

First Splash

November 5th 2022

Clark Sports Center... Cooperstown, NY

Held under the Approval of Adirondack Swimming, Inc. Approval # APP23-001

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, baileyl@clarksportscenter.com , (607) 547 -2800 ext. 114

Admin Official: Susan Cortright (518) 673-8283 fryslanhill@yahoo.com

Attending Teams:

Central Valley Swim League 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 5, 2022

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

Entries must be received by WEDNESDAY October 26, 2022

Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software.

Entries must be submitted via e-mail to: baileyl@clarksportscenter.com

USA Swimming Registration:

Athletes may obtain USA Swimming Registration information from your Club Registrar

Unattached athletes may 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

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.

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.

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 must provide their own timers and counters for the 500's, 1650's and 400 IM's.

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.

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:

Food concession will be available at the meet.

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.

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WARM-UPS 8:30AM ... SESSION BEGINS 9:30AM

| EVENT | GENDER | AGE GROUP | EVENT DESCRIPTION |
|-------|--------|------------|----------------------------|
| 1 | Mixed | 12 & Under | 50 Yard Freestyle |
| 2 | Mixed | 13 & Over | 50 Yard Freestyle |
| 3 | Mixed | 8 & Under | 25 Yard Butterfly |
| 4 | Mixed | 12 & Under | 50 Yard Butterfly |
| 5 | Mixed | Open | 100 Yard Butterfly |
| 6 | Mixed | Open | 200 Yard Butterfly |
| 7 | Mixed | 8 & Under | 25 Yard Backstroke |
| 8 | Mixed | 12 & Under | 50 Yard Backstroke |
| 9 | Mixed | Open | 100 Yard Backstroke |
| 10 | Mixed | Open | 200 Yard Backstroke |
| 11 | Mixed | 8 & Under | 25 Yard Breaststroke |
| 12 | Mixed | 12 & Under | 50 Yard Breaststroke |
| 13 | Mixed | Open | 100 Yard Breaststroke |
| 14 | Mixed | Open | 200 Yard Breaststroke |
| 15 | Mixed | 8 & Under | 25 Yard Freestyle |
| 16 | Mixed | 12 & Under | 100 Yard Freestyle |
| 17 | Mixed | 13 & Over | 100 Yard Freestyle |
| 18 | Mixed | Open | 200 Yard Freestyle |
| 19 | Mixed | 12 & Under | 100 Yard Individual Medley |
| 20 | Mixed | Open | 200 Yard Individual Medley |
| 21 | Mixed | 8 & Under | 100 Yard Freestyle Relay |
| 22 | Mixed | 9-12 | 200 Yard Freestyle Relay |
| 23 | Mixed | Open | 200 Yard Freestyle Relay |
| 24 | Mixed | Open | 500 Yard Freestyle |

**Each Swimmer May Swim a Maximum
Of 3 Events + 1 Relay or 2 Events + 2 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

“First Splash”

ENTRY FEE CALCULATION SHEET
Clark Sports Center, Cooperstown NY

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 26th 2022

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