

**CVSL Quad Meet**  
**Nellis Pool Canajoharie NY**  
**November 17<sup>th</sup>, 2018**

**Held under the Approval of Adirondack Swimming, Inc. Approval # APP19-003**

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:** Central Valley Swim League/ Canajoharie Crocodiles

**Place:** Nellis Pool Canajoharie NY ..Short Course Pool ..6 lanes...Colorado Automatic timing  
**The competition course has not been certified in accordance with 104.2.2C(4).**

**Pool Depths:** Start End 1 meter= 9'0" ... 5 meters= 10 ' 0" Turn End 1 meter= 3'0" ... 5 meters=3'6"

**Time:** warm ups 8:15am meet start 9:00 am

**Meet Director:** Susan Cortright , [fryslanhill@yahoo.com](mailto:fryslanhill@yahoo.com) , 518-673-8283

**Admin Official:** Melissa Jonker

**Attending Teams:**

**CVSL members** - CVSL meets are CLOSED meets available to CVSL members only

**Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on November 17th 2018  
Rules from the current USA Swimming Technical Rules will be in effect.  
Swimmers may enter up to 3 individual events and 1 relay  
Entries must be received by November 11th 2018  
Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software.  
Entries must be submitted via e-mail to: [lauriemarie44@hotmail.com](mailto:lauriemarie44@hotmail.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](http://www.adirondackswimming.org)  
Direct registration questions to the Adirondack Registrar, Ann Korzun, 518-877-6571 or [akorzun@adirondackswimming.org](mailto:akorzun@adirondackswimming.org)

**Swimming events:**

All events are timed events. Starts will be fly over starts; please inform your swimmers prior to the meet. Positive check in will be required for the 400IM. Swimmers who are not checked in by 8:45 will be scratched.

**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.  
Deck changes are 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 will be required to provide timers based upon their number of entries.  
Swimmers have to provide their own timers and counters for the 500's, 1650's and 400 IM's.

**Awards:**

Ribbons will be given out for places 1 to 6 for individual events and 1<sup>st</sup> place for relays  
12 and under events will be scored 8 & under, 9-10, 11-12. 13 and Over events will be scored 13-14 and 15 & Over.  
Open events will be scored 10 & under, 11-12, 13-14, 15 & over

**Services:**

Food concession will be available at the meet. Equipment vendor will attend. etc.

**Entry Fees:**

Entry Fees: An entry summary sheet is included to compute your team entry fees. The entry fees are \$2.00 per individual event and \$2.00 per relay. Make your entry check payable to "Central Valley Swim League" and mail your check and entry summary sheet to the Meet Entry Coordinator. Entries will be entered to the meet upon receipt of your check.

**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.

**CVSL QUAD MEET**  
**November 17<sup>th</sup> 2018, Nellis Pool Canajoharie NY**  
**WARM-UPS 8:15am ... SESSION BEGINS 9:00am**

Mixed EVENTS	AGE GROUP	EVENT DESCRIPTION
1	12&U	50 yard freestyle
2	13&O	50 yard freestyle
3	8&U	25 yard butterfly
4	12&U	50 yard butterfly
5	OPEN	100 yard butterfly
6	OPEN	200 yard butterfly
7	8&U	25 yard backstroke
8	12&U	50 yard backstroke
9	OPEN	100 yard backstroke
10	OPEN	200 yard backstroke
11	8&U	25 yard breaststroke
12	12&U	50 yard breaststroke
13	OPEN	100 Yard breaststroke
14	OPEN	200 yard breaststroke
15	8&U	25 yard freestyle
16	12&U	100 yard freestyle
17	13&O	100 yard freestyle
18	Open	200 yard freestyle
19	8&U	100 yard IM
20	12&U	100 yard IM
21	OPEN	200 yard IM
22	OPEN	200 yard free relay
23	OPEN	400 yard IM

**Each Swimmer May Swim A Maximum of 3 Events Per Day Plus 1 Relay**

12 & under events are scored 8& Under, 9-10, 11-12

13 & over events will be scored 13-14, 15&O

Open events are scored 10 &under, 11-12, 13-14, 15 & over

Events are all seeded in mixed heats (GIRLS AND BOYS in the same age group)

**Legal Mixed Relays must consist of 2 boys and 2 girls.**

**Note: Entry Limits are governed by USA Swimming Rules 102.2.2 and 102.2.3**

**CVSL Quad Meet 11/17/18  
Entry Fee Calculation Sheet  
Nellis Pool, Canajoharie, NY**

Team Name \_\_\_\_\_

Contact Person \_\_\_\_\_

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

Email address \_\_\_\_\_

Number of individual entries \_\_\_\_\_ X\$2.00=\$ \_\_\_\_\_

Number of relays \_\_\_\_\_ X\$2.00=\$ \_\_\_\_\_

Total amount enclosed \$ \_\_\_\_\_

**Entry deadline November 11<sup>th</sup> 2018**

**Make check payable to SVPSC @ PO Box 833 Cobleskill NY 12043**

**Email your entries to the meet entry coordinator**

**This form must be returned with meet entry form and check can be mailed to SVPSC or given to Sharine Dymes on day of the event to the meet.**

**Entry report should be sent to meet entry coordinator**

**Lauri Vroman**

239 Fredericks St.

Canajoharie N.Y 13317

[lauriemarie44@hotmail.com](mailto:lauriemarie44@hotmail.com)

**Entries will be posted to the meet program upon receipt of check only.  
CVSL swim league assumes no responsibility due to close out to late entries**