

# December Distance Meet

## Sunday December 18, 2022

### Shenendehowa Aquatics Center

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD23-006  
Don Lipkin, General Chairman

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:** Clifton Park-Halfmoon Piranhas

**Place:** Shenendehowa Pool (Adjacent to Gowana Middle School)  
Short Course 25 Yard – 8 Lane Pool... Continuous Warm Up Pool... Daktronics Starting and Timing

The competition course has not been certified in accordance with 104.2.2C(4).

**Pool Depths:** Depth of Pool at One (1) Meter 14'6" and Five (5) Meters 14'6" from Start End of Pool.  
Depth of Pool at One (1) Meter 7'6" and Five (5) Meters 7'6" from Turn End of Pool.

**Time:** Sunday December 18th

Session I	(Positive Check-in by 7:15 AM)	Warm-up 7:00 AM	Session Start 8:00 AM
Session II		Warm-up 11:00 AM	Session Start 12:00 PM
Session III	(Positive Check-in by 3:45 PM)	Warm-up 4:00 PM	Session Start 4:30 PM

**Meet Director:** Rich Simmons 518-694-1155 [rsimmonsmd@gmail.com](mailto:rsimmonsmd@gmail.com)

**Meet Referee:** JoAnn Faucett 518-496-6136, [faucettjm@aol.com](mailto:faucettjm@aol.com)

**Meet Entry Coordinator:** David Stoup 518-312-3946, [david@stoup.net](mailto:david@stoup.net)

#### Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 18th, 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 December 8th, 2022

**Swimmers may enter a max of four (4) individual events per day.**

**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. 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](#))

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:

Session 1 and the 1650's in Session 3 will be positive check-in. All other events will be swum as timed finals. All swimmers need to obtain their heat and lane assignments from the heat sheets posted throughout the pool area. All events will be swum slow to fast, except 1650 which is fastest to slowest.

#### Relays:

There are no relays at this meet

#### Scratches:

Swimmers who do not positively check in by the deadlines will be scratched. Deadline for Session I is 7:15 AM and for Session 3 is 3:45 PM.  
Coaches – be sure your swimmers check-in.

## 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.  
Swimmers must provide their own timers for the 400 IM's, 500's, 1650's, etc.

## 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 or USA-Swimming Club Portal Team Listing or Deck Pass.
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.

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

## Services:

A concession stand will be available throughout the meet. No food is to be consumed on the pool deck.

A hospitality room will be available for officials and coaches only in the office behind the pool deck.

Host team will be selling meet t-shirts, sweatshirts 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 \$4.50 per individual event in session 2 and \$4.75 per individual event in sessions 1 & 3, 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 **"CPHM Piranhas"** and mail your check and entry summary sheet to the **Meet Entry Coordinator**.

CP-HM Piranhas, P.O. Box 106, Clifton Park, NY. 12065

*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:**

For individual events ribbons will be awarded for 1<sup>st</sup>- 8<sup>th</sup> place.

**Scoring:**

The meet will not be scored.

**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.

**Hotel Accommodations:** Courtyard by Marriott Clifton Park - 518-579-6100

**If you have any questions please contact the Meet Director or Meet Referee**

**December Distance Meet  
Sunday December 18th, 2022  
Shenendehowa Aquatic Center**

**SESSION 1**

**WARM-UPS 7:00AM ... POSITIVE CHECK-IN BY 7:15 AM ... SESSION BEGINS 8:00AM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	Open	400 Individual Medley	2
3	Open	500 Freestyle	4

**SESSION 2**

**WARM-UPS 11:00AM ... SESSION BEGINS 12:00PM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
5	Open	200 Butterfly	6
7	Open	200 Backstroke	8
9	Open	200 Breaststroke	10
11	Open	200 Individual Medley	12

**SESSION 3**

**WARM-UPS 4:00PM ... POSITIVE CHECK-IN BY 3:45 PM (1650 Only) ... SESSION BEGINS 4:30PM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
13	Open	1650 Freestyle	14

**Each Swimmer May Swim a Maximum of 4 Events Per Day  
\$4.50 Per Individual Event Per Athlete for ALL Athletes, session 2  
\$4.75 Per Individual Event Per Athlete for ALL Athletes, sessions 1 & 3  
\$2.00 Per Athlete Surcharge  
For Manual Entries, Add \$1.00 Per Entry**

# "CLIFTON PARK-HALFMOON PIRANHAS"

ENTRY FEE CALCULATION SHEET SHEET "DECEMBER DISTANCE MEET"  
SHENENDEHOWA AQUATICS CENTER  
SUNDAY DECEMBER 18, 2022"

TEAM NAME \_\_\_\_\_  
CONTACT PERSON \_\_\_\_\_  
PHONE NUMBER \_\_\_\_\_  
E-Mail ADDRESS \_\_\_\_\_

Number of Individual Entries	_____	X \$4.50 = \$	_____
Number of Individual Entries Positive Check-in	_____	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..**  
**"Thursday December 8<sup>th</sup>"**

*MAKE CHECKS PAYABLE TO "CPHM Piranhas"*

Email your entries to the Meet Entry Coordinator

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

**"CP-HM Piranhas, P.O. Box 106, Clifton Park, NY 12065"**

**\*Entry File May be sent via e-mail to: [david@stoup.net](mailto:david@stoup.net)**

**Entries will be posted to the meet program  
upon RECEIPT OF CHECK ONLY**  
**"CLIFTON PARK-HALFMOON PIRANHAS" assumes no  
responsibility  
for meet close-out due to late entries**