

# SHARKS 12 & UNDER MINI MEET

December 11, 2022 – Union College

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD23-007  
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:** From Start End of Pool, depth of Pool at One (1) Meter is 10'0" and at Five (5) Meters is 13'0"  
From Turn End of Pool, depth of Pool at One (1) Meter is 6'6" and at Five (5) Meters is 6'9"

**Time:** Sunday, December 11, 2022

	Warm-Up Start Time	Meet Start Time
Session 1 – 10 & Under	10:30 AM	11:35 AM
Session 2 – 11-12	2:30 PM	3:15 PM

**Meet Directors :** Anne-Marie Nelson (518) 209-2584 - [dranelson1539@gmail.com](mailto:dranelson1539@gmail.com)  
Sara Gregory (518) 256 5556 - [saradgregory@hotmail.com](mailto:saradgregory@hotmail.com)  
**Meet Referee:** Ronaldo Hart (518) 322 2855 - [hartattackrb@gmail.com](mailto:hartattackrb@gmail.com)  
**Meet Entry Coordinator:** Gundula Gutjahr (518) 951-6967 - [entries@schenectadyswimclub.org](mailto:entries@schenectadyswimclub.org)

## Spectator Limitations:

In compliance to Union College Event Rules, SPECTATOR NUMBERS will be RESTRICTED.

People working the meet from participating clubs are permitted on deck for their scheduled slot.

The meet will be live-streamed to the Sharks YouTube channel, which can be found at the link below. Everyone who subscribes to the channel will be notified when we begin to stream a session; in addition, if the internet connection at the pool becomes unstable and we have to begin a new stream within a session, subscribers will be notified of the new stream automatically. Otherwise, they can check the link close to the session start times and tune in to the link at that time.

## Sharks YouTube channel:

<https://www.youtube.com/channel/UCUnfhdVG793C92Sc16OjkTQ>

## Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **December 11, 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 **Sunday, December 4, 2022, at 5:00PM**.  
**Please be certain you receive a reply confirming receipt of your entries within 48 hours; follow up if you do NOT receive a reply.**

**Session 1 swimmers** (10 & Under) may enter a maximum of 4 individual events.

**Session 2 swimmers** (11-12) may enter a maximum of 5 individual events.

**Only SCY times will be accepted.**

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 swimmers at any time. If the meet is oversubscribed or undersubscribed, in an effort to keep session duration at approximately 3 hours, Events may have to be cut, and Meet and/or Session Start Times may be rescheduled. A decision regarding any changes will be made by the Meet Director AND the Meet Referee and will be made in consideration of the swimmers' best interest. **Attending teams will be notified of any changes and/or cuts, and these will also be posted on the AD Web site.** Any 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.

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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](#))

Athletes 18 or older MUST have completed APT to be compliant and allowed to swim in meet.

Direct registration questions to the Adirondack Registrar, Bill Faucett [office@adirondackswimming.org](mailto:office@adirondackswimming.org)

## Swimming Events:

The meet will be pre-seeded and all events will be timed finals.

Starts will be Flyover Starts; please inform your swimmers prior to the meet.

8 & Under swimmers are to line up in the bull pen area **for 25 yard events only.**

**5-10 minute breaks will be taken after every 4 events.**

## 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:

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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## Services:

**Spectators entering the pool will be charged \$5 per adult (kids are free) at the door and will receive free heat sheets.**

**Spectators watching the meet on the Sharks' YouTube channel will be able to see the heat sheets at no extra cost on Meet Mobile.**

**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.

## Entry Fees:

An entry summary sheet is included to compute your team entry fees. The entry fees are \$4.50 per individual event, which includes the \$.50 AD travel fund surcharge, \$7.00 per relay, which includes the \$1.00 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 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 event ribbons will be awarded to 1st through 8th place.

## 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 – 10 & UNDER

WARM-UPS 10:30 AM SESSION BEGINS 11:35 AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	8 & Under	50 Freestyle	2
3	9-10	50 Freestyle	4
5	8 & Under	25 Butterfly	6
7	9-10	50 Butterfly	8
<b>5 Minute Break</b>			
9	8 & Under	25 Backstroke	10
11	9-10	50 Backstroke	12
<b>5 Minute Break</b>			
13	8 & Under	25 Breaststroke	14
15	9-10	50 Breaststroke	16
<b>5 Minute Break</b>			
17	8 & Under	25 Freestyle	18
19	9-10	100 IM	20
21	8 & Under	100 IM	22

Session 1 swimmers (10 & Under) may swim a maximum of 4 individual events.

## SESSION 2 – 11-12

WARM-UPS 2:30 PM SESSION BEGINS 3:15 PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
23	11-12	100 Freestyle	24
25	11-12	50 Butterfly	26
<b>10 Minute Break</b>			
27	11-12	50 Backstroke	28
29	11-12	50 Breaststroke	30
<b>10 Minute Break</b>			
31	11-12	50 Freestyle	32
33	11-12	100 IM	34
<b>10 Minute Break</b>			
35	11-12	200 Medley Relay	36

Session 2 swimmers (11-12) may swim a maximum of 5 individual events plus 1 relay.

\$4.50 PER INDIVIDUAL EVENT || \$7.00 PER RELAY EVENT || \$2.00 SURCHARGE PER SWIMMER  
ADDITIONAL \$1.00 SURCHARGE 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 \_\_\_\_\_ X \$4.50 = \$ \_\_\_\_\_

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 .....\$ \_\_\_\_\_

**E-mail your entries to the Meet Entry Coordinator:**

**[entries@schenectadyswimclub.org](mailto:entries@schenectadyswimclub.org)**

**ENTRY DEADLINE:**

**Sunday, December 4, 2022, @ 5:00pm**

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

**MAKE CHECKS PAYABLE TO:**

**SCHENECTADY - SARATOGA SWIM CLUB (SSSC)**

**SEND EVERYTHING TO:**

**Gundula Gutjahr (SSSC Entry Coordinator)**

**171 Wood Dale Drive**

**Ballston Lake, NY 12019**

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