First Splash  
November 2\textsuperscript{nd} 2019  
Clark Sports Center… Cooperstown, NY

Held under the Approval of Adirondack Swimming, Inc. Approval # APP20-002  
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: Clark Sports Center Sharks/ Central Valley Swim League  
Place: Clark Sports Center, Cooperstown NY. Short Course…25 Yards….Colorado Automatic 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 inch from Start End of Pool.  
Depth of Pool at One (1) Meter 4 feet and Five (5) Meters 4 feet 1 inch from Turn End of Pool.

Time: WARM UP: 8:15am  MEET START: 9:00am

Meet Director: Lindsey Bailey  (607) 547-2800 ext. 114  baileyl@clarksportscenter.com  
Admin Official: Susan Cortright  (518) 673-8283  fryslanhill@yahoo.com

Attending Teams:  
Canajoharie Crocodiles, Clark Sports Center Sharks and Schoharie Valley Penguins  
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 2\textsuperscript{nd} 2019  
Rules from the current USA Swimming Technical Rules will be in effect.  
Swimmers may enter 3 Individual events and 1 relay or 2 Individual events and 2 relays  
Enteries must be received by October 25\textsuperscript{th} 2019 at 5:00pm  
Enteries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software.  
Enteries must be submitted via e-mail to: baileyl@clarksportscenter.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 Website  
www.adirondackswimming.org  
Direct registration questions to the Adirondack Registrar, Ann Korzun, 518-877-6571 or akorzun@adirondackswimming.org

Swimming Events:  
The meet will be pre-seeded, and all events will be swum as timed finals. All events are swam as mixed gender events, and seeded slowest to fastest. They are scored according to appropriate age and gender. Swimmers must provide their own timers and lap counters for the 500. We will be using Flyover Starts for this meet. Please inform your swimmers prior to the meet.

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. 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.

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 8 for individual events and 1st place for relays
12 and under events will be scored 8 & under, 9-10, 11-12
Open events will be scored 10 & under, 11-12, 13-14, 15 & over

Services:
Programs and Concessions available throughout the meet

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:

Central Valley Swim League
C/O Lindsey Bailey
P.O.Box 850
Cooperstown, NY 13326

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.

USA Swimming, Inc. Insurance may apply if ALL attending clubs, athletes, coaches, officials and meet
directors are current members of USA Swimming and the venue has been provided with the proper
Insurance Certificate from USA Swimming.
First Splash
November 2\textsuperscript{nd} 2019
Clark Sports Center… Cooperstown, NY

WARM-UPS 8:15AM … SESSION BEGINS 9:00AM

<table>
<thead>
<tr>
<th>EVENT</th>
<th>GENDER</th>
<th>AGE GROUP</th>
<th>EVENT DESCRIPTION</th>
</tr>
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<tbody>
<tr>
<td>1</td>
<td>Mixed</td>
<td>12 &amp; Under</td>
<td>50 Yard Freestyle</td>
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<tr>
<td>2</td>
<td>Mixed</td>
<td>13 &amp; Over</td>
<td>50 Yard Freestyle</td>
</tr>
<tr>
<td>3</td>
<td>Mixed</td>
<td>8 &amp; Under</td>
<td>25 Yard Butterfly</td>
</tr>
<tr>
<td>4</td>
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</tr>
<tr>
<td>5</td>
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</tr>
<tr>
<td>6</td>
<td>Mixed</td>
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<td>200 Yard Butterfly</td>
</tr>
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<td>7</td>
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<td>8</td>
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<tr>
<td>9</td>
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<tr>
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<td>8 &amp; Under</td>
<td>25 Yard Breaststroke</td>
</tr>
<tr>
<td>12</td>
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<td>9-12</td>
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<td>24</td>
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<td>Open</td>
<td>500 Yard Freestyle</td>
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Each Swimmer May Swim a Maximum Of 3 Events per Day plus 1 Relays

$2.00 per Individual Event per Athlete and $2.00 per Relay

Note: Entry Limits are governed by USA Swimming Rules 102.2.2 and 102.2.3
TEAM NAME: _________________________________________________________

CONTACT PERSON: ____________________________________________________

PHONE NUMBER: ______________________________________________________

E-Mail ADDRESS: _______________________________________________________

Number of Individual Entries: __________ X $2.00 = $__________

Number of Relays: __________X $2.00 = $__________

Total Amount Due and Enclosed……………………… . $__________

ENTRY DEADLINE: October 25th 2019

MAKE CHECKS PAYABLE TO: “Central Valley Swim League”

Email your entries to the Meet Entry Coordinator:
Lindsey Bailey
baileyl@clarksportscenter.com

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

Central Valley Swim League
C/O Lindsey Bailey
P.O. Box 850
Cooperstown, NY 13326

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

“CVSL Swim League” assumes no responsibility for meet close-out due to late entries