

Eastern States Swim League Invite

Duanesburg Area Community Center February 1st, 2015

Held under the Approval of Adirondack Swimming, Inc. Approval #APP15-009

In granting this Approval it is understood and agreed that USA Swimming, Inc. 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: Duanesburg Electric Eels

Place: DuanesburgAreaCommunityCenter,221VictoriaDr.,Delanson,NY12053

6 Lane, 25 yards, - Short Course - Colorado automatic timing system with beeper start and scoreboard readouts

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA-S

Pool Depths: Depth of Pool at One (9'2") Meter and Five (9' 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	All Age Groups	Warm up Starts at 8am	Meet Starts at 8:30am
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Meet Director: Dave Mosier, 518-895-9500

Admin Official: Jenn Nelson, 518-928-4605, jnelson14@nycap.rr.com

Attending Teams: Duanesburg Electric Eels, Albany JCC, Schenectady JCC, Rotterdam Boys and Girls Club, Uncle Sam, and other invited teams

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **February 1, 2015**.

Rules from the current USA Swimming Technical Rules will be in effect.

Swimmers may enter **swimmers may enter 3 individuals and 2 relays**

Entries must be received by **1/29/15**

Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software. Entries must be submitted via e-mail to: jnelson14@nycap.rr.com

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, 518-877-6571 or 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.

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 in locker rooms or other designated areas is prohibited.

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.

Timers: Clubs must provide timers based upon their number of entries. Swimmers must provide their own timers and counters for the 500's

Awards: Ribbons will be given out to place 1 – 6th for individual events and 1st – 3rd 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, all 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. The meet must also be overseen by a current USA Swimming Admin Official.**

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 legal times achieved 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.

Eastern States Swim League Dual Meet
221 Victoria Dr, Delanson, NY 12053
SESSION 1 – February 1st, 2015
WARM-UPS 8:00AM ... SESSION BEGINS 8:30AM

Event	Age Group	Event Description
1	8 and under	100 Medley Relay
2	9-10	200 Medley Relay
3	11 – 12	200 Medley Relay
4	13 and over	200 Medley Relay
5	10 and under	200 Free
6	11-12	200 Free
7	13 and over	200 Free
8	10 and under	100 IM
9	11 -12	200 IM
10	13 and over	200 IM
11	8 under	25 Free
12	9 -10	50 Free
13	11-12	50 Free
14	13 and over	50 Free
15	8 and under	25 Fly
16	10 and under	50 Fly
17	11-12	50 Fly
18	Open	100 Fly
19	Open	200 Breast
20	8 and under	50 Free
21	9- 10	100 Free
22	11- 12	100 Free
23	13 and over	100 Free
24	8 and under	25 Back
25	10 and under	50 Back
26	11- 12	50 Back
27	Open	100 Back
28	8 and under	25 Breast
29	10 and under	50 Breast
30	11- 12	50 Breast
31	Open	100 Breast
32	8 and under	100 Free Relay
33	9-10	200 Free Relay
34	11-12	200 Free Relay
35	13 and over	200 Free Relay
36	Open	500 Free

All Events are Being Swum as MIXED Gender Events

**Each Swimmer May Swim A Maximum of 3 Events Per Day Plus 1 Relay or
2 Individual Events Per Day Plus 2 Relays**