

SCHENECTADY - SARATOGA SWIM CLUB
TRICK OR TREAT MEET
SATURDAY & SUNDAY, OCTOBER 22-23, 2022
@ UNION COLLEGE ALUMNI GYMNASIUM POOL

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD23-003
 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: Schenectady-Saratoga Swim Club

Place: Union College, Alumni Gymnasium Pool, 807 Union Street Schenectady, NY 12308
 25 Yard, 8 Lane Pool, and Continuous Warm Up Pool - with Colorado timing systems and displays.
 Continuous warm-up warm-down time is provided.
These competition courses have not been certified in accordance with 104.2.2C(4).

Pool Depths: Depth of Pool at One (1) Meter is 10'0" and at Five (5) Meters is 13'0" from Start End of Pool.
 Depth of Pool at One (1) Meter is 6'6" and at Five (5) Meters is 6'9" from Turn End of Pool.

Time:

Saturday, October 22, 2022				
	Ages	Positive Check-in Deadline	Warm-Up	Meet Start
Session 1	13&Over	N/A	2:00 PM	3:00 PM
Sunday, October 23, 2022				
	Ages	Positive Check-In Deadline	Warm-Up	Meet Start
Session 2	10&Under	N/A	7:30 AM	8:20 AM
Session 3	Open	By 11:30 AM for 500 Free	11:30 AM	12:20 PM
Session 4	11-12	By 2:00 PM for 200 Free	2:00 PM	2:50 PM

Meet Director: Sara Gregory (518) 256 5556 - saradgregory@hotmail.com

Meet Director/Admin Official: Shoshanah Bewlay (518) 227-2825 - admin@schenectadyswimclub.org

Meet Referee: Ronaldo Hart (518) 322 2855 - hartattackrb@gmail.com

Meet Entry Coordinator: Gundula Gutjahr (518) 951-6967 - entries@schenectadyswimclub.org

Spectator Limitations:

In compliance to Union College Event Rules, SPECTATOR NUMBERS will be RESTRICTED.
However, the meet will be live-streamed.
 The link will be provided through the Meet Entry Coordinator on or before October 21, 2022.
 People working the meet from participating clubs are permitted on deck for their scheduled slot.

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Entry Rules:

The eligibility of a swimmer will be determined by his or her age on October 22, 2022. 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 Friday, October 14, 2022 at 5:00 PM.**

Entries must be submitted via e-mail to: entries@schenectadyswimclub.org.

Swimmers 11-12 may enter the 500 Free in Session 3 in addition to four individual events and one relay in Session 4. All other swimmers may enter four individual events per day plus one relay.

Swimmers entered in the 500 Freestyle (Events 37/38) and/or the 200 Freestyle (Events 49/50) must enter with a time that is faster than the cut-off time; swimmers from the host team are exempt from this requirement.

Events 9/10 will be swum as 13&Over 100IM (= fun event); for proper seeding, entries for this event must be submitted with a valid 200IM or NT time.

Entries will be accepted on a first come first served basis. Once a session is full, no additional entries will be accepted for that session. The host team reserves the right to enter its own swimmers in the meet at any time.

Please be certain you receive a reply confirming receipt of your entries within 48 hours; follow up if you do NOT receive a reply.

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, William Faucett, (518) 496-6323, office@adirondackswimming.org

Swimming Events:

Other than the Open 500 Freestyle (Session 3) and the 11-12 200 Freestyle (in Session 4), the meet will be pre-seeded, and all events will be swum as timed finals.

The Open 500 Freestyle (Session 3) and the 11-12 200 Freestyle (in Session 4) have qualifying cut-off times; all entries must be faster than the cut-off time. Host team swimmers are exempt from this requirement.

This is a POSITIVE CHECK-IN meet for the Open 500 Freestyle (Session 3) and the 11-12 200 Freestyle (in Session 4). All swimmers must be checked in by the deadline for these events. POSITIVE CHECK-IN lists will be distributed to the coaches before the session, and swimmers should check-in with their designated coach.

The Open 500 Freestyle heats will be swum fastest to slowest, with all girl heats followed by boy heats. Swimmers must provide their own timers and lap counters.

We will be using Flyover Starts for this meet. Please inform your swimmers prior to the meet.

Scratches:

Swimmers in Session 3 (Open 500free) and Session 4 (11-12 200free) will be scratched if they are not checked-in by the deadline. POSITIVE CHECK-IN lists will be distributed to the coaches prior to warm-up of the session, and swimmers should check-in with their designated coach.

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.

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Timers:

Clubs will be required to provide timers for the meet based upon their number of entries in Session 1,2 & 4. Lane timing assignments will be posted to the Adirondack Swimming website and at the meet. Swimmers in the 500 free must provide their own timers and lap counters.

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 forms of Proof of Registration are: USA-Swimming ID from SWIMS 3.0 or the USA Swimming Phone 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 [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.

This statement (Covid-19) shall also be included in heat sheets.

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COVID-19 Guidelines:

General

• We are fortunate to be permitted to use the facilities at Union College Alumni Gymnasium, Schenectady, NY. Proper conduct on the part of all swimmers, volunteers, coaches, officials, and anyone else attending is expected at all times. The meet area is restricted to the pool and adjoining locker rooms and the adjacent hallways. Any swimmer found in an area designated out-of-bounds will be barred from participating in the remainder of the meet.

- All individuals are expected to remain socially distant to the extent possible prior to, while in, and when exiting the facility.
- Only Meet personnel, volunteers, coaches and swimmers registered in the meet will be allowed on deck.
- All individuals entering the facility are expected to be masked prior to entry and wear the mask properly covering the nose and mouth. No gaiter face coverings are permitted within the meet area.

• Strictly limited numbers of spectators are allowed.

- Swimmers are expected to arrive in their suits. Swimmers may change before they exit the facility within designated locker rooms.
- Locker rooms will be available for restroom purposes and changing out of swim attire at the end of the individual involvement of the meet. Monitors will be stationed at each locker room entrance to ensure limited individuals are inside at any given time.
- All meet personnel, volunteers, officials, and coaches are required to wear a properly worn mask at all times while in the facility.

The only exception to this is when the meet referee needs to blow the whistle.

- Swimmers are required to wear a mask at all times except when in the water.
- Swimmers are expected to put their mask back on immediately after exiting the water before moving around on deck.
- All personnel in the facility are expected to bring their own water bottle.
- All swimmers must bring their own clear plastic bag with the athlete's name and team on it to secure and identify their mask when they are in the water.

Team seating:

- Each team will have ample room for their swimmers and coaches to place their bags and sit.
- Swimmers are expected to remain in their area except when racing, preparing to or completing a race or when needing to use the rest room.

Pre-meet warm-up:

- Each team will be assigned warm-up lanes and timeslots.
- Swimmers are expected to minimize their time on the wall while warming up.
- Coaches are expected to oversee and monitor warm-ups to ensure proper distancing is maintained.

In-meet warm-up/warm-down:

- All swimmers asked to minimize their time on the wall during these times.

Swimmer Competition:

- Swimmers should keep their mask on until their heat is called to the blocks, at which time they should place their masks in their bag and place it next to the lane.
- Timers are to step back from the edge of the pool once they have recorded the finish to allow the swimmer space to exit the water and place their mask on.

Meet personnel, volunteer, official, and coach Facility Use:

- Restrooms in the lobby are available for use.
- Face coverings are to be properly worn at all times

All swimmers, spectators, coaches, officials, volunteers, and anyone else attending is required to abide by COVID and any other health and safety measures as specified by Schenectady County, Adirondack Swimming, USA Swimming, and any governing agencies. Failure to do so will result in removal from the premises.

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Services:

Heat sheets will be available for purchase through Meet Mobile, or for free at our team's webpage. Spectators entering the pool will be charged \$5 per adult (kids are free) at the door and will receive free heat sheets.

A basic selection of packaged snacks and bottled drinks will be on sale throughout the meet.

A swimming equipment vendor (Deep End) will be at the venue.

Smoking is NOT permitted in the building. Food and drink, except for water, are not permitted in the pool area. Glass containers of any kind are strictly prohibited 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.

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.

Entry Fees:

\$4.50 per individual event for Session 1, 2 & .4 || \$4.75 per individual event for Session 3 entries.

\$7.00 per relay. || \$2.00 per swimmer surcharge.

An entry summary sheet is included to compute your team entry fees.

The individual entry fees include the \$.50 AD travel fund surcharge.

The relay entry fee includes the \$1.00 AD travel fund 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.

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:

Individual events ribbons will be awarded for 1st through 8th place.

Relay events ribbons will be awarded to the 1st through 3rd place teams.

If you have any questions, please contact the Meet Director or Meet Referee listed on the first page.

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SESSION 1 - Saturday Afternoon
WARM-UPS 2:00 pm - SESSION BEGINS 3:00 pm

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	13 & Over	100 Backstroke	2
3	13 & Over	100 Butterfly	4
5	13 & Over	50 Free	6
7	13 & Over	100 Breaststroke	8
9	13 & Over	100 IM** (200 IM entry time)	10
11	13 & Over	200 Medley Relay	12

****For seeding purposes, the 100 IM will be entered with the swimmer's 200 IM time.**

SESSION 2 - Sunday Morning
WARM-UPS 7:30 am - SESSION BEGINS 8:20 am

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
13	10 & Under	100 IM	14
15	9-10	100 Freestyle	16
17	8 & Under	25 Freestyle	18
19	9-10	50 Butterfly	20
21	8 & Under	25 Butterfly	22
23	9-10	50 Backstroke	24
25	8 & Under	25 Backstroke	26
27	9-10	50 Freestyle	28
29	8 & Under	50 Freestyle	30
31	9-10	50 Breaststroke	32
33	8 & Under	25 Breaststroke	34
35	10 & Under	200 Free Relay	36

SESSION 3 - Sunday Mid-Session

POSITIVE CHECK-IN FOR 500's BY 11:30 am - WARM-UPS 11:30 am - SESSION BEGINS 12:20 pm

GIRLS EVENTS	QUALIFYING TIMES	AGE GROUP	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
37	6:40.00	Open	500 Freestyle	6:30.00	38

SESSION 4 - Sunday Afternoon

POSITIVE CHECK-IN FOR 200 Free BY 2:00 pm - WARM-UPS 2:00 pm - SESSION BEGINS 2:50 pm

GIRLS EVENTS	QUALIFYING TIMES	AGE GROUP	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
39	N/A	11-12	50 Freestyle	N/A	40
41	N/A	11-12	100 IM	N/A	42
43	N/A	11-12	50 Backstroke	N/A	44
45	N/A	11-12	50 Butterfly	N/A	46
47	N/A	11-12	50 Breaststroke	N/A	48
49	3:30.00	11-12	200 Freestyle	3:30.00	50
51	N/A	11-12	200 Free Relay	N/A	52

11-12 years old swimmers may swim a maximum of 5 individual events (4 + 500free) per day, plus 1 relay.

All other swimmers may swim a maximum of 4 individual events per day, plus 1 relay.

\$4.50 per individual event for Session 1, 2 & 4 entries.

\$4.75 per individual event for Session 3 entries.

\$7.00 per relay. || \$2.00 per swimmer surcharge. || \$1.00 surcharge per event for all manual entries.

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ENTRY FEE CALCULATION SHEET

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

Number of Individual Entries in Sessions 1, 2 & 4	_____	X \$4.50 = \$	_____
Number of Individual Entries in Session 3	_____	X \$4.75 = \$	_____
Number of Swimmers	_____	X \$2.00 = \$	_____
Number of Relays	_____	X \$7.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____

Total Amount Due and Enclosed \$ _____

ENTRY DEADLINE:
Friday, October 14, 2022 at 5:00 pm

MAKE CHECKS PAYABLE TO:
SCHENECTADY - SARATOGA SWIM CLUB (SSSC), SCHE-AD

E-mail your entries to the Meet Entry Coordinator:
entries@schenectadyswimclub.org

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

Gundula Gutjahr
171 Wood Dale Drive
Ballston Lake, NY 12019

***SCHENECTADY-SARATOGA SWIM CLUB assumes no
responsibility for meet close-out due to late entries.***