

Northern TRIBS Swimming, Inc.

2023 SWIMTOBER

SUNY Potsdam, Maxcy Hall Pool
4 Tupper Lake Drive, Potsdam, NY 13676
Sunday, October 22, 2023

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction #AD24-001
Don Lipkin, General Chairman.
In granting this sanction 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 TRIBS Swimming, Inc.

Place: SUNY Potsdam, Maxcy Hall Pool; 4 Tupper Lake Drive; Potsdam, NY 13676
Short Course 25 Yard Pool, 6 Lanes... Continuous warm up pool... Colorado automatic timing, beeper and scoreboard.
The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: Depth of Pool at One (1) Meter 10'0" and Five (5) Meters 7'00" from Start End of Pool.
Depth of Pool at One (1) Meter 4'00" and Five (5) Meters 4'00" from Turn End of Pool.

Time: SUNDAY - AFTERNOON

Session	Age Groups	Warm-up/Check-in Time	Meet Start Time
Session 1	ALL	10:00 AM	11:00 AM

Meet Director and Entry Coordinator: Joshua Jock jjock@goTRIBS.org (518) 524-1295
Meet Referee: JoAnn Faucett faucettjm@aol.com (518) 496-6136

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on October 22, 2023
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 jjock@goTRIBS.org.
Team entries must be received by **Wednesday, October 18, 2023. Custom times are preferable over NT entries.**
Swimmers may enter up to 5 Individual Events and 1 Relay.
Please be certain you receive a reply confirming receipt of your entries; follow up if you do NOT receive a reply.

The host team reserves the right to enter its own swimmers in the meet at any time. If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. 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. **Attending teams will be notified of any changes via email and all changes will be posted to the AD Web Site.** Any fees paid for cut entries will be refunded. If you have any questions or need any help please contact Joshua Jock at (518) 524-1295.

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. 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

All registrations are completed using the USA Swimming Online Member Registration (OMR) system.

Refer to the AD web site, "USA-S Registrations" page for information.

Adirondack Meets are reconciled for current USA Swimming Registration. Unregistered or expired swimmers will be removed from the meet. Athletes 18 or older MUST have completed APT to be compliant and allowed to swim in meet. AD swimmers must have Confirmed Birthdates to swim age specific events.

Legal ID must be sent to the LSC Registrar for new members or members new to AD.

Direct registration questions to the Adirondack Registrar, Bill Faucett office@adirondackswimming.org

Swimming Events:

All events will be swum as timed finals. Fly-over starts will be in use; please inform your swimmers prior to the meet. **12 & Under swimmers are to line up in the bull pen area for 25 yard events only. The starting blocks are on a narrow bulkhead therefore bulkhead traffic is one-way. Swimmers will line up in heats on one side of the bulkhead and exit in the direction of the starter. Only one heat will be allowed on the bulkhead at a time.** If necessary 5-minute breaks between events may be added into any session.

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. A warm up schedule will be posted after 10/18/23 on the Adirondack website (www.adirondackswimming.org).

Timers:

Clubs will be required to provide timers based upon their number of entries. Lane assignments will be posted to the Adirondack Swimming website (www.adirondackswimming.org).

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 form of Proof of Registration is: Member Card from USA Swimming app
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.

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 ADIRONDACK SWIMMING 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.

Host Assumption of Risk Disclaimer Statement:

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.

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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:

Host team will be selling meet t-shirts and miscellaneous swimming supplies. Smoking is not permitted in the building. No glass containers allowed in the pool area

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, relays are \$0.00 and there is a \$2.00 per swimmer surcharge. These fees include the travel fund assessment fee which is fifty cents (\$0.50) per individual entry, \$1.00 per relay entry, and \$2.00 per swimmer entered in the meet. **ALL MANUAL ENTRIES, INCLUDING DECK ENTRIES (NON-ELECTRONIC) ARE SUBJECT TO A SURCHARGE OF \$1.00 PER ENTRY, WHICH APPLIES TO INDIVIDUAL OR RELAY ENTRIES.**

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.

Costume prizes will be awarded for:

1. **Cutest Costume**
2. **Most Unique Costume**
3. **Scariest Costume**
4. **Funniest Costume**

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 the Official's room (Coach Lounge) before the start of Official's meeting.

If you have any questions, please contact Joshua Jock by phone (518) 524-1295 or email jjock@goTRIBS.org.

Hotel Accommodations:

1. [Clarkson Inn](#)
1 Main Street
Potsdam, NY 13676
(315) 265-3050
2. [Hampton Inn Potsdam](#)
169 Market Street
Potsdam, NY 13676
(315) 265-0100
3. [Northern Family Motel](#)
6775 State Highway 56
Potsdam, NY 13676
(315) 265-4640
4. [Potsdam Inn](#)
7518 Us Highway 11
Potsdam, NY 13676(315) 265-0709
5. [Scottish Inns Potsdam](#)
7575 Us Highway 11
Potsdam, NY 13676
(315) 265-6700

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4 Tupper Lake Drive, Potsdam, NY 13676
Sunday, October 22, 2023

Session 1 – SUNDAY AFTERNOON

WARM-UPS 10:00AM...POSITIVE CHECK-IN BY 10:00AM...SESSION BEGINS 11:00AM

MIXED EVENTS	QUALIFYING TIMES	AGE GROUP	EVENT DESCRIPTION
1		Open	200 Freestyle
2		12 & Under	25 Backstroke
3		14 & Under	50 Backstroke
4		Open	100 Backstroke
5		12 & Under	25 Breaststroke
6		14 & Under	50 Breaststroke
7		Open	100 Breaststroke
COSTUME PARADE – BRING A COSTUME!			
8		Open	50 Freestyle
9		12 & Under	25 Butterfly
10		14 & Under	50 Butterfly
11		Open	100 Butterfly
12		12 & Under	25 Freestyle
13		Open	100 Free
14		14 & Under	100 IM
15		Open	200 IM
16		Open This is a fun relay, any mix of swimmer.	200 Free Relay (3 x 50 + 2 x 25) Costume Relay

**SWIMMERS MAY ENTER A MAXIMUM OF (5) INDIVIDUAL EVENTS PER DAY PLUS 1 RELAY
\$4.75 PER INDIVIDUAL EVENT PER ATHLETE FOR ALL ATHLETES. RELAYS HAVE NO CHARGE.
\$2.00 PER ATHLETE SURCHARGE. FOR MANUAL ENTRIES, ADD \$1.00 PER ENTRY**

After Event 7 we will take a 20-minute break for a Costume Parade. Everyone will have approximately 10-minutes to get dressed up followed by a 5-minute parade before continuing with the meet.

Costume prizes will be awarded for:

**Cutest Costume
Most Unique Costume
Scariest Costume
Funniest Costume**

The 200 Freestyle Costume Relay will be swum with the last person from the shallow end, (3 x 50 plus 2 x 25). The first 3 participants will carry a provided costume item down to shallow end, exit the pool, dress the last swimmer who will be waiting, and then sprint back for the exchange off the block. The 4th swimmer will swim 1-length, exit the pool, and dress the last swimmer. Then, the last swimmer must make it to the finish end of the pool with the four costume items.

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ENTRY FEE CALCULATION SHEET

TEAM NAME _____
CONTACT PERSON _____
PHONE NUMBER _____
E-MAIL ADDRESS _____

Number of Positive Check-in Individual Entries	_____	X \$4.75 = \$	_____
Number of Swimmers (Surcharge)	_____	X \$2.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____
Number of Relays Entries	_____	X \$0.00 = \$	_____
Total Amount Due and Enclosed		\$	_____

ENTRY DEADLINE... Wednesday Oct. 18, 2023

Email your entries to Joshua Jock: jjock@goTRIBS.org

MAKE CHECKS PAYABLE TO "Northern TRIBS Swimming, Inc."

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

Northern TRIBS Swimming, Inc.
c/o Joshua Jock
3 Garvin Ave Apt 4
Massena, NY 13662

**Entries will be posted to the meet program upon RECEIPT OF CHECK ONLY.
Northern TRIBS Swimming, Inc. assumes no responsibility
for meet close-out due to late entries.**