck Referee: The meet/deck referee shall be in charge of the meet. Any questions regarding the conduct of the meet should be made directly to that person. The meet/deck referee has final judgment for **any** issues that arise that day during the course of the meet. Marshals have the authority through the Meet Director and Referee over warm-ups. A swimmer and/or coach may be removed from the deck for interfering with this authority.

AMS Photography Rule: In compliance with USA Swimming Rules and Regulations; Use of audio or visual recording devices, including a cellphone, is not permitted in changing areas, rest rooms or locker rooms. Additionally, the use of equipment capable of taking pictures (i.e. cell phones,

cameras, PDA's etc) are banned from behind the starting blocks during the entire meet, including warm up, competition and warm down periods. Unless approved in advance by the AMS Board or stated in the meet announcement, photographers are not permitted on deck at any time.

Deck Changing: Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

NO UNAUTHORIZED PERSONNEL WILL BE ALLOWED ON THE POOL DECK. All coaches, officials, and meet volunteers must wear a wristband to be on deck. Only those with wristbands, along with competing athletes, may be permitted on the deck at any time. Swimmers must be under the direct supervision of an USA Swimming Member Certified Coach at all times. Coaches and Officials must present their current USA Swimming registration card at the sign-in table in order to receive their wristband.

Relays: A team may enter a maximum of 3 relays. **No deck entered relays will be accepted.** Swimmers must appear on the master entry to be eligible for a relay. "No Time" entries will not be accepted .NOTE: Names of relay participants may be changed, without penalty, only until their first relay swimmer steps up to the starting block. **All Relay events are swum as timed finals. There will be a 10 minute warm up prior to the start of the relay events. The fastest 8 seeded relays will be swum in finals. Teams may choose to swim AM or PM on Sunday only.**

Seeding: Event seeding will be done in accordance with USA Swimming Rule 207.11.7B. This meet will use Positive Check-In seeding with the following deadlines:

- **FRI Prelim events – scratch deadline is THURS 6PM.**
- **SAT Prelim events – scratch deadline is FRI 6PM.**
- **SUN Prelim events – scratch deadline is SAT 6PM.**

You may scratch prelim events in person or by emailing srcircuitscratches@amswim.org.

Any swimmer not scratched from an event or session will be entered into the meet. Failure to scratch prior to seeding and failure to swim the event will result in the swimmer being barred from his/her next individual event or relay, unless if a declared false start (DFS) is made prior to the start of their race. This must be done with either the Admin Referee or the Deck Referee. The event will count as an event swum, but will release the swimmer from penalty.

Events 400 yards/meters or longer that are Timed Finals will be swum fastest to slowest, alternating girls/boys.

Coaches or swimmers must declare intent to swim for the following events:

800 M Freestyle by 10:00 am Friday, Fastest 8 swimmers will swim at finals

4X200 M Freestyle Relay by 10:00 am Friday. Coaches must designate Prelims or Finals.

4X100 M Medley Relay by 6:00 pm Friday evening. Coaches must designate Prelims or Finals.

1500 M Freestyle by 6:00 pm Saturday evening. Coaches must designate Prelims or Finals.

4X100 M Freestyle Relay by 6:00 pm Saturday evening. Coaches must designate Prelims or Finals.

Finals Events: Any Swimmer who qualifies for a C, B or A Final and does not compete shall be subject to a monetary fine. If such failure to compete occurs on the swimmer's last day of the meet, the swimmer shall be charged a penalty of \$25 by AMS. The \$25 penalty fee should be charged to the swimmer's club or to the swimmer themselves in the event that they are unattached. This penalty fee should be paid to AMS (Allegheny Mountain Swimming) and mailed to the Permanent Office within 14 days of the conclusion of the meet. Failure to pay this fine prevents this swimmer/team from participating in a future meet. The Meet /Deck Referee shall notify the Permanent Office of any penalties due within 1 day of the conclusion of the meet.

Proof of Time: Verification of times for all events is required. Times submitted will be automatically verified through the USA Swimming SWIMS database. Times not found in the SWIMS database must be proven prior to the swimmer competing. The only acceptable proof of time is official results of a USA Swimming Sanctioned, Approved, or Observed swim meet.

Time Trials: Time Trials will start 30 minutes after the conclusion of the preliminary session on Friday, Saturday and Sunday (time permitting). Time Trials are open to all swimmers entered into the meet, including relay-only swimmers. Each swimmer is limited to a maximum of two time trials during the meet. Also, please be aware that time trials count towards the daily maximum of three events. Registration for time trials will close at 10:00am on Friday, Saturday and Sunday. Time trials will be conducted as long as there is time available. Time trials will end no later than 3:30pm on Friday, Saturday, and Sunday. The order of events for time trials is listed below. Time trial fees: \$7.00 for individual events; \$12.00 for relays. Sign up for time trials at the Time Trials Clerk of Course. **SWIMMERS MUST PROVIDE THEIR OWN TIMER AND IF APPLICABLE THEIR OWN COUNTER.**

Time Trial Event Order

- Friday time trials: Friday/Saturday/Sunday events, in that order.
- Saturday time trials: Saturday/Sunday/Friday events, in that order.
- Sunday time trials: Sunday/Friday/Saturday events, in that order

REFRESHMENTS: Limited concessions will be available. **PLEASE NO FOOD AND BEVERAGES IN THE POOL AREA OR SPECTATOR SEATING.**

Heat Sheets: Prelims \$10.00 for all days / Finals \$2.00 EACH NIGHT

Awards: Before the relays on Saturday Evening the winner of the Men's 400 IM will be acknowledged and their name placed on the perpetual plaque which remains at the University of Pittsburgh pool, in honor of Eric Namesnik. Swimmers shall be listed on the plaque with the previous winner's names.

Scoring: This is a non-scored meet

Directions: Please check AMSWIM.ORG

VOLUNTEERS

**Participating AMS clubs are *required* to fill one volunteer slot per entered athlete.
If your club has 10 swimmers entered, you must fill 10 volunteer slots.**

Participating Unattached AMS athletes are required to fill one volunteer slot each.

Non-Participating AMS Clubs are asked fill one volunteer slot.

Volunteers from clubs outside of Allegheny Mountain are welcomed but not required

Please use the link below to volunteer or the 2017 Senior Circuit Meet.

<https://m.signupgenius.com/#!/showSignUp/904054BA8AC2FA57-2017>

The sooner you signup, the better chance you will be able to volunteer for the day, time and position you would like.

Officials' sessions may count toward your club's volunteer requirement

Note: Officials have separate sign-ups. [Click Here for the Officials Sign up.](#)

Please direct questions to Laura Hartman at 412-200-2571 or office@amswim.org

Final acceptance of entries is contingent upon meeting volunteer commitment

2017 AMS Senior Circuit Meet Club Entry Summary Form

This form, along with a digital copy of your OME receipt, must be sent to the entry chairs
no later than 9AM WED July 5, 2017.

Full Club Name _____

Club Code _____ LSC Code _____

Head Coach/Coach Contact for Meet _____

Phone _____

Email _____

of Individual Events _____ x \$7 = _____

of Relay Events _____ x \$12 = _____

of Swimmers _____ x \$5 = _____

TOTAL ENTRY FEES DUE = _____

of Coaches Expected to be Deck (for planning purposes) _____

2017 AMS SENIOR CIRCUIT | Eric Namesnik Memorial Swim Meet
July 7-9, 2017
University of Pittsburgh Trees Pool

FRIDAY PRELIMS								
Women	LCM	SCM	SCY	Event	SCY	SCM	LCM	Men
1	1:21.79	1:18.89	1:11.39	100 Breaststroke	1:03.79	1:10.49	1:13.79	2
3	2:20.39	2:16.09	2:03.09	200 Freestyle	1:52.79	2:04.69	2:09.29	4
5	1:10.29	1:08.39	1:01.89	100 Butterfly	56.09	1:01.99	1:03.59	6
7	2:38.99	2:32.69	2:18.19	200 Individual Medley	2:05.49	2:18.69	2:25.09	8
9	-----			4X200 Freestyle Relay	-----			10
11	10:08.99	9:56.09	11:21.19	800 Freestyle	10:34.99	9:15.69	9:35.39	12
SATURDAY PRELIMS								
Women	LCM	SCM	SCY	Event	SCY	SCM	LCM	Men
13	5:35.09	5:24.59	4:53.69	400 Individual Medley	4:30.29	4:58.69	5:07.29	14
15	29.89	29.09	26.39	50 Freestyle	23.69	26.19	26.79	16
17	2:57.69	2:50.79	2:34.59	200 Breaststroke	2:18.59	2:33.09	2:41.39	18
19	1:12.49	1:08.49	1:01.99	100 Backstroke	56.19	1:02.09	1:06.09	20
21	4:54.49	4:48.09	5:29.09	400 Freestyle	5:06.09	4:27.89	4:34.19	22
23	-----			4X100 Medley Relay	-----			24
SUNDAY PRELIMS								
Women	LCM	SCM	SCY	Event	SCY	SCM	LCM	Men
25	2:35.29	2:28.99	2:14.79	200 Backstroke	2:03.09	2:15.99	2:22.69	26
27	1:05.09	1:03.19	57.19	100 Freestyle	51.69	57.09	59.39	28
29	2:34.59	2:31.39	2:16.99	200 Butterfly	2:04.39	2:17.49	2:21.89	30
31	-----			4X100 Freestyle Relay	-----			32
33	19:29.59	9:56.09	18:57.79	1500 Freestyle	17:44.09	17:37.89	18:11.69	34