

NDAC March 2021 Time Trials

March 21, 2021

YMCA of Kingston & Ulster County

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD21-014
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: Northern Dutchess Aquatics Club (MR-NDAC)

Place: YMCA of Kingston & Ulster, 507 Broadway, Kingston, NY; 6 Lane Short Course, 25 Yard Pool.

IST electronic timing system using Hy-Tek Meet Manager software

The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths:

Depth of Pool at One (1) Meter 10'8" and Five (5) Meters 9'9" from Start End of Pool.

Depth of Pool at One (1) Meter 3' 4" and Five (5) Meters 4' 0" from Turn End of Pool.

Time:

Sunday, March 21, 2021

Two Sessions:

Session 1: Warmup 1:00 PM, Time Trials begin at 1:30 PM

Session 2: Warmup 3:30 PM, Time Trials begin at 4:00 PM

Meet Director: Frank Seldin, 201-314-2073, treasurer@ndac.us

Meet Referee: Howard Dorner, 845-224-6048, hdorner76@aol.com

Meet Entry Coordinator: Frank Seldin, 201-314-2073, treasurer@ndac.us

Entry Rules:

of swimmers per session capped by local covid restrictions. Please contact meet director to check availability before submitting entries

The eligibility of a swimmer will be determined by his or her age on March 21, 2021.

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 Sunday, March 21, 2021. 3 entry limit.

In the event the meet is oversubscribed, the Meet Director may cut Relays in order to achieve the desired timeline. If after removing relays, the meet is still 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 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.

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, Adam Hershberg, adregistrar12@gmail.com

Swimming Events: Positive check-in. All events will be swum as timed finals, from slow to fast.

Scratches: Swimmers who do not positively check in by the deadline 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.

Timers:

Clubs will be required to provide timers based upon their number of entries.

Deck Entries:

Deck Entries will NOT be accepted at this meet.

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.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

Services: No services 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 \$8.00 per individual event, which includes the \$.50 AD travel fund surcharge and the \$5.00 per swimmer surcharge.

Make your entry check payable to **NDAC** 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.

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.

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: Not applicable

Scoring: Finals will be scored according to USA Swimming rules.

Time Trials: This is a TIME TRIALS meet

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.

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

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Session 1: Positive Check-in by 12:45 PM, Warm-ups 1:00 PM

1.	200 Free	Mixed	Open
2.	100 IM	Mixed	12&Under
3.	50 Free	Mixed	Open
4.	100 Fly	Mixed	Open
5.	50 Breast	Mixed	12&Under
6.	50 Back	Mixed	12&Under
7.	100 Breast	Mixed	Open
8.	50 Fly	Mixed	12&Under
9.	100 Free	Mixed	Open
10.	100 Back	Mixed	Open

Session 2: Positive Check-in by 3:15PM, Warm-ups 3:30 PM

11.	200 IM	Mixed	Open
12.	50 Free	Mixed	Open
13.	100 Fly	Mixed	Open
14.	100 Back	Mixed	Open
15.	100 Breast	Mixed	Open
16.	200 Back	Mixed	Open
17.	200 Fly	Mixed	Open
18.	100 Free	Mixed	Open
19.	200 Free	Mixed	Open
20.	200 Breast	Mixed	Open
21.	500 Free	Mixed	Open

Swimmers may swim 3 events per day

Northern Dutchess Aquatic Club

ENTRY FEE CALCULATION SHEET
NDAC March 2021 Time Trials
March 21, 2021

YMCA of Kingston & Ulster County, Kingston, NY

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-Mail ADDRESS _____

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

Number of Swimmers _____ X \$5.00 = \$ _____

Total Amount Due and Enclosed\$ _____

ENTRY DEADLINE.. "Sunday March 21, 2021"

MAKE CHECKS PAYABLE TO "NDAC"

Email your entries to the Meet Entry Coordinator

This form Must be returned with Entry Report and Check
to the Meet Entry Coordinator:

NDAC, PO Box 440, Red Hook, NY 12571

Frank Seldin -- treasurer@ndac.us

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

NDAC assumes no responsibility for meet close-out due to late entries