

**MILE MADNESS**  
**January 26, 2019**  
**Clark Sports Center**  
**124 County Highway 52, Cooperstown, NY**

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD19-019  
Sean Caron, General Chairman  
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.

**Host:** Clark Sports Center Sharks/Central Valley Swim League

**Place:** Clark Sports Center, Cooperstown – 8 Lanes, SHORT COURSE, 25 YARDS  
CONTINUOUS WARM UP POOL ... 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 8 feet and Five (5) Meters 6 feet 1" from Start End of Pool.  
Depth of Pool at One (1) Meter 4 feet and Five (5) Meters 4 feet from Turn End of Pool.

**Time:** Warm-ups 8:15 Meet start 9:15

**Meet Director:** Sally Zaengle (607) 437-5427 [zaengles@clarksportscenter.com](mailto:zaengles@clarksportscenter.com)  
**Meet Referee:** Sally Zaengle (607) 437-5427 [zaengles@clarksportscenter.com](mailto:zaengles@clarksportscenter.com)  
**Meet Entry Coordinator:** Sally Zaengle (607) 437-5427 [zaengles@clarksportscenter.com](mailto:zaengles@clarksportscenter.com)

**Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on **January 26, 2019**  
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 **Wednesday, January 16, 2019 at 5 PM**  
**Swimmers may enter a maximum of three (3) individual events per day.**  
**No Time (NT) entries will NOT be accepted. Please provide accurate coach estimated times.**  
**In the event the meet is 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, 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.**

202.3.2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

202.3.4A 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 without the use of the backstroke ledge. 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

**USA Swimming Registration:**

**No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302**  
Registrations may be obtained from your club registrar. 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](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:**

Positive check-in by 8:15 AM is required for all events. Swimmers obtain their heat and lane assignments from heat sheets posted.

**Relays:**

There are no relays at this meet.

**Scratches:**

This is a positive check-in meet. All swimmers who do not check-in by 8:15 AM will be scratched from all events.

**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. (Host club provides a schedule for posting to AD web site.) Swimmers have to provide their own timers for the 400 IMs, 500s, and 1650s.

## Deck Entries:

Adirondack Swimming has agreed to allow Deck Entries at AD Meets under the following conditions;

1. Deck Entries are NOT Allowed during Championship Meets
2. Athlete must be USA-S Registered and show Proof of Registration (those already in meet have been confirmed as registered). Acceptable forms of Proof of Registration are: USA-Swimming ID or USA-Swimming Club Portal Team Listing or Deck Pass.  
**If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, to UN-AD (unattached) at an LSC fee of \$60.00 plus the current USA Swimming Registration fee.**  
**DECK REGISTRATIONS WILL NOT BE MADE WITH ANY TEAM ASSOCIATION, PLEASE DO NOT ASK.**
3. Coach makes the request for the entry.
4. All Deck Entries will be allowed at the discretion of a combined decision of the Meet Director and the Meet Referee.
5. Deck Entries are Subject to a \$1.00 Surcharge, Per Entry, which applies to All Entries, Individual or Relays.

## Meet Policy:

**Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted behind the starting blocks, including any spectator area behind the starting blocks, in changing areas, rest rooms or locker rooms.**

**Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.**

**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.**

**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:

**Programs and concessions will be available.**

## 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.

## Entry Fees:

An entry summary sheet is included to compute your team entry fees. The entry fees are \$4.75 per individual event, which includes the \$.50 AD travel fund surcharge, and a \$2.00 per swimmer surcharge

**ALL MANUAL ENTRIES, INCLUDING DECK ENTRIES (NON-ELECTRONIC) ARE SUBJECT TO A SURCHARGE OF \$1.00 PER ENTRY, WHICH APPLIES TO INDIVIDUAL ENTRIES.**

Make your entry check payable to "**Central Valley Swim League**" and mail your check and entry summary sheet to  
**Sharine Dymes, PO Box 833, Cobleskill, NY 12043**

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

## Photographers:

Only Professional Photographers or Videographers hired by the host team or Press Photographers, who have been approved in advance by the meet director, will be allowed on deck. A Photographer Registration form must be completed and submitted to the meet director for approval, prior to the meet. 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.

*Parents and Professionals, please refer to the "Meet Policy" above for general restrictions pertaining to all photography at Sanctioned meets.*

## Awards:

**Medals will be awarded to 1<sup>st</sup> through 3<sup>rd</sup> place. Ribbons will be awarded for 4<sup>th</sup> through 8<sup>th</sup> place. Heat winners will be awarded.**

## Scoring:

All open events will be scored 8 & Under, 9-10, 11-12, 13-14, 15 & over

## 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.

## Hotel Accommodations:

**Holiday Inn Express & Suites**  
4759 NY-28, Cooperstown, NY 13326  
(607) 547-8000  
[www.hiexpress.com/hotels/us/en/reservation](http://www.hiexpress.com/hotels/us/en/reservation)

**Best Western Cooperstown Inn & Suites**  
50 Commons Dr., Cooperstown, NY 13326  
(607) 547-7100  
[www.bestwestern.com/en\\_US.html](http://www.bestwestern.com/en_US.html)

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

**Mile Madness**  
**January 26, 2019**  
**Clark Sports Center ... Cooperstown, NY**

**WARM-UPS 8:15AM ... POSITIVE CHECK-IN BY 8:15AM ... SESSION BEGINS 9:15AM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	OPEN	400 yard Individual Medley	2
3	OPEN	500 yard Freestyle	4
5	OPEN	200 yard Butterfly	6
7	OPEN	200 yard Backstroke	8
9	OPEN	200 yard Freestyle	10
11	OPEN	200 yard Breaststroke	12
13	OPEN	1650 yard Freestyle	14

**Each Swimmer May Swim A Maximum of 3 Events Per Day**  
**NO TIME (NT) entries will NOT be accepted.**

**Please provide an accurate coach-estimated time if the swimmer does not have a time in the**  
**SWIMS database.**

**\$4.75 Per Individual Event Per Athlete for ALL Athletes**  
**Plus a \$2.00 Per Athlete Surcharge**

**For Manual Entries, Add \$1.00 Per Entry**

**OPEN events will be scored 8 & under, 9-10, 11-12, 13-14 and 15 & over.**

# Central Valley Swim League

ENTRY FEE CALCULATION SHEET

**Mile Madness**

**January 26, 2019**

**Clark Sports Center ... Cooperstown, NY**

TEAM NAME \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

E-Mail ADDRESS \_\_\_\_\_

Number of Individual Entries Positive Check-In \_\_\_\_\_ X \$4.75 = \$ \_\_\_\_\_

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

Number of Manual (non-electronic) Entries \_\_\_\_\_ X \$1.00 = \$ \_\_\_\_\_

Total Amount Due and Enclosed .....\$ \_\_\_\_\_

**ENTRY DEADLINE..**  
**January 16, 2019 at 5 PM**

Email your entries to the Meet Entry Coordinator

Sally Zaengle  
zaengles@clarksportscenter.com

**This form must be returned with Entry Report and Check to:**

**Sharine Dymes  
PO Box 833  
Cobleskill, NY 12043**

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

**Central Valley Swim League assumes no responsibility  
for meet close-out due to late entries.**