

Quad Meet  
Central Valley Swim League  
Nellis Pool, Canajoharie  
December 4, 2010

**Held under the Approval of Adirondack Swimming, Inc. Approval # APP11-002**

USA Swimming, Inc. Insurance applies to Only those attendees who are Currently and Properly Registered and Certified with USA Swimming, Inc. Attendees who are Not USA Swimming, Inc. Registered are offered No Insurance Coverage at this event. All USA-S Registered Athletes must be under the direct supervision of a currently registered and certified USA-S Coach. Coaches must display current USA Swimming Membership Card showing current Certifications.

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

**Host:** Canajoharie Crocodiles

**Place:** Nellis Pool, Canajoharie: 6 lane, 25 yard Short course with Colorado Timing System  
**Pool Depths:** Start End, 1 meter - 9'0", 5 meters - 10'0" ... Turn End. 1 meter - 3'0", 5 meters - 3'6"

**Time:** Warm-up 9:00Am Start Time: 9:45 Am

**Meet Director:** Susan Cortright

**Meet Marshall:** Steve Trembley

**Meet Referee:** Alex Thomas

**Attending Teams:** Cooperstown Sharks, Canajoharie Crocodiles, Amsterdam Sea Rams, Delhi Dolphins  
**CVSL League Meets are closed meets, available only to CVSL Members only**

**Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on December 4, 2010  
Rules from the current USA Swimming Technical Rules will be in effect.  
Entries must be submitted electronically, using the Hy-Tek Meet Manager or Team Manager Software.  
Entries may be mailed on CD or Floppy Disk or via e-mail to: [beaner36@frontiernet.net](mailto:beaner36@frontiernet.net)  
Team entries must be received by November 26, 2010  
**Swimmers may enter 3 individual events plus 1 relay or 2 individual events plus 2 relays**

**USA Swimming Registration:**

Club athletes may obtain USA Swimming Registration from your Club Registrar  
Unattached athletes may obtain forms and instructions from the Adirondack Swimming Web Site [www.adirondackswimming.org](http://www.adirondackswimming.org)  
Direct registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or [kfurman@adirondackswimming.org](mailto:kfurman@adirondackswimming.org)

**Warm-Ups:**

Because of the large number of injuries occurring across the country during warm-ups, USA Swimming allows no diving into the pool during the warm-up period except in the designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to fully cooperate with the club officials and marshals in charge of the area.

**Timers:**

Clubs will be required to provide timers based upon their number of entries.  
Swimmers have to provide their own timers and counters for the 500's and 400 IM's.

**Meet Policy:**

**All USA Swimming Registered Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.**

**Services:**

Food concession will be available at the meet.

**Officials:**

There will be an official's meeting conducted promptly 30 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in official's room before the start of officials meeting.

**Awards:**

Ribbons will be given out to places 1 thru 6 for individual events and 1<sup>st</sup> place for relays

**Meet Notes:**

This meet is an Adirondack Swimming Approved Meet. When all conditions of Approval are met, all times achieved by USA Swimming, Inc. Registered Athletes may be loaded to the USA Swimming National Database, SWIMS. For times to be used, the swims must be observed by a minimum of 2, USA Swimming Registered and Certified Stroke and Turn Officials, one located at each end of the pool. As this is Not a Sanctioned Meet, it may Not be used to satisfy the Adirondack Swimming Minimum Meet Requirement for Championship Eligibility. However, All times achieved (those recorded to SWIMS) May be used for entry qualification purposes in any USA Swimming Sanctioned Meet.

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**WARM-UPS 9:00AM ... SESSION BEGINS 9:45AM**

Girls Events	Event Description	Boys Events
1	200 Yard Ladder Medley Relay	2
3	Senior 200 Yard Mixed Medley Relay	
5	13-14 50 Yard Freestyle	6
7	15-18 50 Yard Freestyle	8
9	8 & Under 25 Yard Butterfly	10
11	10 & Under 50 Yard Butterfly	12
13	11-12 50 Yard Butterfly	14
15	13-14 100 Yard Butterfly	16
17	Senior 100 Yard Butterfly	18
19	8 & Under 25 Yard Backstroke	20
21	10 & Under 50 Yard Backstroke	22
23	11-12 50 Yard Backstroke	24
25	13-14 100 Yard Backstroke	26
27	Senior 100 Yard Backstroke	28
29	8 & Under 25 Yard Breaststroke	30
31	10 & Under 50 Yard Breaststroke	32
33	11-12 50 Yard Breaststroke	34
35	13-14 100 Yard Breaststroke	36
37	Senior 100 Yard Breaststroke	38
39	7 & Under 25 Yard Freestyle	40
41	8 & Under 25 Yard Freestyle	42
43	10 & Under 50 Yard Freestyle	44
45	11-12 50 Yard Freestyle	46
47	13-14 100 Yard Freestyle	48
49	Senior 100 Yard Freestyle	50
51	8 & Under 100 Yard IM	52
53	10 & Under 100 Yard IM	54
55	11- 12 100 Yard IM	56
57	13-14 200 Yard IM	58
59	Senior 200 Yard IM	60
61	8 & Under 100 Yard Mixed Freestyle Relay	
62	9-10 200 Yard Mixed Freestyle Relay	
63	11-12 200 Yard Mixed Freestyle Relay	
64	13-14 200 Yard Mixed Freestyle Relay	
65	Senior 200 Yard Mixed Freestyle Relay	

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2 individual events plus 2 relays**