

	2025 Niagara Silver Championships February 28-March 02, 2025 Sanction # NI-2425-018	Hosted by: Tonawanda Titans Swim Club
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MEET DIRECTOR Timothy Bennett Tmbennett1@roadrunner.com	MEET REFEREE F. Matuszewski MrRnch@aol.com	CLUB OFFICIALS CHAIR Rachel Cabin jewelersstudio@aol.com AND Ann Pendley annjpendley@gmail.com	ENTRY CHAIR Scott Vanderzell scottvanderzell@gmail.com
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SANCTION	• Held under the sanction of USA Swimming through Niagara Swimming: NI-2425-018. • In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, Tonawanda Titans Swim Club and Town of Tonawanda Aquatic and Fitness 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.
FACILITY	Town of Tonawanda Aquatic and Fitness Center (AFC) 1 Pool Plaza Kenmore, NY 14223 716-876-7424 • 8 lanes, 25 yards • The water depth at the start end is 13' at 1 meter and 5 meters away from wall, the turn end is 10'3" at 1 meter and 5 meters away from wall. • The competition course has been certified in accordance with current USA Swimming Rules and Regulations, Article 104.2.2(C).
HOST SITE	TTSC- Town of Tonawanda Aquatic and Fitness Center (AFC)

2-JAN-25



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ENTRY DEADLINE	Regular Entry Deadline: February 19, 2025 at 10 pm 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. ENTRY CHAIR Scott Vanderzell scottvanderzell@gmail.com <u>Late Entry Provision:</u> Any team or athlete missing the initial entry deadline of February 19, 2025, with times achieved during the entry qualifying period, will be permitted to enter late, subject to the following requirements. ● Hy-Tek entry file must be submitted to the Meet Entry Chair (scottvanderzell@gmail.com) no later than 4:00 pm ET, Monday, February 24, 2025. (Entries must be submitted with PDF proof of time.) ● Team or entrant must pay a one-time processing fee of \$150 plus \$15 per individual event and \$30 per relay event. <u>Second Entry Period (New Qualifying Swims Only):</u> ● Entries for swimmers achieving new qualifying events between February 19 – 24, 2025 may be submitted by Monday, February 24, 2025, by 4:00 pm ET. ● Updated entry times for previously entered athletes/events will not be accepted after the regular entry deadline except if the athlete achieves a qualifying time in an event previously designated as a bonus event. ● Relays may be added if a team has a swimmer who qualifies during this late qualifying period and his or her entrance to the meet creates a legal relay. Hy-Tek entry file must be submitted to the Meet Entry Chair (scottvanderzell@gmail.com) no later than 4:00 pm ET, Monday, February 24, 2025. (Entries must be submitted with PDF proof of time.) <u>Do not</u> send entries by registered mail. Clubs that register early are asked to submit all FINAL revisions to team entries by February 19, 2025. ***DEADLINES(S) AND RESTRICTIONS WILL BE STRICTLY ENFORCED***																		
SCHEDULE	<table><tr><td>Day</td><td>Description</td><td>Warm-Up Start</td></tr><tr><td>1 Friday PM</td><td>All Ages – Timed Finals</td><td>4:30PM 5:15PM</td></tr><tr><td>2 Saturday AM</td><td>13-18 Prelims, 11-12 Prelims, 10&U Timed Finals*</td><td>7:30AM 8:30AM</td></tr><tr><td>3 Saturday FINALS</td><td>Top 16 for 11-12, 13-14, 15-18 Finals</td><td>4:30PM 5:15PM</td></tr><tr><td>4 Sunday AM</td><td>13-18 Prelims, 11-12 Prelims, 10&U Timed Finals*</td><td>7:30AM 8:30AM</td></tr><tr><td>5 Sunday FINALS</td><td>Top 16 for 11-12, 13-14, 15-18 Finals</td><td>4:15PM 5:00PM</td></tr></table> Meet Director reserves the right to adjust times/sessions after entries are received	Day	Description	Warm-Up Start	1 Friday PM	All Ages – Timed Finals	4:30PM 5:15PM	2 Saturday AM	13-18 Prelims, 11-12 Prelims, 10&U Timed Finals*	7:30AM 8:30AM	3 Saturday FINALS	Top 16 for 11-12, 13-14, 15-18 Finals	4:30PM 5:15PM	4 Sunday AM	13-18 Prelims, 11-12 Prelims, 10&U Timed Finals*	7:30AM 8:30AM	5 Sunday FINALS	Top 16 for 11-12, 13-14, 15-18 Finals	4:15PM 5:00PM
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ELIGIBILITY	● Open to all Niagara LSC registered USA Swimmers ages 18 and under. ● The age of the swimmer on the first day of competition determines eligibility. ● 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.																		



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DISABILITY SWIMMERS	USA Swimming National Disability Committee released motivational time standards to foster and promote the inclusion of nontraditional athletes in their LSC Championships. The motivational times are designed to provide a fair, equitable and structured path for these athletes. Time Standards will be posted on the Niagara Website. The standards are divided up into three “P” groups. The groups are to place athletes with similar disabilities into the same grouping. The groupings are as follows: ● P1- non-ambulatory (wheelchair bound)- limited use of all four extremities ● P2- dwarfism, multiple limb deficiencies, ambulatory with assistance, can be wheelchair bound with high functioning upper body ● P3- single limb deficiencies, visual impairment, intellectual impairment, ambulatory without significant assistance If you know of or are a nontraditional athlete who may be classified in one of the “P” groups, please contact Niagara’s Disability Chair- Courtney Christ (disability@niagaraswim.org). Please submit all disability qualifications and any accommodations needed to Niagara’s Disability Chair for Proof of Time. After they are approved the entry and accommodations will be submitted to the host via the Disability Chair.
TIMING SYSTEM	[Automatic] Colorado Timing System, electronic scoreboard with an 8-lane readout and computer scoring (HYTEK) will be used.
RULES	● 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>, use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, 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. ● All or part of the meet may be live streamed to the video scoreboard or internet. ● All swimmers must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. It is the swimmer’s responsibility to make such arrangements prior to the start of the meet. If assistance is needed, please reach out the Meet Director.
WARM-UP	● 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.



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SUPERVISION	• 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.
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EVENT RULES	1. A prelims/finals championship format will be used for all events except for events designated as “Timed Finals.” 2. Swimmers may enter and swim no more than 3 individual events and 1 relay event per day, and no more than 6 individual events for the meet. 3. A total of 3 relay only swimmers are allowed per event, no matter how many relays a team has entered in the meet. Relay only swimmers may only participate in A and B relays and must be included with a team’s entry file. 4. Any swimmer entered in the meet may swim relays regardless of NI champ cut time achieved in events. 5. Entry times submitted must be actual best times. All times will be proved through SWIMS. Acceptable proof of time can be obtained at a USA Swimming sanctioned meet, an approved meet, or for an observed swim. 6. Entry times must be equal to or faster than the applicable Niagara Championship Qualifier time standards, and slower than the Niagara Championship time standard for the event. The only exception to this rule is for an event formally designated as a bonus event or “aging up exception” (see #11). 7. Qualifying times must be achieved between September 1, 2023, and February 18, 2025 (see late entry section). 8. BONUS EVENTS • Swimmers making 1 qualifying time will be permitted to enter 3 bonus events. • Swimmers making 2 qualifying times will be permitted to enter 2 bonus events. • Swimmers making 3 qualifying times will be permitted to enter 1 bonus event. • Swimmers making 4 or more qualifying times will not be permitted to enter bonus events. • Events of 400 yards and greater are not eligible for selection as bonus events. 9. Bonus events will be subject to over swim fines if not properly designated as bonus events. Directions on how to properly designate bonus events appear below. Please submit an Entry Report (sorted by Athlete last name) for verification of bonus events. Check to make sure you do not have the: Show Only “Faster than” Time STD/Qualifying Times Check box selected in the System Defaults Window! (Get there by: Set-up > Preferences > System Preferences). If selected, you will not be excluding “Niagara Championship” times when you do your entries. Bonus events may be limited depending on meet size after entries are received. This will be determined by Meet Director, Meet Referee, and Technical Planning. 10. Bonus event entry times must be slower than NI Championship (Gold) Qualifying times. 11. No late or deck entries will be accepted. 12. Swimmers aging up between Championship meets and have made the NI Championship cut in the lower age but not the new age may participate in the meet in that event at their current age group in the meet. • 14 & Under athletes aging up between the NI Championship Qualifier Meet (2/28/25) and NI 14 & Under Championships (3/21/25). • 15 & Over athletes aging up between the NI Championship Qualifier Meet (2/28/25) and the NI Open Championships (3/13/25). 13. The following events will use the corresponding 13-14 time standard: 11-12 00 Back, 11-12 200 Breast, 11-12 200 Fly, and the 11-12 400 I.M. 14. The following event will use the corresponding 11-12 gold time standard as the “not faster than” time: 10&U 500 Freestyle
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POSITIVE CHECK IN	All events will be pre-seeded, with the following exceptions: Positive check-in will be required for the 500, 1000, 1650 Freestyle, 400 IM. Failure to swim after positive check-in will result in disqualification from that event.
SEEDING	• Seeding will be SCY, LCM, and SCM. • The meet is pre-seeded except for positive check-in events. It is the swimmer's responsibility to be at the blocks when their event and heat are called. • Positive check-in events may be seeded and swum together. • The 1650 freestyle and 1000 freestyle will be swum FASTEST to SLOWEST, alternating Female and Male by event number. • The Meet Director reserves the right to combine 200 yard and longer events to keep the meet manageable. • Finals will be comprised of a B (Consolation) Final followed by an A (Championship) Final for each event competed. • The top 16 after scratches from prelims for 11-12, 13-14, and 15-18 will swim at Finals. Alternates will be utilized from 17th and 18th places. Qualifying for NI Championships in prelims does not eliminate a swimmer from finals. • Final heats may be combined. Final heats will be paraded out with music, time permitting.
SCRATCHES	Niagara Swimming's Scratch Rule is in effect for this meet (referenced below). Scratches MUST BE MADE BY THE COACH; swimmers may not scratch themselves from an event. Niagara Swimming's SCRATCH RULE: This meet follows the Niagara Scratch Rule - Niagara Policy 340 as is published in the Niagara Swimming Policies and Procedures as of the first day of the meet.



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SCORING	The top 16 finishers will score points per the outline below. Scoring for individual events will be awarded for each gender and multi age division (10&U, 11-12, 13-14, and 15-18) for each event.	
	Individual Events:	A Final: 20, 17, 16, 15, 14, 13, 12, 11 B Final: 9, 7, 6, 5, 4, 3, 2, 1
	Relay Events:	40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2 *Only the A & B relays for each team will score.
AWARDS	- Awards for individual events will be awarded for each gender and multi age division (10 & Under, 11-12, 13-14, and 15-18) for each event. - Awards for relay events will be awarded for each gender and multi age division (12 & Under, 13-18). - Each team must designate a representative to pick up and sign for all awards for their team. Swimmers will not be allowed to pick up awards. Awards are to be picked up by Team Reps prior to final departure from the meet. For special pickups, see Meet Director.	
	Individual events:	Medals for 1 st through 3 rd , Ribbons for 4 th through 16 th
	Relay Events:	Medals for 1 st , Ribbons for 2 nd through 8 th
	Age Group High Point:	Female/Male, based on individual points scored during competition.
	Team High Point:	Top 3 overall teams with the highest score and Small Team Champion. Small Team is designated by having <100 registered swimmers.
CREDENTIALS	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 PROGRAMS	- There is no charge for admission. - Programs will be on sale at the meet for \$6 per each preliminary session and Friday PM session. - Final session programs (sessions 3 and 5) will be posted online only on titanswimming.com under the TTSC Hosted Meets tab.	
OFFICIALS	- Officials interested in volunteering should contact the Officials Chair listed above and RSVP on TeamApp. - 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	Participating clubs will be asked to supply timers for sessions 1, 2, & 4 excluding the events below. - The Host Club will provide timers for Saturday Finals and Sunday Finals, sessions 3 & 5. - Swimmers in the 1000 and 1650 Freestyle Events must provide their own Timers.	
ENTRY PROCEDURES	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 per event by Niagara Swimming and no further entries will be accepted from that club until the said fine is paid.	



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ENTRY FEES	Per Swimmer Surcharge: \$10.00 Relay event fee: \$15.00 Individual event fee: \$9.00 • 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.
AVAILABLE MEDICAL SUPERVISION / EQUIPMENT	Medical assistance will be provided at the facility. If you require medical assistance, please notify a lifeguard. AED, backboard, & First Aid supplied at facility.
ON-SITE VENDORS	Niagara LSC Championships Shirts will be on sale throughout the meet.

Order of Events

Friday

Female	Age Group	Event	Male
1	11-12	200 Backstroke	2
3	10 & Under	200 Individual Medley	4
5	11-12	200 Individual Medley	6
7	11 – 18	400 Individual Medley	8
9	10 & Under	200 Freestyle	10
11	13 – 18	500 Freestyle	12
13	12 & Under	500 Freestyle	14

Saturday

Female	Age Group	Event	Male
15	13-14	50 Butterfly	16
17	11 – 12	200 Breaststroke (Timed Finals)	18
19	13 – 14	200 Freestyle	20
21	15 – 18	200 Freestyle	22
23	10 & Under	100 Backstroke (Timed Finals)	24
25	11 – 12	100 Backstroke	26
27	13 – 14	200 Backstroke	28



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29	15 – 18	200 Backstroke	30
31	10 & Under	50 Breaststroke (Timed Finals)	32
33	11 – 12	50 Breaststroke	34
35	13 – 14	100 Breaststroke	36
37	15 – 18	100 Breaststroke	38
39	10 & Under	100 Individual Medley (Timed Finals)	40
41	11 – 12	100 Individual Medley	42
43	13 – 14	100 Individual Medley	44
45	15 – 18	100 Individual Medley	46
47	13 – 14	50 Backstroke	48
49	10 & Under	50 Freestyle (Timed Finals)	50
51	11 – 12	50 Freestyle	52
53	13 – 14	50 Freestyle	54
55	15 – 18	50 Freestyle	56
Female	Age Group	Event	Male
57	10 & Under	100 Butterfly (Timed Finals)	58
59	11 – 12	100 Butterfly	60
61	13 – 14	200 Butterfly	62
63	15 – 18	200 Butterfly	64
65	12 & Under	200 Freestyle Relay (Timed Finals)	68
67	13 – 18	200 Freestyle Relay (Timed Final)	68
	13 – 18	1650 Freestyle (Timed Final)	70
69	13 - 18	1000 Freestyle (Timed Final)	

Sunday

Female	Age Group	Event	Male
73	11 – 12	200 Butterfly (Timed Final)	74
75	13 – 14	200 Individual Medley	76
77	15 – 18	200 Individual Medley	78



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79	10 & Under	50 Backstroke (Timed Final)	80
81	11-12	50 Backstroke	82
83	13 – 14	100 Backstroke	84
85	15 – 18	100 Backstroke	86
87	10 & Under	100 Breaststroke (Timed Final)	88
89	11 – 12	100 Breaststroke	90
91	13-14	50 Breaststroke	92
93	10 & Under	100 Freestyle (Timed Final)	94
95	11 – 12	100 Freestyle	96
97	13 – 14	100 Freestyle	98
99	15 – 18	100 Freestyle	100
101	10 & Under	50 Butterfly (Timed Final)	102
103	11 – 12	50 Butterfly	104
105	13 – 14	100 Butterfly	106
107	15 – 18	100 Butterfly	108
109	11-12	200 Freestyle	110
111	13 – 14	200 Breaststroke	112
113	15 – 18	200 Breaststroke	114
115	12 & Under	200 Medley Relay (Timed Final)	116
117	13 – 18	200 Medley Relay	118
	13 – 18	1000 Freestyle (Timed Final)	120
119	13 – 18	1650 Freestyle (Timed Final)	

2024 Niagara Championship Qualifier Liability Waiver & Financial Summary form Held under the sanction of USA Swimming Sanction # **NI-2425-018**.

Club Name: _____ Club Code: _____

Coach Name: _____ Phone: _____

Email: _____ Entry Submitter: _____



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Phone: _____ Email: _____

Number of Swimmers: _____ x \$10.00 _____

Individual Entries: _____ x \$9.00 _____

Relays: _____ x \$15.00 _____

Total due: _____

Make Checks Payable to: Tonawanda Titans Swim Club –

Club checks only please! THIS FORM MUST BE SUBMITTED AND PAYMENT, TO BE CONSIDERED A COMPLETE ENTRY. MAIL, POSTAL EXPRESS OR FED EXPRESS TO:

Scott Vanderzell 927 Stony Point Grand Island, NY 14072 (716) 208-5372

Email to: scottvanderzell@gmail.com

DO NOT send entries by REGISTERED MAIL and/or SIGNATURE FOR DELIVERY. Enclosed is payment of the entry fees and deck fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assignees, waive and release, any and all claims against the Town of Tonawanda Titans Swim Club OR ANY MEET MANAGEMENT PERSONEL, U.S.A. Swimming, Niagara Swimming, and the Town of Tonawanda recreation department for injuries and/or expenses incurred by us at this meet or while on the road to and from the meet. We are bona-fide amateur athletes eligible to participate in all events entered. Further the undersigned team representative certifies by his/her signature that all athletics participating for or entered by the team in this sanctioned swim meet are currently member athletes of U.S.A. Swimming. The undersigned further certifies that any person appearing on deck in the capacity of coach representing this club is currently a coach member of U.S.A. Swimming. (Name of Club Official, parent or guardian) (Signature) (Date) No entry is complete without this form completed and signed and the check is received. UPDATED: February 19, 2024 Page 11

Niagara Swimming, Inc. Warm-up Procedures for all Sanctioned Meets in 8 Lane Pools

I. Pre-Meet warm-up period

A. Control/Supervise - Key words for safe warm-ups.

B. Marshals should be actively supervising the warm-ups to ensure that proper procedures are followed.

II. General warm-up period

A. The first 30-45 minutes are for general warm-ups in all lanes.

B. There shall be NO DIVING off the blocks or the edge of the pool at this time.



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C. Outside Lanes - Kicking only.

D. Inside Lanes - Swimming and pulling only; no paddles.

E. No sprinting or pace work. III. Specific warm-up period

A. Last 30-45 minutes of pre-meet warm-up period.

B. In an eight-lane pool, each lane shall be scheduled as follows:

- Lanes 1 & 8 push off one or two lengths & back, beginning at the starting end of the pool. Circle Swimming only.
- Lanes 2 & 7 racing start only. Swim one length only. All swimmers begin at the starting end of the Pool.
- Lanes 3,4,5, & 6 general warm-up only (as above) NO DIVING.

Important Points for Specific Warm - Up Period

1. No diving in lanes other than those designated for racing dives. The blocks should be marked to remind Swimmers that they should not dive.
2. Start all swimmers in all lanes at the starting end of the pool.
3. Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.
4. Swimmers should be reminded by coaches that breaststrokers need more lead-time than freestylers or butterfly. 5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the starting block until the backstroke has executed his/her start.
6. The announcer should announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
7. Coaches should maintain as much contact with their swimmers as possible - verbal and visual throughout the warm-up period.
8. The Coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
9. Marshals have the authority through the Meet Director over the warm-up. A swimmer and/or coach may be removed from the deck for interfering with the marshals.
10. When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm-up sessions should be split to provide a safe and adequate warm-up time for all.
11. The meet Referee shall have responsibility to establish and enforce rules for safe conduct within the competitive pool during the duration of the swimming competition.
12. The meet Safety Committee shall have responsibility for safety rules in all other areas during competition and shall assist the meet Referee in the competition pool if necessary.
13. The meet Safety Committee shall have any person deliberately violating safety rules removed from the meet facility.
14. There shall be at least one Marshal at each end of the pool to ensure the warm-up procedures will be followed.
15. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
16. Discretion and common sense must be used when establishing procedures.

The above procedures may be modified by the Meet Referee according to the needs of the meet.