

# Chenango Lake Challenge

## Open Water Meet

Sept 9, 2017

Hosted by Chenango valley Swim Club (CVSC)

Held under the sanction of USA Swimming

Sanction NI-1718-059

<b><u>Meet Name</u></b>	1 <sup>st</sup> Annual Chenango Lake Challenge		
<b><u>Location</u></b>	Chenango Lake, Chenango Valley State Park 153 State Park Road Chenango Forks, NY 13746		
<b><u>Meet Check-in/Registration</u></b>	9:00am each athlete should check-in at least 1 hour prior to the start of their event.		
<b><u>Time</u></b>	Warm Up/	10:00am	
<b><u>Facility</u></b>	<p>Closed body fresh water spring fed kettle lake. Course water depth is 4 to 15 feet. Typical water temperature 68 Deg F to 72 Deg F</p> <p>The course shall be a 1.67K course. The course shall be marked by 20inch minimum diameter floats at each turn.</p> <p>Start: The start shall be an in-water standing start.</p> <p>Finish: The finish shall be an-in water finish.</p> <p>Website: <a href="https://parks.ny.gov/parks/41/details.aspx">https://parks.ny.gov/parks/41/details.aspx</a> Phone: (607)648-5251</p> <p>Chenango Valley State Park is an ice age wonder. Its two kettle lakes, Lily and Chenango, were created when the last glacier retreated and left behind huge chunks of buried ice which melted to form the lakes and bog. Birdwatchers may glimpse woodpeckers, nut hatches, warblers and thrushes along woodland trails and herons, ducks and kingfishers lakeside. Fishermen will find trout, bass, perch and bullhead in Chenango Lake. Campers can choose from among 184 campsites and 24 cabins and golfers will appreciate the 18-hole Chenango Valley State Park Golf Course (pro shop can be reached by calling: 607-648-9700).</p>		
<b><u>Meet Director</u></b>	Jeremy Roberts		
<b><u>Referee</u></b>	Maureen Russel		
<b><u>Events</u></b>	All Events are positive sign in events. Each event shall be broken into waves based on the number of entries in each event. There shall be a maximum of 60 athletes on the course at any 1 time.		
<b><u>Swimmers</u></b>	All entrants must be registered members of USA Swimming. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Any club which enters an athlete in a meet, who is not duly registered through that club at the time of entry, will be fined the sum of \$100 per athlete per such meet. The fine applies either when the athlete is unregistered or has not properly transferred registration.		

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	<p>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.</p>
<b><u>Entries</u></b>	<p>Age on the first day of the meet applies Maximum number of individual events is One (1) Estimated times may be used and are encouraged for the longer events in lieu of 'NT' entries.</p> <p><b>Day of registration will be permitted.</b></p> <p><b>Early entry deadline: Saturday Sept 2, 2017</b></p> <p>Send entries to: <a href="mailto:jroberts19@stny.rr.com">jroberts19@stny.rr.com</a></p> <p>Open water swimming presents hazards that are not present in a pool environment. The water conditions such as surface conditions and currents can change. All swimmers are swimming at their own risk and there must be a signed consent form for each athlete. Athletes under the age of 18 must have the consent form signed by a parent or guardian and the club coach. Athletes that are not affiliated with a club please indicate that on the consent form.</p> <p><b>Non USA swimming athletes!</b></p> <p>Any athlete that is not a registered USA swimming athlete must complete the USA swimming single event registration. The form is attached at the end of this document.]</p> <p><b>The single event registration will also be available the day of the meet.</b></p>
<b><u>Entry Fees</u></b>	<p>Entry Fee's received on or before June 10, 2017 \$45.00 Entry Fee's for entries received after June 10, 2017 or day of event entries \$55.00</p>
<b><u>Awards</u></b>	<p>Individual: Medals 1-3.</p> <p>Awards will be given in the following age groups:</p> <p>Men's &amp; Women's</p> <p>8&amp;Under, 9-10, 11-12, 13-14, 15-16, 17&amp;Over</p> <p>Divisions:</p> <p>Wetsuit, non-wetsuit</p>
<b><u>Conduct</u></b>	<p>Parents and coaches are responsible for the conduct of their swimmers in all areas throughout the duration of the meet. Vandalism, theft or dangerous behavior will be cause for exclusion from the meet. Cooperation with the request of a Meet Marshal is expected.</p> <p>Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.</p>

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	<p>Unless approved in writing in advance of the competition by the Vice President of Program Operations, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</p> <p>Deck changes are prohibited</p> <p>It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p> <p>The use of a wetsuit shall be permitted for this event. There shall be separate scoring for the wetsuit division and non-wetsuit division.</p> <p>The use of wetsuits shall be permitted for all events for water temperatures between 64.4 deg F (18 deg C) and 68 Deg F (20 Deg C).</p> <p>The use of wetsuits shall be mandatory for water temperature below 64.4 Deg F (18 Deg C)</p>
<b><u>Deck ID</u></b>	Deck access is restricted to USA Swimming athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request.
<b><u>Coaches/Athlete/parent Meetings</u></b>	There will be pre-event meetings prior to the start of each race to review the competition rules, course layout, Safety personnel location.
<b><u>Event Termination</u></b>	<ol style="list-style-type: none"><li>1. Thunder or Lightning: The race shall be suspended and then restarted at least 30 minutes after the last occurrence of thunder or lightning is observed and the beach front is reopened by park lifeguards.</li><li>2. If it is determined by the safety officer water conditions are not suitable to hold the event. The event shall be restarted as soon as those conditions change or the debris is removed from the course</li></ol>
<b><u>Event Cancellation</u></b>	<ul style="list-style-type: none"><li>o The event/meet shall only be cancelled if weather conditions will not allow for safe completion of the meet. Meet cancellation or a change in date will only occur if local and or national weather service indicates that there is a high probability of inclement weather for the scheduled date</li></ul>
<b><u>Guide Boats</u></b>	<ul style="list-style-type: none"><li>• All teams and or parents participating in the meet are encouraged to bring a canoe or Kayak that can be used as a guide boat. Coaches and one person of the swimmers choosing are permitted to be in a guide boat during the competition.</li><li>• <b>No Motorized craft will be permitted on the course.</b></li></ul>

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### WARM-UP PROCEDURES

In the interest of safety, the following warm-up procedures will apply in this Niagara LSC Sanctioned meet.

#### Pre-meet Warm-up

- Control/supervise: Key words for safe warm-ups.
- Marshals will be actively supervising the warm-ups to ensure that proper procedures are followed.

#### General Warm-up Period

- The first 15 minutes are for general warm-up in the designated swimming areas next to the Race Course.
- This area will be able to be used throughout the day for warm-up and cool down.

#### IMPORTANT POINTS FOR GENERAL WARM-UP PERIOD

- Coaches should either be in a guide craft or on the beachfront observing their swimmer.
- The announcer will announce warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
- Coaches should maintain as much contact with their swimmers as possible – verbal and visual – throughout the warm-up period.
- The coaches should understand that responsibility for supervision of their swimmers is the same at this meet as when on deck at practice.
- Marshals and park lifeguards have the authority over the warm-up. A swimmer or coach may be removed from the event for interfering with the marshal or lifeguard.
- When the number of participants for a session cannot be safely accommodated during the same warm-up period, the warm-up sessions will be split to provide a safe and adequate warm-up time for all.
- The meet referee shall have responsibility for establishing and enforcing rules for safe conduct within the swimming area during the swimming competition.
- The meet safety committee will have responsibility for safety rules in all other areas during competition and will assist the meet referee in the competition area if necessary.
- The meet safety committee shall have any person deliberately violating safety rules removed from the meet facility.
- Warm-up procedures shall be enforced for any breaks scheduled during the competition. Discretion and common sense must be used when establishing procedures. The meet referee, according to the needs of the meet, may modify the above procedures.

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All events are Mixed gender!!

### Schedule of Events

Event #	Saturday Morning		Scheduled start time
1	Open	1.67K	10:15am
2	9 & Over	3.34K	10:15am
3	11&Over	5K	12:30pm
4	12&Over	10K	12:30pm

Events 1 & 2 shall be swam together as separate waves.

Events 3 & 4 shall be swam together as separate waves.

Schedule is subject to change based on the number of entries.

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## Open Water Meet

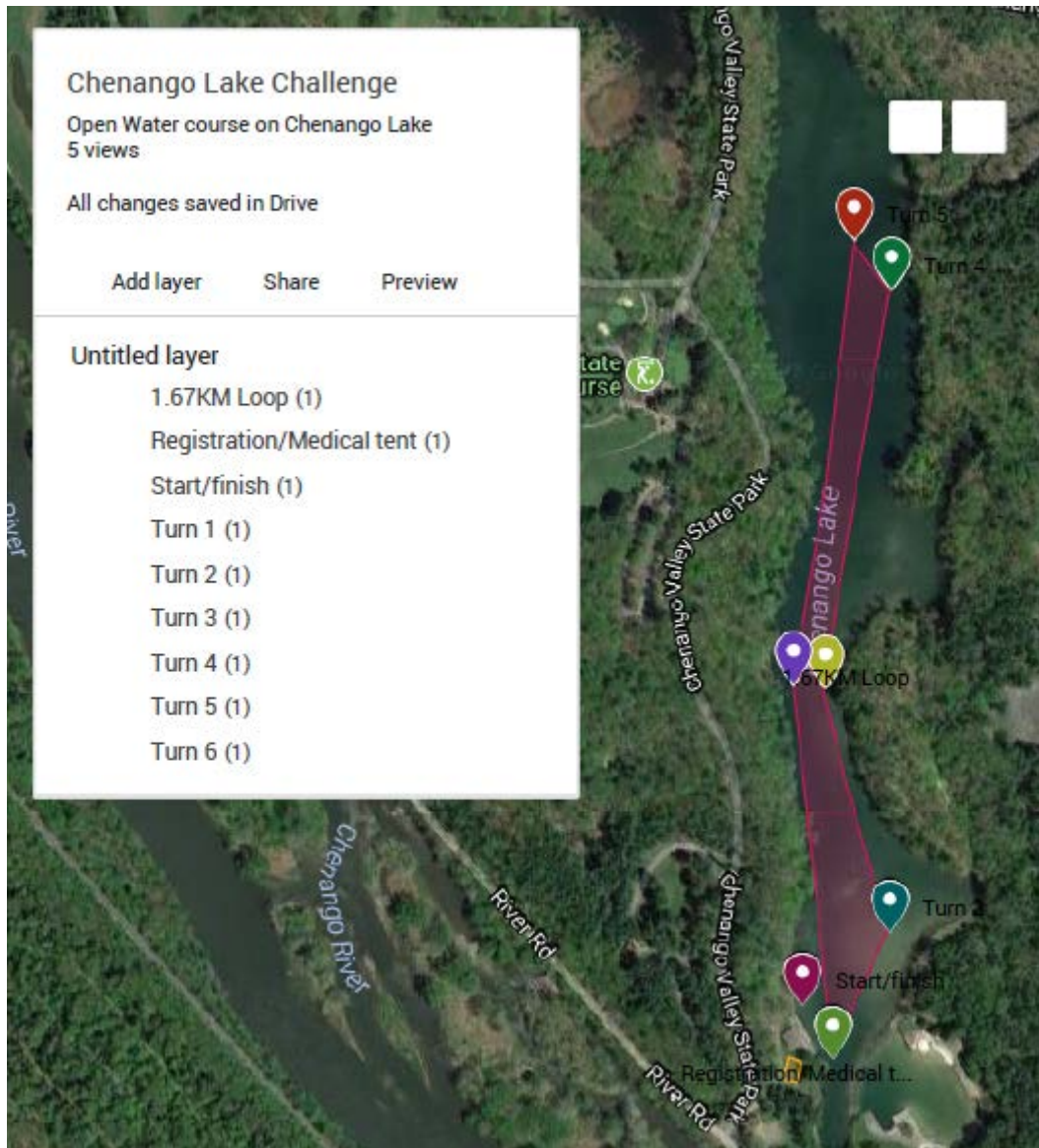
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Course Map:



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### NIAGARA WARM UP PROCEDURES

#### GENERAL WARM UP PERIOD:

1. The first 30 minutes is for general warm up in all lanes.
2. No sprinting or pace work.

#### POINTS FOR WARM UP PERIOD:

1. Coaches should maintain as much contact with their swimmers as possible, coaches have the same responsibility for supervision as when on deck at practice.
2. Marshals have authority through the meet director over the warm up period. Swimmers must recognize this authority to ensure a safe warm up period.

#### STARTING PROCEDURES:

Starts will follow the “Whistle Start” and “No False Start” recall procedure.

\*Whistle chirps from the referee signal swimmers to get behind the block

\*Long whistle from referee to step up/in (2<sup>nd</sup> whistle in backstroke to place feet).

\*Referee turns over to Starter with outstretched arm.

\*Starter indicates “Take Your Mark”

\*Upon observing swimmers motionless, starter gives the signal.

\*If one or more swimmers leave(s) early, NO RECALL signal is given.

\*Swimmers are notified of DQs for False Starts at the end of the race.

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Person submitting entries:

\_\_\_\_\_

Complete mailing address:

\_\_\_\_\_

\_\_\_\_\_

Telephone: Home \_\_\_\_\_

Work \_\_\_\_\_

All checks and signed waiver forms must be completed and **received by:**

**Written Entries: June 10, 2017**

**Emailed Entries: Entries Due Sept 2, 2017 Waivers & checks due Sept 9, 2017**

**All single event Athlete registrations are due by Sept 9, 2017.**

Mail entries to: Jeremy Roberts, Jr

47 Richards Dr.

Whitney Point, NY 13862

Telephone: (607) 221-7396

E-Mail: [jroberts19@stny.rr.com](mailto:jroberts19@stny.rr.com)

Payment: Make checks payable to **CVSC**.

Entry Fees: \_\_\_\_\_ Individual Entries Before Sept 3 @ \$45.00 \$ \_\_\_\_\_

On or After Sept 3 @ \$55.00

**Total** \$ \_\_\_\_\_

I/We enclose a total of \$ \_\_\_\_\_ covering fees for all events I/we have entered. In consideration of this entry, I/we waive and release any and all claims against Niagara Swimming, Inc., USA Swimming, Whitney Point School District and the Whitney Point Swim Club for injuries incurred at this meet or while traveling to and from the meet. I/We are bona fide amateur athlete(s) and eligible in all events I/we have entered.

\_\_\_\_\_  
Signature of Club Official, Parent or Guardian



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### Consent Form

Athlete Name \_\_\_\_\_ Age \_\_\_\_\_

USS ID# \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

I have read the meet packet and give my consent for the above-named athlete to participate in an open water swim. I understand that open water swimming may have hazards that are not encountered in a swimming pool. I have read and agree to hold harmless entities listed in the waiver. Furthermore, the above athlete does not have a known medical condition that could prevent him or her from completing event # \_\_\_\_ the \_\_\_\_\_ Swim.

Division  Wetsuit  Non-wetsuit

Parent/Guardian Signature: \_\_\_\_\_ Date \_\_\_\_\_

Coaches Signature: \_\_\_\_\_ Date \_\_\_\_\_



**USA SWIMMING  
APPLICATION**

**2018 SINGLE-MEET OPEN WATER ATHLETE**

NAME OF MEET/DATE(S)

**LSC: NIAGARA SWIMMING**

*THIS MEMBERSHIP IS ONLY FOR MEETS BELOW ZONE, SECTIONAL AND NATIONAL LEVELS.*

**PLEASE PRINT LEGIBLY • COMPLETE ALL INFORMATION:**

LAST NAME

LEGAL FIRST NAME

MIDDLE NAME

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PREFERRED NAME

DATE OF BIRTH (MO/DAY/YR)

SEX (M/F)

AGE

	_ _ _ _ _ _	_	_	
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(Bill, Beth, Scooter, Liz, Bobby)

GUARDIAN #1 LAST NAME

/GUARDIAN #1 FIRST NAME

GUARDIAN #2 LAST NAME

GUARDIAN #2 FIRST NAME

--	--	--	--

MAILING ADDRESS

CITY

STATE

ZIP CODE

--	--	--

U.S. CITIZEN:  YES  NO

ARE YOU A MEMBER OF ANOTHER FINA FEDERATION?  YES  NO

AREA CODE

TELEPHONE NO.

FAMILY/HOUSEHOLD E-MAIL ADDRESS

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IF YES, WHICH FEDERATION: \_\_\_\_\_

HAVE YOU REPRESENTED THAT FEDERATION AT INTERNATIONAL COMPETITION?  YES  NO

<p><b>DISABILITY:</b></p> <p><input type="checkbox"/> A. Legally Blind or Visually Impaired</p> <p><input type="checkbox"/> B. Deaf or Hard of Hearing</p> <p><input type="checkbox"/> C. Physical Disability <i>such as amputation, cerebral palsy, dwarfism, spinal injury, mobility impairment</i></p> <p><input type="checkbox"/> D. Cognitive Disability <i>such as severe learning disorder, autism</i></p>	<p style="text-align: center;"><b>OPTIONAL</b></p> <p><b>RACE AND ETHNICITY</b> (You may check up to two choices):</p> <p><input type="checkbox"/> Q. Black or African American</p> <p><input type="checkbox"/> R. Asian</p> <p><input type="checkbox"/> S. White</p> <p><input type="checkbox"/> T. Hispanic or Latino</p> <p><input type="checkbox"/> U. American Indian &amp; Alaska Native</p> <p><input type="checkbox"/> V. Some Other Race</p> <p><input type="checkbox"/> W. Native Hawaiian &amp; Other Pacific Islander</p>
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**MAKE CHECK PAYABLE TO:**

**NIAGARA SWIMMING, INC.**

**MAIL APPLICATION & PAYMENT TO:**

**ERIC STIMSON**  
**1185 DOEBLER DRIVE**  
**NORTH TONAWANDA, NY 14120**

[REGISTRAR@NIAGARASWIM.ORG](mailto:REGISTRAR@NIAGARASWIM.ORG)  
**716-930-0238**

<b>2017 REGISTRATION FEE</b>	
USA Swimming Fee	\$10.00
LSC Fee	\$0
<b>TOTAL DUE</b>	<b>\$10.00</b>

HIGH SCHOOL STUDENTS - Year of high school graduation: \_\_\_\_\_

YEAR LAST REGISTERED: \_\_\_\_\_

- Check if you would like to learn more about the USA Swimming Foundation's initiatives
- Check if you would like to receive the electronic USA Swimming Newsletter (*must be 13 years of age or older*)

**SIGN HERE x** \_\_\_\_\_

**SIGNATURE OF ATHLETE, PARENT OR GUARDIAN**
**DATE**
**REG. DATE/LSC USE ONLY** \_\_\_\_\_