

**LAKE CHAMPLAIN WAVES SWIM TEAM**  
**2023 WINTER BLAST**  
**SATURDAY, FEBRUARY 4, 2023**  
**Ausable Valley Central School**  
**1490 Route 9N, Clintonville, NY 12924**

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD23-009 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:** Lake Champlain Waves Swim Team

**Place:** Ausable Valley CSD, 1490 Route 9N, Clintonville, NY 12924  
Short Course 25 Yard Pool, 6 Lanes...NO Continuous warm up pool.  
Daktronics timing system, beeper, and scoreboard.

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

**Pool Depths:** Depth of Pool at One (1) Meter 10' and Five (5) Meters 10' from Start End of Pool.  
Depth of Pool at One (1) Meter 3'6" and Five (5) Meters 3'6" from Turn End of Pool.

**Time:**

Session	Age Groups	Warm-up Time	Meet Start Time	Positive Check-In
Session 1	13 and Over	9:00 AM	10:00 AM	All by 9:30 AM
Session 2	12 and Under	1:00 PM	2:00 PM	All by 1:30 PM

**Meet Director and Entry Coordinator:** Stacey Fuller [sfuller127@outlook.com](mailto:sfuller127@outlook.com) (518) 524-7388  
**Meet Referee:** JoAnn Faucett [faucettjm@aol.com](mailto:faucettjm@aol.com) (518) 496-6136

**Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on **February 4, 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, [sfuller127@outlook.com](mailto:sfuller127@outlook.com)**. Team entries must be received by the Meet Entry Coordinator by **Friday, January 27, 2023. Custom times are preferable over NT Entries**. Please be certain you receive a reply confirming receipt of entries; follow up if you do NOT receive a reply.

**Participation in this meet is by invitation only.**

**This meet will have 2 Sessions. In a timed finals meet, such as this, a swimmer may compete in not more than six (6) individual events and one (1) relay per day. There will be a positive check in for ALL sessions. Mixed Gender Relays must consist of two (2) males and two (2) females.**

Events will be scored by the Hy-Tek Age Group Point System.

If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. In the event the meet is 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. **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**

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:**

**Positive Check-in will be required for ALL EVENTS, as indicated in the meet schedule, by the deadline for each session.** Any Swimmer not checked in by the Positive Check-in Deadline will be scratched. All events will be swum as timed finals. 5-minute breaks between events may be added to any session.

### **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 Lane assignments will be posted to the Adirondack Swimming website ([www.adirondackswimming.org](http://www.adirondackswimming.org)) and in the meet program.

### **Deck Entries:**

Deck Entries will NOT be accepted at this meet.

### **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.**

## **Host Assumption of Risk Disclaimer Statement: COVID-19 Guidelines:**

### **General:**

- We are fortunate to be permitted to use the facilities at Ausable Valley Central School District. Proper conduct on the part of all swimmers and spectators is expected at all times. The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway and eating area. Any swimmer found in an area designated out-of-bounds will be barred from participating in the remainder of the meet.
- Only Meet personnel, volunteers, coaches, and swimmers registered in the meet will be allowed on deck.
- Spectators are allowed. No limitations on numbers other than a town fire code.
- 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 stations at each locker room entrance to ensure limited individuals are inside at any given time.

### **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/In-Meet Warm-Up/Warm-Down:**

- Each team may be assigned warm-up lanes. In the event of more teams than lane space, teams will be assigned warm-up lanes and timeslots.
- Swimmers are expected to minimize their time on the wall while warming up.

### **Swimmer Competition:**

- A maximum of 3 heats will stage behind the blocks in each lane in designated locations.
- Swimmers are to stay in designated locations behind each lane and move forward once the heat before them moves.
- Timers are to step back from the edge of the pool once they have recorded the finish to allow the swimmer space.

### **Meet Personnel, Volunteer, Official, Spectator, and Coach Facility Use:**

- Restrooms in the lobby are available for use.

### **Services:**

Food will be on sale throughout the meet and should be eaten in the designated areas. A meet program will be available, which will cover all sessions. Smoking is not permitted in the building. Parents, Coaches, and Swimmers are not to bring glass containers of any kind into the pool area. Host team will be selling meet t-shirts, miscellaneous items, and will also have gift basket raffles available.

### **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, \$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 **LAKE CHAMPLAIN WAVES SWIM TEAM** and mail your check and entry summary sheet to **Lake Champlain Waves Swim Team, Inc. c/o Stacey Fuller** at PO Box 2452, Plattsburgh, NY 12901 and entry summary sheet. *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 1<sup>st</sup> through 6<sup>th</sup> place.

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

A surprise will be awarded to **ALL** Heat Winners.

#### **Time Trials:**

Time Trials will be offered at the discretion of the meet director and the meet referee.

#### **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 listed on the first page.**

#### **Hotel Accommodations:**

- [Comfort Inn & Suites Plattsburgh – Morrisonville](#)  
411 State Rte. 3  
Plattsburgh, NY 12901  
**(518) 907-4562**
- [Hampton Inn & Suites Plattsburgh](#)  
586 State Rte. 3  
Plattsburgh, NY 12901  
**(518) 324-1100**
- [Days Inn by Wyndham Plattsburgh](#)  
406 State Rte. 3  
Plattsburgh, NY 12901  
**(518) 561-5000**
- [Best Western Plus Plattsburgh](#)  
446 State Rte. 3  
Plattsburgh, NY 12901  
**(518) 561-7750**
- [La Quinta Inn & Suites by Wyndham](#)  
16 Plaza Blvd.  
Plattsburgh, NY 12901  
**(518) 562-4000**

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**1490 Route 9N, Clintonville, NY 12924**

**SESSION 1**

**WARM-UPS 9:00AM ... POSITIVE CHECK-IN BY 9:30AM ...**

**SESSION BEGINS 10:00AM**

GIRLS EVENTS	QUALIFYING TIMES	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1		15 & Over	200 Individual Medley	2
3		13-14	200 Individual Medley	4
5		15 & Over	100 Freestyle	6
7		13-14	100 Freestyle	8
9		15 & Over	200 Backstroke	10
11		13-14	200 Backstroke	12
13		15 & Over	100 Breaststroke	14
15		13-14	100 Breaststroke	16
17		15 & Over	200 Freestyle	18
19		13-14	200 Freestyle	20
21		15 & Over	100 Butterfly	22
23		13-14	100 Butterfly	24
25		15 & Over	50 Freestyle	26
27		13-14	50 Freestyle	28
29		15 & Over	100 Backstroke	30
31		13-14	100 Backstroke	32
33		13 & Over	200 Free Relay	34
35	Must have (2) Males and (2) Females	13 & Over	200 Mixed Free Relay	35

**SWIMMERS MAY ENTER A MAXIMUM OF (6) INDIVIDUAL EVENTS PER DAY PLUS (1) RELAY ALLOWING SOME SWIMMERS A MAXIMUM OF 7 EVENTS DURING THIS MEET.**

**\$4.75 Per Individual Event Per Athlete for ALL Athletes; \$2.00 Per Athlete Surcharge; \$7.00 Per Each Relay For Manual Entries, Add \$1.00 Per Entry (individual or relay)**

## SESSION 2

**WARM-UPS 1:00PM ... POSITIVE CHECK-IN BY 1:30PM ...  
SESSION BEGINS 2:00PM**

GIRLS EVENTS	QUALIFYING TIMES	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
36		10 & Under	100 Individual Medley	37
38		11-12	100 Individual Medley	39
40		8 & Under	25 Breaststroke	41
42		11-12	50 Breaststroke	43
44		10 & Under	50 Freestyle	45
46		11-12	100 Freestyle	47
48		10 & Under	50 Butterfly	49
50		11-12	100 Butterfly	51
52		8 & Under	25 Backstroke	53
54		11-12	50 Backstroke	55
56		10 & Under	50 Breaststroke	57
58		11-12	100 Breaststroke	59
60		8 & Under	25 Freestyle	61
62		11-12	50 Freestyle	63
64		10 & Under	50 Backstroke	65
66		11-12	100 Backstroke	67
68		8 & Under	25 Butterfly	69
70		11-12	50 Butterfly	71
72		10 & Under	100 Freestyle	73
74		12 & Under	200 Free Relay	75
76	Must have (2) Males and (2) Females	12 & Under	200 Mixed Free Relay	76

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ENTRY FEE CALCULATION SHEET

TEAM NAME \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

E-Mail ADDRESS \_\_\_\_\_

Number of Individual Entries Positive Check-in \_\_\_\_\_ X \$4.75 = \$ \_\_\_\_\_

Number of Swimmers (Surcharge) \_\_\_\_\_ 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, JAN. 27, 2023**

Email your entries to Stacey Fuller: [sfuller127@outlook.com](mailto:sfuller127@outlook.com)

MAKE CHECKS PAYABLE TO: LAKE CHAMPLAIN WAVES SWIM TEAM

This form must be returned with Entry Report and check to:

Lake Champlain Waves Swim Team, Inc.

c/o Stacey Fuller

PO Box 2452

Plattsburgh, NY 12901

Entries will be posted to the meet program upon RECEIPT OF CHECK ONLY.

Lake Champlain Waves Swim Team, Inc. assumes no responsibility for meet close-out due to late entries.