

Piranha Pentathlon Meet

Sunday February 12, 2023

Shenendehowa Aquatics Center

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD23-016
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: 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 been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA-S.

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 February 12th
Session I Warm-Up 8:00 AM Session Start 9:00AM
Session II (Positive Check-in by 12:45PAM) Warm-Up 1:00 PM Session Start 2:00 PM

Meet Director: Richard Simmons 518-694-1155, rsimmonsmd@gmail.com

Meet Referee: JoAnn Faucett 518-496-6136, faucettjim@aol.com

Meet Entry Coordinator: David Stoup 518-312-3946, david@stoup.net

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **February 12th, 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 **Thursday February 2nd 2023**
Swimmers may enter a maximum of 5 events

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
All registrations are completed using the USA Swimming Online Member Registration (OMR) system.
Refer to the AD web site, "USA-S Registrations" page for information.
Adirondack Meets are reconciled for current USA Swimming Registration. Unregistered or expired swimmers will be removed from the meet.
Athletes 18 or older MUST have completed APT to be compliant and allowed to swim in meet.
AD swimmers must have Confirmed Birthdates to swim age specific events.
Legal ID must be sent to the LSC Registrar for new members or members new to AD.
Direct registration questions to the Adirondack Registrar, Bill Faucett office@adirondackswimming.org

Swimming Events:

Session 2 will be positive check-in. All events will be swum as timed finals. All age groups need to obtain their heat and lane assignments from the heat sheets posted throughout the pool area.

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 II is 12:45 PM

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 form of Proof of Registration is USA-Swimming Member Card from Member's SWIMS 3.0 Dashboard..
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.

Safe Environment Guidelines: We are fortunate to be permitted to use the facilities at Shenendehowa Aquatics Center, Clifton Park, NY. Proper conduct on the part of all swimmers, volunteers, coaches, officials, and anyone else attending is expected at all times. The meet area is restricted to the pool, adjoining locker rooms and adjacent hallways. Any swimmer found in an area designated out of-bounds will be barred from the remainder of the meet

Only Meet personnel, volunteers, coaches and swimmers registered in the meet will be allowed on deck. Strictly limited numbers of spectators are allowed. Swimmers are expected to arrive in their suits. Swimmers may change before they exit the facility within designated locker rooms. 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 stationed at each locker room entrance to ensure limited individuals are inside at any given time. Face coverings may be chosen to be worn. Restrooms in the lobby are available for use.

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 the restroom. Pre-meet and In-meet warm-up/warm-down: Each team will be assigned warm-up lanes and time slots. Swimmers are expected to minimize their time on the wall while warming up/down. Coaches are expected to oversee and monitor warm-ups to ensure proper distancing is maintained. Swimmer Competition: Swimmers may choose to wear a mask until their heat is called to the blocks, at which time they should place their masks into a labeled plastic bag and place it next to the lane. Timers are to step back from the edge of the pool once they have recorded the finish to allow the swimmer space to exit the water.

All swimmers, spectators, coaches, officials, volunteers, and anyone else attending is required to abide by COVID and any other health and safety measures as specified by Saratoga County, Adirondack Swimming, USA Swimming, and any governing agencies. Failure to do so will result in removal from the premises.

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 off of the pool deck.
Deep End will be selling 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 for session I and \$4.75 for session II, 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:

Trophies will be awarded to the Top 3 finishers (male & female) in each age group (8 & U, 9-10, 11-12, 13-14, 15 & Over) who legally and successfully finish all 5 events.

Scoring:

Pentathlon scoring will use an accumulation of race times. Swimmers MUST swim all 5 events to qualify for awards. Swimmers with a DQ in an event will add 1 minute to the slowest legal time in that event but will still be eligible for awards based on the adjusted time. Times will be broken down by age group 8 & U, 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: Courtyard by Marriott Clifton Park - 518-579-6100

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

**PIRANHA PENTATHLON MEET
SUNDAY FEBRUARY 12th, 2023
SHENENDEHOWA AQUATICS CENTER**

SESSION 1

WARM-UPS 8:00AM ... SESSION BEGINS 9:00AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	9-10	50 Butterfly	2
3	11-12	100 Butterfly	4
5	9-10	50 Backstroke	6
7	11-12	100 Backstroke	8
9	9-10	50 Breaststroke	10
11	11-12	100 Breaststroke	12
13	9-10	50 Freestyle	14
15	11-12	100 Freestyle	16
17	9-10	100 IM	18
19	11-12	100 IM	20

SESSION 2

WARM-UPS 1:00 PM ... POSITIVE CHECK-IN BY 12:45 AM ... SESSION BEGINS 2:00 PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
21	8 & Under	50 Butterfly	22
23	13-14	100 Butterfly	24
25	15 & Over	100 Butterfly	26
27	8 & Under	50 Backstroke	28
29	13-14	100 Backstroke	30
31	15 & Over	100 Backstroke	32
33	8 & Under	50 Breaststroke	34
35	13-14	100 Breaststroke	36
37	15 & Over	100 Breaststroke	38
39	8 & Under	50 Freestyle	40
41	13-14	100 Freestyle	42
43	15 & Over	100 Freestyle	44
45	8 & Under	100 IM	46
47	13-14	200 IM	48
49	15 & Over	200 IM	50

Each Swimmer May Swim a Maximum of 5 Events Per Day
\$4.50 Per Individual Event Per Athlete for ALL Athletes, \$4.75 for session 2.
\$2.00 Per Athlete Surcharge
For Manual Entries, Add \$1.00 Per Entry

CLIFTON PARK-HALFMOON PIRANHAS

ENTRY FEE CALCULATION SHEET "PIRANHA PENTATHLON MEET"
SHENENDEHOWA AQUATICS CENTER
SUNDAY FEBRUARY 12th, 2023

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 Manual (non-electronic) Entries _____ X \$1.00 = \$ _____

Total Amount Due and Enclosed\$ _____

ENTRY DEADLINE.. **"Thursday February, 2rd 2023"**

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 E-mail to: *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**