

2024 Sharks Intrasquad Developmental Meet

January 30, 2024

Ballston Spa High School

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD24-024
Marco Greico, 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: Schenectady-Saratoga Swim Club

Place: Ballston Spa High School 220 Ballston Ave Ballston Spa, NY
Short Course 25 Yard pool, 6 lanes
IST 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 13' and Five (5) Meters 13' from Start End of Pool.
Depth of Pool at One (1) Meter 4' 4" and Five (5) Meters 4' 8" from Turn End of Pool.

Time: Open Warm Up 5:00 pm – 5:30 pm. Meet start 5:40 pm

Meet Director:	Sara Gregory	518-256-5556	sharkregistrar518@gmail.com
Meet Referee:	Allison Vitullo		ajvitullo1@gmail.com
Meet Entry Coordinator:	Gundula Gutjahr	518-951-6967	sharkmeetentries518@gmail.com

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **January 30, 2024**. 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 **January 26, 2024, 5 pm**
Athletes may swim 4 events per day plus one time trial event.

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. 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

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:

Events will be swum as timed finals. Time trials will be permitted at the discretion of the Meet Referee and Meet Director.

Relays:

There are no scheduled relays. Relays may be swum as time trial events.

Scratches:

There will be no penalties for scratches or no-shows.

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:

Host Club will provide timers.

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 USA-Swimming Member Card from Member's SWIMS 3.0 Dashboard..
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 show in compliance USA Swimming Membership Card prior to being 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.

Services:

There will be no services. Heat sheets will be provided free of charge. Results will be available throughout the meet on Meet Mobile.

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 \$3 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 OR RELAY ENTRIES.

Make your entry check payable to **Schenectady-Saratoga Swim Club** 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.

Spectator Admission Charge:

There will be no charge for spectators.

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:

There will be no awards.

Scoring:

The meet will not be scored.

Time Trials:

Time Trials may be added at the discretion of the Meet Referee and Meet Director.

Officials:

There will be an official's meeting conducted promptly 20 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

**2024 Sharks Intersquad Developmental Meet
January 30, 2024
Ballston Spa High School**

SESSION 1 DAY 1
WARM-UPS 5:00 PM SESSION BEGINS 5:40 PM

MIXED EVENTS	AGE GROUP	EVENT DESCRIPTION
1	Open	100 IM
2	Open	25 Freestyle
3	Open	50 Breaststroke
4	Open	50 Butterfly
5	Open	100 Backstroke
6	Open	25 Breaststroke
7	Open	25 Butterfly
8	Open	50 Backstroke
9	Open	100 Butterfly
10	Open	100 Breaststroke
11	Open	100 Freestyle
12	Open	25 Backstroke
13	Open	200 IM
14	Open	50 Freestyle

Each Swimmer May Swim A Maximum of 4 Events Per Day Plus 1 Time Trial
\$3.00 Per Individual Event Per Athlete for ALL Athletes
\$2.00 Per Athlete Surcharge
\$3.00 Per Each Time Trial