

North Country YMCA Swim League
2014 Championship Meet
Saturday, February 8, 2014
Sunday, February 9, 2014

Held under the Approval of Adirondack Swimming, Inc. Approval # APP14-011

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

Host: Greenbush Area YMCA and Bethlehem Area YMCA

Place: Greenbush Area YMCA, East Greenbush, NY (Sat.)
Short Course 25 Yard – 8 Lane Pool ... Colorado Automatic Timing and Beeper
The competition course has not been certified in accordance with 104.2.2C(4).

Union College, Alumni Gym, Schenectady, NY (Sun.)
Short Course 25 yard – 8 Lane Pool, continuous warm-up pool...Colorado Automatic Timing and Beeper
The competition course has not been certified in accordance with 104.2.2.c.(4).

Pool Depths: Greenbush - DEEP END START, Start End, 1 meter= 9'2" 5 meters= 9'4", Turn End, 1 mete = 4'1" 5 meters= 4'5"
Union College -Start End, 1 meter =10'0" 5 meters=13'0, Turn End 1 meter= 6'6" 5 meters= 6'9"

<u>Time:</u> Session 1 - Saturday	Warm-ups 1:30 – 2:15pm	Meet Starts 2:30pm
Session 2 - Sunday	Warm-ups 7:30 – 8:45am	Meet Starts 9:00am
	Warm-ups 12:30 – 1:45pm	Session Starts 2:00pm

Meet Director: Jan Fecteau 518-439-4394

jfecteau@cdymca.org

Meet Marshal: Ross Jordan 518-477-2570

Meet Referee: Jim Harding 518-301-4119

jharding3@nycap.rr.com

Attending Teams: Greenbush YMCA Sea Lions, So. Saratoga YMCA Barracudas, Guilderland YMCA Cyclones, Glenville YMCA Porpoises, Saratoga YMCA Stingrays, Glens Falls YMCA Gators, Fulton County YMCA Flying Fish, Bethlehem Area YMCA Rays, Kingston YMCA Hurricanes

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 1, 2013. There is no limit on the number of swimmers per event per competing league team, except as determined by each individual swimmer's ability to meet the qualification time for each event. There will be no limit to relay teams per relay event per competing league team, however only "A" relays will score points. Swimmers may swim in 5 individual events with no more than 3 being scoring events plus 3 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.

You may add a relay swimmer only per these rules: if you need a swimmer in an age bracket to make an A Relay only.

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: greenbushsealions@gmail.com

Team entries must be received by January 28, 2014

Entries:

January 28th 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.

Entry fees are \$3.50 per Individual Event, \$6.00 per Relay plus a \$1.00 Surcharge per Swimmer.

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, Ann Korzun, at lscregistrar@adirondackswimming.org

Eligibility:

All swimmers must swim in two (2) league meets during the course of the regular season in order to be eligible to swim in the League Championship Meet.

Check in Rules:

There will be 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 marshalls 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. **"No Time" entries will not be accepted.**

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.

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 locker rooms or other designated areas is not appropriate and is prohibited.

Services:

A North Country YMCA League Championship Meet Program and a commemorative T-Shirt will be available for sale. A variety of breakfast, 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:

The organizing club has a number of USA Swimming certified officials assigned to the meet. Many more officials are needed than can be provided by the Capital District YMCA team. Therefore, all participating teams are requested to provide the services of parent volunteers who are USA 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 Union 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, marshals 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 each team. Individual points will be scored 9, 7, 6, 5, 4, 3, 2, 1. Relay points will be scored 18, 10, 6, 5, 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.

Entry Fees:

Entry fees are \$3.50 for each individual event, \$6.00 per relay, and a \$2.00 per swimmer surcharge. Make your entry check payable to **Capital District YMCA** and mail your check to:

Molly Moran
Greenbush Area YMCA
20 Community Way
East Greenbush, NY 12061
E-mail: mmoran@cdymca.org
Phone: 518-477-2570

email entries to: greenbushsealions@gmail.com

North Country YMCA Swim League
2011 Championship Meet
Saturday, February 8, 2014
Greenbush Area YMCA, East Greenbush, NY

SESSION 1 (Saturday PM)
WARM-UPS 1:30PM – 2:15PM ... SESSION BEGINS 2:30PM

Girls Events	Qualification Times	Events	Qualification Times	Boys Events
1	6:45.00	13-14 500 Freestyle	6:35.00	2
3	6:20.00	15 & Older 500 Freestyle	6:10.00	4
5	5:40.00	Open 400 IM	5:15.00	6
7	2:57.00	Open 200 Breaststroke	2:45.00	8
9	2:43.00	Open 200 Backstroke	2:33.00	10
11	2:45.00	Open 200 Butterfly	2:35.00	12
13	NQT	Open 400 Freestyle Relay	NQT	14
15	21:00.00	Open 1650 Freestyle	20:00.00	16

Swimmers may swim in 2 individual events plus 1 relay.

Entry fees are \$3.50 for each individual event, \$6.00 per relay, and a \$2.00 per swimmer surcharge.

North Country YMCA Swim League
 2011 Championship Meet
 Sunday, February 9, 2014
Union College, Schenectady, NY

SESSION 2 (Sunday AM)
WARM-UPS 7:30AM – 8:45AM ... SESSION BEGINS 9:00AM

Girls Events	Qualification Times	Events	Qualification Times	Boys Events
17	NQT	8&U 100 Yard Medley Relay	NQT	18
19	NQT	9-10 200 Yard Medley Relay	NQT	20
21	1:50.00	8&U 100 Yard Freestyle	1:50.00	22
23	3:10.00	9-10 200 Yard Freestyle	3:10.00	24
25	2:00.00	8&U 100 Yard Individual Medley	2:00.00	26
27	1:45.00	9-10 100 Yard Individual Medley	1:45.00	28
29	24.00	8&U 25 Yard Freestyle	24.00	30
31	40.00	9-10 50 Yard Freestyle	40.00	32
33	26.00	8&U 25 Yard Backstroke	26.00	34
35	49.00	9-10 50 Yard Backstroke	49.00	36
37	28.00	8&U 25 Yard Butterfly	28.00	38
39	49.00	9-10 50 Yard Butterfly	49.00	40
41	50.00	8&U 50 Yard Freestyle	50.00	42
43	1:32.00	9-10 100 Yard Freestyle	1:32.00	44
45	30.00	8&U 25 Yard Breaststroke	30.00	46
47	54.00	9-10 50 Yard Breaststroke	54.00	48
49	NQT	8&U 100 Yard Free Relay	NQT	50
51	NQT	9-10 200 Yard Free Relay	NQT	52

Swimmers may swim in 3 individual events plus 2 relays.

Entry fees are \$3.50 for each individual event, \$6.00 per relay, and a \$2.00 per swimmer surcharge.

North Country YMCA Swim League
2011 Championship Meet
Sunday, February 9, 2014
Union College, Schenectady, NY

SESSION 3 (Sunday PM)
WARM-UPS 12:30PM – 1:45PM ... SESSION BEGINS 2:00PM

Girls Events	Qualification Times	Events	Qualification Times	Boys Events
53	NQT	11-12 200 Yard Medley Relay	NQT	54
55	NQT	13-14 200 Yard Medley Relay	NQT	56
57	NQT	15&O 200 Yard Medley Relay	NQT	58
59	2:45.00	11-12 200 Yard Freestyle	2:45.00	60
61	2:38.00	13-14 200 Yard Freestyle	2:28.00	62
63	2:32.00	15&O 200 Yard Freestyle	2:22.00	64
65	3:04.00	11-12 200 Yard Individual Medley	3:04.00	66
67	2:50.00	13-14 200 Yard Individual Medley	2:45.00	68
69	2:50.00	15&O 200 Yard Individual Medley	2:45.00	70
71	35.00	11-12 50 Yard Freestyle	35.00	72
73	33.00	13-14 50 Yard Freestyle	31.00	74
75	32.00	15&O 50 Yard Freestyle	30.00	76
77	40.00	11-12 50 Yard Backstroke	40.00	78
79	1:20.00	13-14 100 Yard Backstroke	1:15.00	80
81	1:18.00	15&O 100 Yard Backstroke	1:12.00	82
83	40.00	11-12 50 Yard Butterfly	40.00	84
85	1:19.00	13-14 100 Yard Butterfly	1:20.00	86
87	1:17.00	15&O 100 Yard Butterfly	1:10.00	88
89	1:15.00	11-12 100 Yard Freestyle	1:15.00	90
91	1:13.00	13-14 100 Yard Freestyle	1:08.00	92
93	1:11.00	15&O 100 Yard Freestyle	1:05.00	94
95	45.00	11-12 50 Yard Breaststroke	45.00	96
97	1:30.00	13-14 100 Yard Breaststroke	1:26.00	98
99	1:28.00	15&O 100 Yard Breaststroke	1:22.00	100
101	NQT	11-12 200 Yard Free Relay	NQT	102
103	NQT	13-14 200 Yard Free Relay	NQT	104
105	NQT	15&O 200 Yard Free Relay	NQT	106

Swimmers may swim in 3 individual events plus 2 relays.

**Entry fees are \$3.50 for each individual event, \$6.00 per relay,
and a \$2.00 per swimmer surcharge.**