

North Country YMCA Swim League Meet

Sunday January 27, 2013

Held under the Approval of Adirondack Swimming, Inc. Approval # APP13-007

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: Southern Saratoga YMCA Barracudas

Place: SOUTHERN SARATOGA YMCA, Clifton Park, NY
Short Course 25 Yard – 8 Lane Pool ... IST Start & Daktronics Timing System
Pool Depths... Start End, 1 meter = 9'6" 5 meters = 8'9", Turn End, 1 meter = 3'6" 5 meters = 4'3"
The competition course has not been certified in accordance with 104.2.2C(4).

Time: Warm-ups 10:00am Meet Starts 10:45am

Meet Director: Dan Tanski
Meet Marshall: Jessica Stepp
Meet Referee: Jim Harding

Attending Teams: Southern Saratoga YMCA Barracudas, Greenbush YMCA Sea Lions, Fulton County YMCA Flying Fish, Bethlehem YMCA Rays

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 1, 2012. Swimmers may swim in 3 individual events plus 2 relays. Swimmers may swim-up in age group in any or all events entered. The meet will be governed by the current Technical Rules and Regulations for USA Swimming. All coaches are responsible for making certain that swimmers and parents understand the entry requirements for the meet.

Entries must be submitted electronically, using Hy-Tek or compatible Software.

Entries may be mailed on CD or Floppy Disk or via e-mail to: dant722@yahoo.com and dtanski@cdymca.org.

Team entries must be received by January 24th, 2013.

Entries:

January 24th is the final due date for entries. Teams will be e-mailed back their entries for verification. Please respond as soon as possible that they are correct. Be certain to provide email addresses with entries in order to receive verification of receipt.

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

Direct registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or kfurman@adirondackswimming.org

Check in Rules:

There will be NO POSITIVE CHECK-IN utilized for this meet. It is the responsibility of each coach to have their swimmers accounted for and available for events. It is the responsibility of each swimmer to report to the seeding area at the time events are called. Meet marshals will be available to assist the younger children to their proper lanes in the morning session.

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.

A warm up schedule will be provided to each club at least one week before the meet date.

Swimming Events:

All events will be swum as timed finals. Please submit the competition or trial times for seeding. All events will be pre-seeded, slowest to fastest in order of entry time.

Timers:

Clubs will be required to provide Timers for the swim meet. The organizing team will make timing assignments. The lanes assignments will be posted outside the official's room and throughout the meet facility. A copy will be displayed in the program. Please report to the chief timer on deck 15 minutes prior to your timing assignments.

Meet Policy:

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

Services:

A variety of lunch and snack items will be available in the "Café". No food or drink will be allowed in the pool, locker rooms, or anywhere outside of the designated area. *GLASS* containers of any kind are *NOT* permitted in the pool or spectator areas. This policy will be strictly enforced. Smoking is *NOT* permitted in the facility.

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.

The organizing club has a number of United States certified officials assigned to the meet. Many more officials are needed than can be provided by the Southern Saratoga YMCA Barracudas. Therefore, all participating teams are requested to provide the services of parent volunteers who are USA and YMCA Swimming certified officials. Prospective names should be submitted with team entries. An officials' meeting will be conducted prior to the start of each session. Officials are to report to the designated officials room and sign-in upon their arrival at the facility. Proper official attire is required.

Supervision:

A "Swimmer's Rest Area" will be provided in the lobby area. Parents and coaches are expected to ensure that swimmers behave in an orderly manner, clean their area, and dispose of all trash. Any swimmer found in an unauthorized area will be scratched from his/her events and asked to immediately leave the facility and premises. No Exceptions! Each team is responsible for supervising its members. No one will be allowed on the pool deck except meet officials, timers, coaches, marshalls and swimmers.

Awards:

Awards for individual events, medals will be awarded for 1st-3rd place and ribbons will be awarded for 4th through 8th place. For relays ribbons will be awarded for 1st through 6th place. Plaques will be awarded to top 3 teams of each division based on high points. Teams will be divided into large and small team groups. Individual points will be scored 9, 7, 6, 5, 4, 3, 2, 1. Relay points will be scored 18,14, 12, 10, 8, 6, 4, 2.

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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Southern Saratoga YMCA, Clifton Park, NY

Event #	Event Name
1	Mixed 8 & Under 100 Medley Relay
2	Mixed 9-10 200 Medley Relay
3	Mixed 11-12 200 Medley Relay
4	Mixed 13 & Over 200 Medley Relay
5	Mixed 8 & Under 100 Freestyle
6	Mixed 9-10 200 Freestyle
7	Mixed 11-12 200 Freestyle
8	Mixed 13 & Over 200 Freestyle
9	Mixed 8 & Under 100 IM
10	Mixed 9-10 100 IM
11	Mixed 11-12 200 IM
12	Mixed 13 & Over 200 IM
13	Mixed 400 IM
14	Mixed 8 & Under 25 Freestyle
15	Mixed 9-10 50 Freestyle
16	Mixed 11-12 50 Freestyle
17	Mixed 13 & Over 50 Freestyle
18	Mixed 8 & Under 25 Butterfly
19	Mixed 9-10 50 Butterfly
20	Mixed 11-12 50 Butterfly
22	Mixed 200 Butterfly
23	Mixed 8 & Under 50 Freestyle
24	Mixed 9-10 100 Freestyle
25	Mixed 11-12 100 Freestyle
26	Mixed 13 & Over 100 Freestyle
27	Mixed 500 Freestyle
28	Mixed 8 & Under 25 Backstroke
29	Mixed 9-10 50 Backstroke
30	Mixed 11-12 50 Backstroke
32	Mixed 200 Backstroke
33	Mixed 8 & Under 25 Breaststroke
34	Mixed 9-10 50 Breaststroke
35	Mixed 11-12 50 Breaststroke
37	Mixed 200 Breaststroke
38	Mixed 8 & Under 100 Freestyle Relay
39	Mixed 9-10 200 Freestyle Relay
40	Mixed 11-12 200 Freestyle Relay
41	Mixed 13 & Over 200 Freestyle Relay
42	Mixed 1000 Freestyle

Swimmers may swim in 3 individual events plus 2 relays.