

# Eastern States Swim League

## Mohonsen ... 3/9/13

### **Held under the Approval of Adirondack Swimming, Inc. Approval # APP13-010**

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:** Eastern States Swim League

**Place:** Mohonsen School, 6 Lanes, automatic Timing System  
The competition course has not been certified in accordance with 104.2.2C(4).

### **Pool Depths:**

Depth of Pool at One Meter (13') and Five (13'4") Meter Distances from Start End of Pool.

Depth of Pool at One (4'1") Meter and Five (4'5") Meter Distances from Turn End of Pool.

**Time:** Session 1 – Warm up 7am - Meet Start 8am  
Session 2 – Warm up 10:45 am – Meet Start 12 pm

**Meet Director:** Suzanne Nye

### **Attending Teams:**

Albany JCC, Dalton Otters, Duanesburg Electric Eels, Marlins Swim Club, Pittsfield Boys and Girls Club, Schenectady JCC, Uncle Sam Swim Club

### **Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on MEET START DATE  
Rules from the current USA Swimming Technical Rules will be in effect.  
Swimmers may enter (3 events and 2 relays)  
Entries must be submitted electronically, using Hy-Tek or compatible Software.  
Team entries must be received by 2/25

### **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, Ann Korzun, 518-877-6571 or [akorzun@adirondackswimming.org](mailto:akorzun@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.

### **Meet Policy:**

**Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.**  
**All USA Swimming Registered Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.**

### **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 16<sup>th</sup> for individual events and 1<sup>st</sup> – 3<sup>rd</sup> place for relays

### **Services:**

Food concession will be available at the meet.

### **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 will 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, at all times during the meet.** 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.

**USA Swimming, Inc. Insurance may apply if ALL attending clubs, athletes, coaches, officials and meet directors are current members of USA Swimming and the venue has been provided with the proper Insurance Certificate from USA Swimming.**

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**SESSION 1**  
**WARM-UPS 7:00AM ... SESSION BEGINS 8:00AM/PM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	8 and under - mixed	100 yard Medley Relay	1
2	10 and under- Mixed	200 Yard Medley	2
3	10 and under	100 Yard IM	4
5	8 and under	25 yard Free	6
7	10 and under	50 Yard Free	8
9	8 and under	25 Yard Back	10
11	10 and under	50 Yard Back	12
13	8 and under	25 Yard Fly	14
15	10 and under	50 Yard Fly	16
17	8 and under	50 Yard Free	18
19	10 and under	100 Yard Free	20
21	8 and under	25 Yard Breast	22
23	10 and under	50 Yard Breast	24
25	8 and under – Mixed	100 Yard Free Relay	25
26	10 and under – Mixed	200 Yard Free Relay	26

**SESSION 2**  
**WARM-UPS 10:45AM ... SESSION BEGINS 12:00PM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
27	11- 12 mixed	200 yard Medley Relay	27
28	13 - 14 Mixed	200 Yard Medley Relay	28
29	15 and over	200 Yard Medley Relay	29
30	11 - 12	200 Yard Free	31
32	13 - 14	200 Yard Free	33
34	15 and over	200 Yard Free	35
36	11 - 12	200 IM	37
38	13 - 14	200 IM	39
40	15 and over	200 IM	41
42	11 - 12	50 Yard Free	43
44	13 - 14	50 Yard Free	45
46	15 and over	50 Yard Free	47
48	11 - 12	50 Yard Back	49
50	13 - 14	50 Yard Back	51
52	15 and over	100 Yard Back	53
54	13 - 14	500 Yard Free	55
56	15 over mixed	500 Yard Free	56
58	11 – 12	50 Yard Fly	59
60	13 – 14	100 Yard Fly	61
62	15 and over mixed	100 Yard Fly	62
64	11 – 12	100 Yard Free	65
66	13 – 14	100 Yard Free	67
68	15 and over	100 Yard Free	69
70	11 – 12	50 Yard Breast	71
72	13 – 14	100 Yard Breast	73
74	15 and over	100 Yard Breast	75
76	11 -12	200 Yard Free Relay	76
77	13 – 14	200 Yard Free Relay	77
78	15 and over	200 Yard Free Relay	78

**Each Swimmer May Swim A Maximum of 3 Events Per Day Plus 2 Relays**  
**\$4.00 per individual race and \$6.00 per relay.**