

December Super Splash

December 6th 2014, Union College

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD15-006
JoAnn Faucett, General Chairman

Host: Glens Falls YMCA Gators

Place: Union College, Alumni Gym, Schenectady NY
Short Course 25 yard pool... Continuous warm up pool... Colorado Timing and Beeper System

The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: Start end at 1 meter 10'00" and at 5 meter 13'00"... Turn End at 1 meter 6'6" and at 5 meter 6'9"

Time:

Session	Age Group	Warm-Up Time	Meet Start Time	Positive Check - in Time
Session 1	8-under, 13 -over	7:00am – 7:50am	8:00am	N/A
Session 2	Open	12:00pm-12:30pm	12:45pm	12:15pm
Session 3	9-10, 11-12	2:00pm -2:40pm	2:45pm	N/A

Meet Director: Willow Gayton, 307-1039 dennieswanscott@gmail.com
Meet Referee: JoAnn Faucett faucettjm@aol.com
Meet Entry Coordinator: Dennie Swan-Scott, 793-3878 dennieswanscott@gmail.com

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **December 6th, 2013**
Rules from the current USA Swimming Technical and Administrative Rules will be in effect.
Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software and Emailed to the **Meet Entry Coordinator**.
Team entries must be received by the Meet Entry Coordinator by **November 28th, 2014, by 5:00pm**
Swimmers may enter (4) individual events.

In the event the meet is oversubscribed, the Meet Director may cut Relays in order to achieve the desired timeline. If after removing relays, the meet is still oversubscribed, the Meet Director and Meet Referee will work together to determine how entries are removed, with the best interest of the swimmers in mind. If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. Attending teams will be notified of any changes via email and all changes will be posted to the AD Web Site. All fees paid for cut entries will be refunded.

USA Swimming Registration:

All swimmers must be currently registered with USA Swimming, Inc. Registrations may be obtained from your club registrar.
ALL Swimmers MUST be USA Swimming Registered, at the time their entries are submitted.
All Adirondack Meets are reconciled for current USA Swimming Registration.
Unregistered swimmers will be removed from the meet and a \$25.00 Fine Imposed. ([Click Here for More Information](#))
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, 518-877-6571 or akorzun@adirondackswimming.org

NOTE: USA Swimming Athlete Members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. IF YOU ARE AN UNATTACHED ATHLETE, OR YOUR COACH WILL NOT BE ATTENDING THE MEET, YOU AND/OR YOUR COACH, MUST CONTACT THE MEET DIRECTOR OR AN ATTENDING COACH, IN ADVANCE, TO MAKE ARRANGEMENTS FOR AN ATTENDING COACH TO ASSUME RESPONSIBILITY FOR YOU.

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.

These are USA Swimming Rules, there are no exceptions.

Swimming Events:

This will be a pre-seeded meet with timed finals except Session 2 is positive check in. We will be using fly over starts for this meet. Please inform your swimmers prior to this meet. List of event is in a Table below.

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 for the 400 IM's in the middle session.

Deck Entries:

Deck Entries will NOT be accepted at this meet.

Meet Policy:

Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.

No one will be allowed on the deck except USA-S Registered Officials and USA-S Registered Coaches with Current Certifications, USA-S Registered Swimmers and Meet Marshalls and Timers on Shift. All Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.

If, at an AD Sanctioned Meet, an individual is found on deck, acting in any coaching capacity and is determined to be out of compliance with USA Swimming requirements for coaches, that individual will be removed from the deck and the represented club will be fined \$250.

Any swimmer found in an unauthorized area will be asked to immediately leave the premises. No exceptions. Each team is responsible for supervising its members.

Services:

A concession stand will be available throughout the meet. A meet program that covers all sessions will be available along with heat sheets for positive check-in events available with the purchase of a program. A hospitality room will be available for officials and coaches only in a room above the pool. Host team will be selling t-shirts and misc swimming supplies. Smoking is not permitted in the building. No glass containers allowed on pool deck.

Disabled Athletes:

Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities are required to contact the Meet Director at least 2 weeks in advance of the meet so that provisions can be made for any special accommodations.

Fun Events:

To restore a Super Splash tradition, the Glens Falls Gators are hosting two fun events.

25-yard Zoomer Kick: Each swimmer must enter the pool feet first, with Zoomers (short fins) on, the start will be a push off the wall. No arm pulls may be used. Any kick technique is allowed. First swimmer to the other wall wins (be sure to hit the timing pad). This swim will count as one of the five (5) individual events that each swimmer is allowed. This event will be seeded by age.

Canadian Relay: All four swimmers of the relay team will swim 200 yards. A traditional block start will be used to begin the event. At no time can more than one swimmer be on the blocks at the same time. As soon as Swimmer #1 has left the blocks, Swimmer #2 may step up on the blocks and enter the race, followed by Swimmer #3 and Swimmer #4 in similar fashion, thus creating a circle swimming relay team, swimming in order as they left the blocks. At the end of the first 50 yards, Swimmer #1 stops, allowing Swimmer #2, #3, and #4 to pass. Swimmer #1 will then follow, creating the order: Swimmer #2, #3, #4 and #1. At the end of the second 50 yards, the same procedure is followed, creating the order Swimmer #3, #4, #1, and #2 to swim the third 50 yards. The final 50 yards is started by Swimmer #3 waiting for Swimmers #4, #1, and #2 to pass, creating the final swim order of Swimmer #4, #1, #2, and #3. Finishing touches must be made in that order for a legal finish but swimmers may swim up alongside each other but not pass each other.

Canadian Relay Strategy: What order should we swim? How will drafting behind a certain swimmer, in what order, help or hurt the success of the team? Should we swim in a close pack or in line? How do we coordinate turning at the change? How do we coordinate the finish so that the last swimmer (the one whose time counts) is as fast as possible without passing the swimmer ahead? It's your choice.

Remember that the most important part is to have fun!

Entry Fees:

An entry summary sheet is included to compute your team entry fees. The entry fees are \$3.50 per individual event, which includes the \$.50 AD travel fund surcharge and a \$1 per swimmer surcharge. The Zoomer event and Canadian Relay are each only \$1.00 per swimmer.

Make your entry check payable to **"Glens Falls YMCA Gators"** and mail your check and entry summary sheet to the **Meet Entry Coordinator.**

Dennie Swan-Scott
Glens Falls YMCA Gators
600 Glen Street
Glens Falls, NY 12801

Entries will be entered to the meet upon receipt of your check.

Photographers:

Any photographer or videographer, who intends to take pictures at an Adirondack Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Adirondack Swimming website as well as from the Meet Director. [Click here for a direct link to the registration form.](#) Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

Awards:

Individual event ribbons awarded for 1st – 8th place.

Scoring:

The meet will not be scored.

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.

If you have any questions please contact the Meet Director or Meet Referee

**DECEMBER SUPERSPLASH
DECEMBER 6, 2014, UNION COLLEGE**

SESSION 1

WARM-UPS 7:00AM ... SESSION BEGINS 8:00AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	13 & Over	50 Freestyle	2
3	8 & Under	25 Freestyle	4
5	13 & Over	200 IM	6
7	8 & Under	25 Butterfly	8
9	13 & Over	100 Butterfly	10
11	8 & Under	50 Freestyle	12
13	13 & Over	200 Freestyle	14
15	8 & Under	25 Breaststroke	16
17	13 & Over	100 Breaststroke	18
19	8 & Under	25 Backstroke	20
21	13 & Over	100 Backstroke	22
23	8 & Under	100 IM	24
25	13 & Over	100 Freestyle	26

SESSION 2

WARM-UPS 12:00PM ... SESSION BEGINS 12:30PM

Positive Check-in by 12:15

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
27	Open-Mixed	Canadian Relay 200 Fr	27
29	Open	400 IM	30
31	Open	25 Zoomer	32

SESSION 3

WARM-UPS 2:00PM ... SESSION BEGINS 2:45PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
33	9-10	50 Freestyle	34
35	11-12	50 Freestyle	36
37	9-10	100 IM	38
39	11-12	100 IM	40
41	9-10	50 Backstroke	42
43	11-12	50 Backstroke	44
45	9-10	50 Butterfly	46
47	11-12	50 Butterfly	48
49	9-10	200 Freestyle	50
51	11-12	200 Freestyle	52
53	9-10	50 Breaststroke	54
55	11-12	50 Breaststroke	56
57	9-10	100 Freestyle	58
59	11-12	100 Freestyle	60

**Each Swimmer May Swim A Maximum of 4 Individual Events plus
the Zoomer and Canadian Relay events
\$3.50 Per Individual Event Per Athlete plus \$1 for Zoomer and Canadian Relay Entry**

"Glens Falls YMCA Gators"

ENTRY FEE CALCULATION SHEET

December Super Splash, December 6th, 2014

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-Mail ADDRESS _____

Number of Individual Entries	X \$3.50= \$
<hr/> Number of Swimmers	X \$1.00= \$
<hr/> Number of Individual Zoomer Entries	X \$1.00= \$
<hr/> Number of Individual Canadian Relay Entries	X \$1.00= \$
<hr/> Number of Manual (non-electronic) Entries	X \$1.00= \$
<hr/> Total Entry Fee Due	\$

Total Amount Due and Enclosed \$

MAKE CHECKS PAYABLE TO "Glens Falls YMCA Gators"
This form Must be returned with Entry Report and Check

**Entries will be posted to the meet program
upon RECEIPT OF CHECK ONLY**

**"Glens Falls YMCA Gators" assumes no responsibility
for meet close-out due to late entries**

**ENTRY DEADLINE
November 28, 2014
By 5:00 PM**

Mail Entries, Entry Report, This Form and Check to:
Dennie Swan-Scott Glens Falls YMCA, 600 Glen St., Glens Falls, NY 12801

*Entry File May be sent E-mail to: Dennieswanscott@gmail.com

*Your Team Check Must be received to have entries added to the meet.