

ADIRONDACK SWIMMING LONG COURSE CHAMPIONSHIP

July 26, 27, and 28, 2019 Colgate University

Meet is open to all Adirondack LSC Registered Swimmers Only

SANCTION: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD19-032
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: Clinton Cuda Swim Club

LOCATION: Lineberry Natatorium, Colgate University, Hamilton, NY
6 lane, 50 meter indoor pool with retractable roof, warm-up pool, Colorado timing system
Water depths Start end: 1m-6.5 ft ... 5m-6.5ft Turn end: 1m-4 ft ... 5m-4.33ft

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

MEET DIRECTOR: Andre Paradis ajparadis@yahoo.com (315) 269-3380
MEET REFEREE: JoAnn Faucett faucettjm@aol.com (518) 496-6136
MEET ENTRIES: Andre Paradis ajparadis@yahoo.com (315) 269-3380

CHECK IN:

This is a positive check in meet. Scratch Sheets will be distributed to ALL Coaches. Swimmers must check in for ALL events with their coaches. Scratch Sheets must be turned in at the timing table, in the crow's nest in the pool area, by the listed deadlines. Swimmers who fail to show up for an event will be disqualified from their next event.

TIME SCHEDULE:

	Warm up	Meet Start	Scratch sheets due
Fri am	7:00 am	8:00 am	Thursday 5pm by email to ajparadis@yahoo.com (all Friday events)
Fri afternoon	11:30 am	12:30 pm	See above
Fri pm	4:00 pm	5:00 pm	
Sat am	7:00 am	8:00 am	Friday 5pm (all Saturday events)
Sat afternoon	11:30 am	12:30 pm	See above
Sat pm	4:00 pm	5:00 pm	
Sun am	7:00 am	8:00 am	Saturday 5pm (all Sunday events)
Sun afternoon	11:30 am	12:30 pm	See above
Sun pm	4:00 pm	5:00 pm	

There will be 3 sessions per day, but all events will be swum as timed finals. The 13 and over swimmers will swim in "flighted" sessions:

- **Session 1 (AM) each day will be the first heats of the 13-over events.** The fastest 3 heats of 13-14 and 4 heats of 15&O will swim at Session 3 each day. For the 400 IM and 400 Free, the fastest 1 heat of 13-14 and 2 heats of 15&O will swim in Session 3. **13-14 and Senior Relays will be swum at this session.**
- **Session 2 (Afternoon) each day will be the 10-U and 11-12 events - including relays.**
- **Session 3 (PM) each day will be the fastest 3 heats of each 13-14 and fastest 4 heats of each 15&O event (Not including the 1500).** For the 400 free and 400 IM the fastest 1 heat of 13-14 and fastest 2 heats of 15-over will swim in this session. All other swimmers will swim in the am session.

Psyche sheets will be posted at 6:30 the night before each morning session at www.clintoncudas.org to see if a swimmer is in the am or pm flight.

To save time, heats for all 400 Free, 400 IM, and all relays may be combined (this includes combining heats for 12 and under and 400s).

1500 Free will have the fastest 6 swimmers from each gender and age group. Then the next highest scoring power point swimmers will be seeded regardless of gender or age to reach a total of 6 heats. All 1500s will be swum in Session 7.

Scratch sheets for Friday's events will be emailed to coaches by Thursday morning. Scratch sheets for other days will be handed out at the pool. Scratch sheets will be for all events for the following day and must be turned in by 5:00 pm the day before the events.

In the event of forecasted thunder, relays will immediately be eliminated from a session. Other plans for weather will be worked out as needed.

Note:

There will be a reasonable break before the start of the 1500 free if the time line permits.
Warm up and Meet start times are subject to change based on meet subscription and weather conditions.
In the event of severe weather, the meet referee may cancel events or make changes in the meet schedule.
Teams are limited to 3 relay entries per event. Based on the timeline and weather, the Meet Director and Meet Referee may limit the number of relays further.

ENTRY RULES:

The eligibility of a swimmer to participate in a particular age group will be determined by his/her age on the first day of the meet, July 20, 2018. Rules from current U.S. Swimming Technical and Administrative Rules will be in effect. Swimmers must enter with a valid time, recorded to SWIMS, in order to compete in an event. Times may be achieved and entered in SCY, SCM, or LCM. Entries must be submitted via email, using Hy-Tek, Team Unify or compatible software. Team entries must be received by **July 17, 2019 5:00pm**. If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. 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. Teams must e-mail their entries to: Andre Paradis email: ajparadis@yahoo.com

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
Direct registration questions to the Adirondack Registrar, Ann Korzun, 518-877-6571 or akorzun@adirondackswimming.org

SWIMMING EVENTS:

Swimmers may enter **THREE EVENTS PER DAY**, plus relays.
All entries must have a seed time. No Time (NT) entries will not be accepted.
Entry times may be SCY, SCM, or LCM. All entry times must be verifiable in SWIMS or they will be eliminated from the meet.
The meet will be seeded LCM, SCM, then SCY.
In events with cut off times, swimmers must be faster than or equal to the cut time.
There will be no Relay Only Swimmers Allowed in the AD LC Championship Meet.
Swimmers must check in for ALL Events. See "CHECK IN" below.
ALL Swimmers, ages 10 & Under, are to report directly to the starting blocks for their events, all events for these swimmers are timed final events.

Special considerations for distance events:

For seeding purposes, the 13-14's and Senior 1500 events will be combined. The heats will be swum fastest to slowest, starting with the fastest heat of girls, followed by the fastest heat of boys, then combined age and sex after first 2 heats.
The 1500 may be limited to the top 6 in each event (total of 24). After that, the next highest power point swimmers will be entered. Power points will be assigned based on age and gender. There will be up to 6 total heats.
If space exists in the timeline, additional heats may be added at the discretion of the Meet Referee and Meet Director.

CHECK IN:

This is a positive check in meet. Scratch Sheets will be distributed to ALL Coaches. **Swimmers must check in for ALL events with their coaches.** Scratch Sheets must be turned in at the timing table in the crow's nest in the pool area, by the listed deadlines. A swimmer who fails to show up for a timed final event will be disqualified from their next event. If a swimmer does not scratch a finals or consolation finals event and fails to show up for it, he/she will be disqualified from the remainder of the meet.

RELAYS:

All Relays will be swum as timed finals and will be swum in the respective am or afternoon session. Relays are limited to 3 entries per club per event.

SCRATCHES:

Scratch sheets for all events are due by 5:00 pm the evening before the event. Psyche sheets will be posted on www.clintoncudas.org by 6:30 pm the evening prior to the days 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 designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to cooperate fully with club officials and marshals in charge of the area.

Please see table above for warm-up times.

DECK ENTRIES:

Adirondack Swimming does **NOT** Accept Deck Entries during Championship Meets.

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.

ENTRY FEES:

An entry summary sheet is also included to compute your team entry fee if needed. The entry fees are \$ 8.00 per individual event (which includes a \$0.50 AD travel fund surcharge). Relays are \$10.00 (including the \$1.00 AD travel fund surcharge). In addition, a surcharge of \$2.00 **per swimmer** will be charged with entry fee. No entries will be accepted unless accompanied by the required entry fee and master list. All Manual (non-electronic) entries are subject to a \$1.00 surcharge per entry.

Checks are to be made to: **CLINTON SWIM CLUB** and to be mailed to:

Andre Paradis 4 Ward St. Vernon, NY 13476

Phone: (315) 269-3380 or email: ajparadis@yahoo.com.

ENTRY DEADLINE: Wednesday, JULY 17, 2019

TIME TRIALS:

Time trials will be held for swimmers attempting to qualify for any meet faster than Zones. Each trial will be \$ 10.00. Coaches must request a time trial from the meet director with the specific attempt to be held at the discretion of the meet director and meet referee. Only those meeting the Current USA-S AAA Time Standards will be eligible. The meet director and meet referee reserve the right to refuse trials longer than 200 meters.

SERVICES:

There will be a concession stand available to purchase food and drink all three days.
The Deep End vendor will be available for all your swim apparel and equipment needs.

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.

TIMERS:

Clubs will be required to provide back-up timers based on the number of entries for trials (including the early session) and finals. Swimmers in the 12 and under 400 Free and the 13 and over 1500 Free must provide their own timer and lap counter.

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.

AWARDS:

Individual event ribbons will be awarded 1st -12th place. Relay event ribbons will be awarded for 1st - 3rd place. Team trophies will be awarded for the top 3 teams. Individual high point trophies will be awarded to the top 3 individuals in each age group.

SCORING:

Finals and consolations will be scored according to USA Swimming rules:

Individual – 16 -13 -12 -11 -10 -9 -7- 5 - 4 – 3 - 2-1

Relays - 32 -26 -24 -22 -20 -18 -14 -10 – 8 – 6 – 4 –2

OFFICIALS:

There will be an officials meeting conducted promptly 45 minutes before each session. Attendance is **MANDATORY** to work the meet.
Please sign up in official's room before the start of officials meeting.

Colgate Dorms: <http://www.colgate.edu/summerprograms>

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

Swimmers must have a legal time recorded to SWIMS in any course (LCM, SCM, SCY) to compete in ANY individual event.

In addition, the following events have specific qualifying times:

2019 AD Long Course District Champs Qualifying Times:

GILRS EVENTS

BOYS EVENTS

SCM	SCY	LCM	Event	LCM	SCY	SCM
3:36.19	3:15.19	3:43.49	10-U 200 free	3:29.79	3:04.09	3:23.89
6:42.09	7:39.49	6:51.59	10-U 400 free	6:44.59	7:32.59	6:36.09
1:56.19	1:45.09	2:01.89	10-U 100 back	1:56.09	1:41.39	1:51.99
2:11.29	1:58.79	2:16.89	10-U 100 breast	2:11.99	1:53.69	2:05.69
2:07.69	1:55.49	2:11.19	10-U 100 fly	2:09.39	1:54.09	2:06.09

SCM	SCY	LCM	Event	LCM	SCY	SCM
2:53.09	2:36.19	2:58.79	11-12 200 free	2:53.99	2:32.19	2:48.69
5:48.89	6:38.59	5:56.49	11-12 400 free	5:48.69	6:32.79	5:43.79
1:35.29	1:26.29	1:38.89	11-12 100 back	1:37.79	1:24.09	1:32.89
3:04.19	2:46.69	3:12.89	11-12 200 back	3:08.29	2:42.79	2:59.89
1:45.89	1:35.79	1:49.99	11-12 100 breast	1:48.29	1:33.59	1:43.49
3:31.19	3:11.09	3:37.89	11-12 200 breast	3:33.59	3:03.49	3:22.79
1:35.29	1:26.29	1:37.49	11-12 100 fly	1:36.19	1:24.49	1:33.39
3:07.19	2:49.39	3:14.19	11-12 200 fly	3:08.09	2:45.39	3:02.69

SCM	SCY	LCM	Event	LCM	SCY	SCM
2:42.09	2:25.89	2:47.19	13-14 200 free	2:41.69	2:20.49	2:35.69
5:24.59	6:12.39	5:31.19	13-14 400 free	5:17.89	5:51.69	5:06.49
21:45.59	21:53.19	22:23.09	13-14 1500 free	21:35.29	20:51.99	20:44.69
2:55.99	2:38.39	3:03.19	13-14 200 back	2:57.99	2:33.39	2:49.99
3:34.39	3:13.99	3:42.59	13-14 200 breast	3:29.49	3:00.49	3:19.39
3:10.49	2:52.99	3:13.29	13-14 200 fly	3:02.59	2:40.39	2:57.19
3:04.39	2:46.19	3:12.49	13-14 200 IM	3:00.09	2:34.89	2:51.89
6:18.09	5:42.19	6:30.39	13-14 400 IM	6:08.79	5:20.29	5:53.99

SCM	SCY	LCM	Event	LCM	SCY	SCM
2:42.59	2:26.79	2:47.79	15&O 200 free	2:35.19	2:14.29	2:28.79
5:16.19	5:53.99	5:24.69	15&O 400 free	5:02.79	5:30.89	5:04.49
21:19.79	21:27.19	22:09.69	Senior 1500 free	20:43.39	20:13.29	20:06.29
2:53.09	2:35.79	3:00.39	15&O 200 back	2:44.79	2:22.59	2:38.49
3:29.89	3:09.99	3:36.59	15&O 200 breast	3:18.29	2:52.79	3:10.89
3:04.29	2:46.79	3:09.39	15&O 200 fly	2:53.89	2:33.29	2:49.39
2:26.59	2:38.89	3:04.19	15&O 200 IM	2:48.19	2:24.29	2:40.49
5:52.89	5:17.89	6:03.79	Senior 400 IM	5:36.59	4:52.69	5:24.99

Friday, July 26, 2019

Session 1 & 3

Session 1 Warm-ups begin at 7:00 AM ... Session starts at 8:00 AM

Session 3 Warm-ups begin at 4:00 PM ... Session starts at 5:00 PM

Scratch Sheets due Thursday by 5 pm

Female Events	Event Description	Male Events
1	13-14 400 Free	2
3	15&O 400 Free	4
5	13-14 50 Free	6
7	15&O 50 Free	8
9	13-14 200 Butterfly	10
11	15&O 200 Butterfly	12
13	13-14 200 IM	14
15	15&O 200 IM	16
17	13-14 400 Free Relay	18
19	Senior 400 Free Relay	20

13-14 400 Free - Fastest 1 heat Session 3

15 & O 400 Free - Fastest 2 heats Session 3

All other 13-14 Events – Fastest 3 heats Session 3

All other 15 & O Events – Fastest 4 heats Session 3

All other heats in Session 1

All Relays (limit 3 per team) in Session 1

Session 2

Warm-ups begin at 11:30 AM ... Session starts at 12:30 PM

Scratch Sheets due Thursday by 5 pm

Female Events	Event Description	Male Events
21	11-12 50 Free	22
23	9-10 50 Free	24
25	11-12 100 Fly	26
27	10&U 100 Fly	28
29	11-12 200 Back	30
31	10&U 200 IM	32
33	11-12 200 IM	34
35	9-10 50 Breast	36
37	11-12 50 Breast	38
39	10&U 400 Free Relay	40
41	11-12 400 Free Relay	42

Saturday, July 27, 2019

Session 4 & 6

Session 4 Warm-ups begin at 7:00 AM ... Session starts at 8:00 AM

Session 6 Warm-ups begin at 4:00 PM ... Session starts at 5:00 PM

Scratch Sheets due Friday by 5 pm

Female Events	Event Description	Male Events
43	13-14 400 IM	44
45	15&O 400 IM	46
47	13-14 200 Free	48
49	15&O 200 Free	50
51	13-14 100 Back	52
53	15&O 100 Back	54
55	13-14 200 Breast	56
57	15&O 200 Breast	58
59	13-14 100 Fly	60
61	15&O 100 Fly	62
63	13-14 200 Medley Relay	64
65	Senior 200 Medley Relay	66

13-14 400 IM - Fastest 1 heat Session 6

15 & O 400 IM - Fastest 2 heats Session 6

All other 13-14 Events – Fastest 3 heats Session 6

All other 15 & O Events – Fastest 4 heats Session 6

All other heats in Session 4

All Relays (limit 3 per team) in Session 4

Session 5

Warm-ups begin at 11:30 AM ... Session starts at 12:30 PM

Scratch Sheets due Friday by 5 pm

Female Events	Event Description	Male Events
67	11-12 100 Breast	68
69	10&U 100 Breast	70
71	8&U 50 Free	72
73	11-12 200 Fly	74
75	9-10 50 Back	76
77	11-12 50 Back	78
79	8&U 50 Back	80
81	10&U 200 Free	82
83	11-12 200 Free	84
85	10&U 200 Medley Relay	86
87	11-12 200 Medley Relay	88

Sunday, July 28, 2019

Session 7 & 9

Session 7 Warm-ups begin at 7:00 AM ... Session starts at 8:00 AM

Session 9 Warm-ups begin at 4:00 PM ... Session starts at 5:00 PM

Scratch Sheets due Saturday by 5:00 pm

Female Events	Event Description	Male Events
89	13-14 200 Back	90
91	15&O 200 Back	92
93	13-14 100 Breast	94
95	15&O 100 Breast	96
97	13-14 100 Free	98
99	15&O 100 Free	100
101	13-14 200 Free Relay	102
103	Senior 200 Free Relay	104
105	13-14 1500 Freestyle	106
107	15&O 1500 Freestyle	108

1500 Free will have the fastest 6 swimmers from each gender and age group. Then the next 12 highest scoring power point swimmers will be seeded regardless of gender or age (6 total heats).

All 1500s will be swum in Session 7.

All other 13-14 Events – Fastest 3 heats Session 9

All other 15 & O Events – Fastest 4 heats Session 9

All other heats in Session 7

All Relays (limit 3 per team) in Session 7

Session 8

Warm-ups begin at 11:30 AM ... Session starts at 12:30 PM

Scratch Sheets due Saturday by 5:00 pm

Female Events	Event Description	Male Events
109	11-12 100 Free	110
111	9-10 100 Free	112
113	8&U 100 Free	114
115	11-12 100 Back	116
117	10&U 100 Back	118
119	11-12 200 Breast	120
121	8&U 50 Fly	122
123	9-10 50 Fly	124
125	11-12 50 Fly	126
127	8&U 50 Breast	128
129	10&U 200 Free Relay	130
131	11-12 200 Free Relay	132
133	10&U 400 Free	134
135	11-12 400 Free	136

ADIRONDACK SWIMMING LONG COURSE CHAMPIONSHIP
July 26-28, 2019
Colgate University

ENTRY FEE CALCULATION SHEET:

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-Mail ADDRESS _____

Number of Individual Events _____ X \$ 8.00 = \$ _____

Number of Relays _____ X \$10.00 = \$ _____

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

Number of Manual Entries _____ X \$ 1.00 = \$ _____

Total Entry Fee Due _____ \$ _____

MAKE CHECKS PAYABLE TO "CLINTON SWIM CLUB"

This form must be returned with Check and Hard Copy of Entry Report

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

Clinton Swim Club assumes no responsibility for meet close-out due to late entries

ENTRY DEADLINE - JULY 17, 2019 5:00pm

Mail to: Andre Paradis 4 Ward St. Vernon NY 13476

***Entries Must be sent E-mail to: ajparadis@yahoo.com**

Questions: Andre Paradis 315-269-3380

****This form, entry report and Your Team Check
Must be received to have entries added to the meet.***