



2017 JCC Maccabi Games Swim Meet

Capital Region, NY

August 7-10, 2017

Held under the Approval of Adirondack Swimming, Inc. Approval # APP17-008

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: Sidney Albert Jewish Community Center

Place: Clayton A. Bouton High School, Voorheesville, NY
This pool is a 6-Lane 25-Yard competition pool with a Colorado timing system.

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

Pool Depths: Depth of Pool at One (1) Meter 4'0" and Five (5) Meters 4'6" from Turn End of Pool.
Depth of Pool at One (1) Meter 12'0" and Five (5) Meters 11'6" from Start End of Pool.

Time: Warm-Up will begin at 8:00 AM and competition will begin at 9:00 AM on all four competition days.

Meet Director:	Rossi Maldonado	rossim@albanyjcc.org	518-438-6651 ext. 122
Meet Referee:	Sean Caron	scaron@nycap.rr.com	518-698-5434
Admin Official:	Arianna Breitstein-Arazi	arbreitstein@gmail.com	512-658-7729

Attending Teams:

This is a closed meet, part of the 2017 Capital Region JCC Maccabi Games. Swimmers from the following JCC delegations are eligible to attend: Albany/Schenectady, Ann Arbor, Boston, Buffalo, Central Jersey, Cincinnati, Columbus, Dayton, East Hills/Sid Jacobson, Fort Lauderdale 1, Fort Lauderdale 2, Greater Washington, Harrisburg, Israel, JCC on the Hudson, Katz JCC Cherry Hill NJ, Kings Bay YM/YWHA, Metrowest, Mexico 1, Mexico 2, Northern Virginia, Philadelphia, Pittsburg, Rockland, Springfield, Stamford, Toronto, Valley JCC, Winnipeg, and any other JCC delegation approved by the JCCA Maccabi Games Committee.

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **August 7, 2017**.
Rules from the current USA Swimming Technical Rules will be in effect.
In addition, Administrative Rules set forth by the JCCA Maccabi Games Committee will be in effect.
Entries must be received by **July 13, 2017**.

Entry Limits: Swimmers may enter and swim 2 individual events plus 1 relay per competition day, for a total of 12 events for the entire competition.

Swimmers attending without a coach: Maccabi swimmers entered in the meet who do not have a coach in attendance will be paired with a coach from another delegation OR the Albany JCC will provide a coach for all swimmers attending without a swim coach.

Entries must be submitted via e-mail to the following two addresses: Rossimaldonado@msn.com **and** arbreitstein@gmail.com

Credentials:

All coaches, delegation heads, swimmers, timers and spectators must have 2017 Capital Region JCC Maccabi Games credentials in order to enter the competition facility.

Conduct:

Proper conduct will be enforced by coaches, chaperones, parents, staff, and meet directors.

- Swimmers failing to abide by safety rules, including those established for the use of the entire pool facility (including locker rooms) any time during a competition session, shall be subject to disciplinary action as outlined by the JCAA.
- Clean and acceptable one piece, non-transparent, swimming attire should be worn by all competitors. If there is a question as to the acceptability of attire, the decision of the meet referee should be final.
- Rachmanus Rule** – **Rachmanus plays a key role in athletics and the JCC Maccabi Games. Compassion and good sportsmanship shall be displayed by swimmers, coaches, and spectators at all times during the JCC Maccabi Games, both in and out of the pool.**

Meet Policy:

Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changes are prohibited.

Swimmer Drop-Off/Pick-Up and Spectator Parking:

Swimmers will arrive at and depart the competition pool facility ONLY by JCC Maccabi Games provided transportation. Swimmers may not leave the competition facility before the end of each session. At the end of each session, swimmers will be transported to the Maccabi Hub for lunch and JCC Maccabi Games transportation will be available for all their afternoon and evening activities. Ample parking will be available for spectators and the competition pool facility; volunteers will direct spectator traffic to the parking areas.

Events:

All events, individual and relay will be swum in the following age/gender categories:
12-14 Girls, 12-14 Boys, 15-16 Girls and 15-16 Boys.

The meet will be conducted in accordance with the schedule of events included at the end of this announcement.

Relays:

All relay teams will be combined teams, meaning that they will be made up of swimmers from more than one delegation. Delegations with two or more swimmers may place up to two swimmers on a relay team. No relay team may have more than two swimmers from the same delegation.

Scratches:

Coaches will collect a scratch sheet from the Meet Director each morning before competition begins. Scratch sheets must be completed and submitted to the Meet Director by the start of warm-ups.

Warm-Up:

Lanes for warm-up will be assigned; the schedule will include specific warm-up times for each delegation. A coach or credentialed chaperone from the delegation must be on deck during warm-ups. No more than two lanes will be designated for starts, and only during the last 20 minutes of warm-up. Starts off the starting blocks will not be allowed in any other lane or at any other time. Lane assignments will be provided to coaches by the Meet Director or Admin Official.

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.

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:

The host delegation will coordinate volunteer timers for this meet

Awards:

Medals will be awarded in both individual and relay events, as follows:

First Place	JCC Maccabi Games Gold Medal
Second Place	JCC Maccabi Games Silver Medal
Third Place	JCC Maccabi Games Bronze medal
Note: Medal ceremonies will take place at the completion of each session. Swimmers taking part in the medal ceremony must wear a shirt or jacket identifying his or her delegation	

Services:

Water, ice, and snacks will be provided to all athletes and coaches. Snacks will be kept in a designated area, and must be eaten in that area only. **NO FOOD IS ALLOWED ON THE POOL DECK.**

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

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.



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SESSION 1 – MONDAY AUGUST 7, 2017

WARM-UPS 8:00 AM – SESSION BEGINS 9:00 AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	12 – 14	50 Yard Freestyle	2
3	15 – 16	50 Yard Freestyle	4
5	12 – 14	200 Yard Breaststroke	6
7	15 – 16	200 Yard Breaststroke	8
9	12 – 14	100 Yard Butterfly	10
11	15 – 16	100 Yard Butterfly	12
13	12 – 14	500 Yard Freestyle	14
15	15 – 16	500 Yard Freestyle	16
17	12 – 14	200 Medley Relay	18
19	15 – 16	200 Medley Relay	20

SESSION 2 – TUESDAY AUGUST 8, 2017

WARM-UPS 8:00 AM – SESSION BEGINS 9:00 AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
21	12 – 14	50 Yard Butterfly	22
23	15 – 16	50 Yard Butterfly	24
25	12 – 14	200 Yard Backstroke	26
27	15 – 16	200 Yard Backstroke	28
29	12 – 14	100 Yard Freestyle	30
31	15 – 16	100 Yard Freestyle	32
33	12 – 14	400 Medley Relay	34
35	15 – 16	400 Medley Relay	36

Each Swimmer May Swim A Maximum of 2 Individual Events Plus 1 Relay Per Day



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SESSION 3 – WEDNESDAY AUGUST 9, 2017

WARM-UPS 8:00 AM – SESSION BEGINS 9:00 AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
37	12 – 14	50 Yard Breaststroke	38
39	15 – 16	50 Yard Breaststroke	40
41	12 – 14	200 Yard Freestyle	42
43	15 – 16	200 Yard Freestyle	44
45	12 – 14	100 Yard Backstroke	46
47	15 – 16	100 Yard Backstroke	48
49	12 – 14	400 Yard IM	50
51	15 – 16	400 Yard IM	52
53	12 – 14	400 Yard Freestyle Relay	54
55	15 – 16	400 Yard Freestyle Relay	56

SESSION 4 – THURSDAY AUGUST 10, 2017

WARM-UPS 8:00 AM – SESSION BEGINS 9:00 AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
57	12 – 14	50 Yard Backstroke	58
59	15 – 16	50 Yard Backstroke	60
61	12 – 14	200 Yard Butterfly	62
63	15 – 16	200 Yard Butterfly	64
65	12 – 14	100 Yard Breaststroke	66
67	15 – 16	100 Yard Breaststroke	68
69	12 – 14	200 Yard IM	70
71	15 – 16	200 Yard IM	72
73	12 – 14	200 Yard Freestyle Relay	74
75	15 – 16	200 Yard Freestyle Relay	76

Each Swimmer May Swim A Maximum of 2 Individual Events Plus 1 Relay Per Day