

# Mile Madness

## SUNDAY January 22<sup>nd</sup> 2023

### Clark Sports Center...Cooperstown, NY

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD23-015  
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:** Clark Sports Center Sharks

**Place:** Clark Sports Center, Cooperstown NY. 8 Lanes, 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" from Start End of Pool.  
Depth of Pool at One (1) Meter 4 feet and Five (5) Meters 4 feet from Turn End of Pool.

**Time:** Session 1 Warm ups: 7:15AM.... Positive Check-in by 7:30AM ...Meet Start 8:00AM  
Session 2 Warm ups: 12:00PM.... Positive Check-in by 12:15PM.... Meet Start 12:30PM

<b>Meet Director:</b>	Lindsey Bailey	(607) 547-2800 ext. 114	<a href="mailto:baileyl@clarksportscenter.com">baileyl@clarksportscenter.com</a>
<b>Meet Referee:</b>	Lucas Santiago	(518) 956-4704	<a href="mailto:lsantiago999@gmail.com">lsantiago999@gmail.com</a>
<b>Meet Entry Coordinator:</b>	Lindsey Bailey	(607) 547-2800 ext. 114	<a href="mailto:baileyl@clarksportscenter.com">baileyl@clarksportscenter.com</a>

#### Entry Rules:

The eligibility of a swimmer will be determined by his or her age on January 22<sup>nd</sup> 2023.  
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 **Monday January 16<sup>th</sup> 2023 at 5:00pm**  
**Swimmers may enter a max of three (3) individual events per day. No Time (NT) entries will not be accepted.... Please provide accurate coach estimated times.**  
Please send all entries to Lindsey Bailey [baileyl@clarksportscenter.com](mailto:baileyl@clarksportscenter.com)

**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. 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 are all completed through USA Swimming OMR. All Adirondack Meets are reconciled for current USA Swimming Registration. Unregistered swimmers will be removed from the meet.)  
Unattached athletes may obtain instructions from the Adirondack Swimming Web Site [www.adirondackswimming.org](http://www.adirondackswimming.org)  
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:

Positive Check-In will occur for all events.  
Check -In deadline for Session 1 will be 7:30am.  
Check -In deadline for Session 2 will be 12:15pm.

All events will be swum slowest to fastest except the 1650's which will be fastest to slowest.  
Open events will be scored 8 & under, 9-10, 11-12, 13-14 and 15 & Over.

#### Scratches:

Swimmers who do not positively check-in by the deadlines will be scratched.  
Deadline for the 500 Freestyle, 400 IM, and 200's is 7:30am.  
Deadline for the 1650 Freestyle is 12:15pm.  
**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 have to 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.

**If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, to UN-AD (unattached)  
At an LSC fee of \$60.00 plus the current USA Swimming Registration fee.**

**DECK REGISTRATIONS WILL NOT BE MADE WITH ANY TEAM ASSOCIATION, PLEASE DO NOT ASK.**

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 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 MAAPP 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

## Host Assumption of Risk Disclaimer Statement:

Clark Sports Center Sharks follows all health and safety measures as implemented by the Clark Sports Center and the New York State and Otsego County Boards of Health. Athletes, coaches, officials and spectators must follow all posted instructions while attending Mile Madness. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID19 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 guests with underlying medical conditions are especially vulnerable. By attending Mile Madness, you voluntarily assume all risks related to exposure to COVID-19.

## Services:

**Programs and Concessions available during the meet.**

**All participating swimmers will gain access to our facility (with a signed waiver) during the day of the meet. Other family members can use the facility with the purchase of a day pass (Adults- \$10, Youth \$ 5) and a signed waiver. Our facility includes: Indoor high rock wall, bouldering rock wall, Fitness Game Room, Gym Floor, Racquetball & Squash courts, Bowling Center and of course the 3 Pool aquatics center (which will open 30 minutes after the meet is completed). Visit our website to check it out!**

[www.clarksportscenter.com](http://www.clarksportscenter.com)

## 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 \$4.75 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 ENTRIES.**

Make your entry check payable to **Clark Sports Center** and mail your check and entry summary sheet to

Clark Sports Center  
C/O Lindsey Bailey  
P.O. Box 850  
Cooperstown, NY 13326

*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:**

**Ribbons will be awarded to 1<sup>st</sup> to 8<sup>th</sup> place. Heat winners will be awarded.**

**Scoring:**

Finals and consolations will be scored according to USA Swimming rules. Open Events will be scored 8 & under, 9-10, 11-12, 13-14, 15 & Over

**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:**

**Holiday Inn Express & Suites**  
4758 NY-28, Cooperstown, NY 13326  
(607) 547-8000  
[www.hiexpress.com/hotels/us/en/reservation](http://www.hiexpress.com/hotels/us/en/reservation)

**Best Western Cooperstown Inn & Suites**  
50 Commons Dr, Cooperstown, NY 13326  
(607) 547-7100  
[www.bestwestern.com/en\\_US.html](http://www.bestwestern.com/en_US.html)

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

# Mile Madness

**SUNDAY** January 22<sup>nd</sup> 2023

**Clark Sports Center ... Cooperstown, NY**

## SESSION 1

**SESSION 1 WARM-UPS 7:15AM ... POSITIVE CHECK-IN BY 7:30AM**

**SESSION BEGINS 8:00AM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	OPEN	400 Yard Individual Medley	2
3	OPEN	500 Yard Freestyle	4
5	OPEN	200 Yard Butterfly	6
7	OPEN	200 Yard Backstroke	8
9	OPEN	200 Yard Breaststroke	10
11	OPEN	200 Yard Freestyle	12

## SESSION 2

**SESSION 2 WARM-UPS 12:00PM ... POSITIVE CHECK-IN BY 12:15PM**

**SESSION BEGINS 12:30PM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
13	OPEN	1650 Yard Freestyle	14

**Each Swimmer May Swim a Maximum of 3 Events per Day**

**No Time (NT) entries will not be accepted...Please provide accurate coach estimated times.**

**\$4.75 per Individual Event per Athlete & \$2.00 per Athlete Surcharge.  
For Manual Entries, Add \$1.00 Per Entry (individual or relay)**

**Open Events will be scored 8 & under, 9-10, 11-12, 13-14 and 15 & Over.**

**Mile Madness**  
**ENTRY FEE CALCULATION SHEET**  
**SUNDAY** January 22<sup>nd</sup> 2023  
Clark Sports Center...Cooperstown, NY

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

Number of Individual Entries Positive Check-in	_____	X \$4.75 = \$	_____
Number of Swimmers	_____	X \$2.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____

Total Amount Due and Enclosed .....\$ \_\_\_\_\_

**ENTRY DEADLINE:**  
**January 16<sup>th</sup> 2023 at 5:00pm**

*MAKE CHECKS PAYABLE TO* **Clark Sports Center**

Email your entries to the Meet Entry Coordinator

[baileyl@clarksportscenter.com](mailto:baileyl@clarksportscenter.com)

**This form must be returned with Entry Report and Check  
to:**

**Clark Sports Center  
C/O Lindsey Bailey  
P.O. Box 850  
Cooperstown, NY**

**Entries will be posted to the meet program  
upon RECEIPT OF CHECK ONLY**  
**Clark Sports Center** assumes no responsibility  
for meet close-out due to late entries.