**Meet Information:** All swimmers must check-in at the table by the pool entrance and positive check-in is required for each event.

Warm-up for the 1650 Free will start at **4 PM on Friday, April 5**. The 1650 Free will start at **5 PM.** There will be a **maximum of 7 mixed heats of the 1650** and **7 mixed heats of the 400 IM**. Friday individual events will be mixed seeded. Warm-up for the meet on **Saturday & Sunday, April 6 & 7** will start at **8 AM** and the first event will start at **9 AM.**

**Binghamton University installed all new starting blocks with backstroke starting ledge in October 2018. BUMS members played a key role in the fundraising effort for these new blocks.**

The pool is six lanes with electronic timing. The primary time system will be automatic timing (Colorado Timing System). Times will be submitted for USMS records and USMS Top 10 consideration.

The diving well will be open for continuous warm-up/cool downs.

**15 min breaks will occur after event #1 (1650 Free), #10 (200 Mixed Medley Relay), #16 (500 Free), #32 (400 Mixed Medley Relay) and #39 (50 Free) where the pool will be open for warm-up.**

Laminated State Meet Swim Cards will be available to collect personal race results. Team scoring will be available at the end of each day.

The length of the competition course (25 yards) is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.

**Fees:** There is a flat meet fee of **$30 for all swimmers + $5 per event**. There is maximum number of individual events is set at 7 for the meet. Relays are free, unlimited and with official times.

**Entries:** **There will be no deck entries.** Entries must be submitted online. Entries will **OPEN** on **January 2, 2019** and will **CLOSE** on **March 22, 2019**. All swimmers must be registered with USMS/MSC to complete online registration or select the USMS One Event (OEVT) option. OEVT swims are not eligible for: USMS records, USMS Top Ten consideration, Niagara LMSC records, or NYS Championship Meet records.

**Swim Meet Shirts:** NY State championship shirts can be ordered only online for a fee with registration.

**Results:** Results will be posted on the Niagara and USMS website.

**Instructions:** Submit your entries online: https://www.clubassistant.com/club/meet\_information.cfm?c=2258&smid=11091

Your credit card will be charged by “Club Assistant.com Events”. This is the only method of entry.

Heats will be swum at the meet director’s discretion. All USMS and MSC registered swimmers must be at least 18 yrs. to be eligible. Registered age will be determined as age swum on **4/7/19**.

**Contact: Meet Director, Dave Werner, via email with any questions: df.werner@gmail.com.**

**Hotels:** The following hotels are located close to BU and have blocked off a set number of rooms with complimentary breakfast.

 Quality Inn & Suites

 4105 Vestal Pkwy E

 Vestal, NY 13850

 607.729.6371

 $84.95/night + tax

**Meet Social:** There will be a Social on Saturday, April 6 after the meet. Saturday evening 6-8pm at the Quality Inn, Vestal Parkway. Register per person available with entry. Cost is $5 per person, no more than $10 per family. One free drink and Hors d’oeuvres provided and cash bar is available.

**Directions:** From Rt 17 East or West take exit 70 south to Rt 201 South to Binghamton University. Going up the main entrance drive bear right at the traffic circle to the first brick building on your right, the **West Gym**. Park on the West side of the building and use the door adjacent to the parking lot.

**Note on the 1650 Free:**

Positive check in for the 1650 Fr before 4:30 pm is required. This event will be swum fastest to slowest based on entry seed times. If there are a significant number of scratches in this event, then we will re-seed the heats prior to the start of the meet. Please pay attention for this announcement.

**Relay Entries: (Place entries in box at the timing table)**

* Entries for 3 & 4 are due by 5:30 pm Friday.
* Entries for events 9 & 10 are due by 9 am Saturday
* Entries for events 23, 24 & 25 are due by 12:00 pm Saturday
* Entries for ALL Sunday relays are due by END OF DAY **Saturday**

**Meet Events:**

**Session 1 (4/5) Schedule:** Warm up is from 4:00 pm to 4:50 pm, meet starts promptly at 5:00 pm.

|  |  |  |
| --- | --- | --- |
| **Event #** |   | **Event Name** |
| 1 |   | Mixed 1650 Free |
|   | ***15 Minute Break*** |
| 2 |   | Mixed 400 IM |
| 3 |  | Women’s 800 Fr Relay |
| 4 |  | Men’s 800 Fr Relay |

**Session 2 (4/6) and Session 3 (4/07):** Warm up is from 8:00 am to 8:50 am, meet starts promptly at 9:00 am

|  |  |  |
| --- | --- | --- |
| **Session 2 (April 6th)** |   | **Session 3 (April 7th)** |
| **Event #** | **Event Name** |   | **Event #** | **Event Name** |
| 5 | Women’s 100 Fr |   | 26 | Women’s 400 Medley Relay |
| 6 | Men’s 100 Fr |   | 27 | Men’s 400 Medley Relay |
| 7 | Women’s 200 Fly |   | 28 | Women’s 200 Fr |
| 8 | Men’s 200 Fly |   | 29 | Men’s 200 Fr |
| 9 | Mixed 400 Fr Relay |   | 30 | Women’s 100 IM |
| 10 | Mixed 200 Medley Relay |   | 31 | Men’s 100 IM |
| ***15 Minute Break*** |   | 32 | Mixed 400 Medley Relay |
| 11 | Women’s 50 Br |   | ***15 Minute Break*** |
| 12 | Men’s 50 Br |   | 33 | Mixed 200 Fr Relay |
| 13 | Women’s 200 IM |   | 34 | Women’s 50 Ba |
| 14 | Men’s 200 IM |   | 35 | Men’s 50 Ba |
| 15 | Women’s 500 Fr |   | 36 | Women’s 100 Br |
| 16 | Men’s 500 Fr |   | 37 | Men’s 100 Br |
| ***15 Minute Break*** |   | 38 | Women’s 50 Fr |
| 17 | Women’s 100 Ba |   | 39 | Men’s 50 Fr |
| 18 | Men’s 100 Ba |   | ***15 Minute Break*** |
| 19 | Women’s 200 Br |   | 40 | Women’s 200 Ba |
| 20 | Men’s 200 Br |   | 41 | Men’s 200 Ba |
| 21 | Women’s 50 Fly |   | 42 | Women’s 100 Fly |
| 22 | Men’s 50 Fly |   | 43 | Men’s 100 Fly |
| 23 | Women’s 200 Fr Relay |   | 44 | Women’s 400 Fr Relay |
| 24 | Men’s 200 Fr Relay |   | 45 | Men’s 400 Fr Relay |
| 25 | Mixed 800 Free Relay |   | 46 | Women’s 200 Medley Relay |
|   |   |   | 47 | Men’s 200 Medley Relay |