

# Northern TRIBS Swimming, Inc.

## Potsdam Snowball - Snow Mercy

SUNY Potsdam, Maxcy Hall Pool  
4 Tupper Lake Drive, Potsdam, NY 13676  
Saturday, February 22, 2025

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction #AD25-004  
Marco Greico, 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:** Northern TRIBS Swimming, Inc.

**Place:** SUNY Potsdam, Maxcy Hall Pool; 4 Tupper Lake Drive; Potsdam, NY 13676  
Short Course 25 Yard Pool, 6 Lanes... Continuous warm up pool... Colorado automatic timing, 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 10'0" and Five (5) Meters 7'00" from Start End of Pool.  
Depth of Pool at One (1) Meter 4'00" and Five (5) Meters 4'00" from Turn End of Pool.

**Time:** SUNDAY - AFTERNOON

Session	Age Groups	Warm-up/Check-in Time	Meet Start Time
Session 1	ALL	11:00 AM	12:00 PM
Session 2	ALL	3:00 PM	3:30 PM

**Meet Director and Entry Coordinator:** Joshua Jock [jjock@goTRIBS.org](mailto:jjock@goTRIBS.org) (518) 524-1295  
**Meet Referee:** Stephen Plapp [seplapp@comcast.net](mailto:seplapp@comcast.net) (904) 994-1110

### Entry Rules:

The eligibility of a swimmer will be determined by his or her age on February 22, 2025  
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 [jjock@goTRIBS.org](mailto:jjock@goTRIBS.org).  
Team entries must be received by **Friday, February 14, 2025. Custom times are preferable over NT entries.**  
**Swimmers may enter up to 6 Individual Events.**  
Please be certain you receive a reply confirming receipt of your entries; follow up if you do NOT receive a reply.

The host team reserves the right to enter its own swimmers in the meet at any time. 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.** Any fees paid for cut entries will be refunded. If you have any questions or need any help please contact Joshua Jock at (518) 524-1295.

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**  
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](mailto:office@adirondackswimming.org)

## Swimming Events:

**Snowball** - All events in all sessions of this meet will be POSITIVE CHECK-IN. POSITIVE CHECK-IN lists will be distributed to the coaches before each session, and swimmers should check-in with their designated coach

All events will be swum as timed finals. Fly-over starts will be in use; please inform your swimmers prior to the meet. **12 & Under swimmers are to line up in the bull pen area for 25-yard events only. The starting blocks are on a narrow bulkhead therefore bulkhead traffic is one-way. Swimmers will line up in heats on one side of the bulkhead near the starter and exit in the opposite direction. Only one heat will be allowed on the bulkhead at a time.** If necessary 5-minute breaks between events may be added to any session.

**Optional IMX – Snow Mercy** All IMX events will be seeded as Mixed-Gender events and will be swum as timed finals. Scoring will follow the IMX Single-Year Age Group format. The 12&Under IMX Challenge will include 5 scored events, and the 13&Over IMX Challenge will include 6 scored events. A complete list of the IMX Challenge events is listed under Scoring in this announcement.

**Session 1** – Includes the 10 & Under, 12 & Under, and 13 & Over IMX – Snow Mercy scored events, and some Non-IMX events.

**Session 2** – Includes the 13 & Over 400 IM and 500 Freestyle, both of which are IMX – Snow Mercy scored events. Swimmers may enter a maximum of 2 events in this session. Also include the 11-12 500 Freestyle and 200 IM, both of which are IMX – Snow Mercy scored events. Swimmers may enter a maximum of 2 events in this session.

### PLEASE NOTE:

- All individual events will be seeded in mixed gender heats.
- All events are timed finals.
- Starts will be Flyover Starts; please inform your swimmers prior to the meet.
- All events in all sessions of this meet will be POSITIVE CHECK-IN. POSITIVE CHECK-IN lists will be distributed to the coaches before each session, and swimmers should check-in with their designated coach.
- Swimmers who are not checked in by deadline will be scratched.
- All events, including distance events (500 Freestyle and 400 IM) will be swum slowest to fastest.
- All IMX – Snow Mercy events will be scored & awarded per single age. Non-IMX events will not be scored.
- Additional information is listed under Scoring in this announcement.

To help with proper spacing between events and to give young swimmers the best racing experience, we are asking the swimmers' coaches to provide us with an entry time for all events. If the athlete has no times (NTs) for some events, please enter an estimated entry time according to your knowledge of the athlete's abilities. This way, the heat they will get seeded into will provide them with good competition and enough rest between 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. A warm up schedule will be posted after 10/18/23 on the Adirondack website ([www.adirondackswimming.org](http://www.adirondackswimming.org)).

## Timers:

**Session 1** - 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)).

**Session 2** - Clubs will be required to provide timers based upon their number of entries. Please note that swimmers in the 500 Freestyle must provide their own counter. If not enough swimmers enter Session 2, swimmers may be responsible for providing their own timer as well This will be shared in the posted lane assignments.

## 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. Athletes 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: Member Card from USA Swimming app
3. Coach makes the request for 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 show in compliance USA Swimming Membership Card prior to being 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.

**Services:**

The host team will be selling meet t-shirts 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 \$4.75 per individual event and there is a \$2.00 per swimmer surcharge. These fees include the travel fund assessment fee which is fifty cents (\$0.50) per individual entry and \$2.00 per swimmer entered in the meet. **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.**

**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:**

The Top 6 IMX – Snow Mercy point earners in each Single Age will be awarded. Must legally complete **ALL** IMX events.

**Scoring:**

IMX – Snow Mercy will be scored on the cumulative Hy-Tek Single-Age Points System.

**IMX – Snow Mercy Age Groups and Events:**

Age	IMX Events to be scored
9 & Under and 10	200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly
11 and 12	200 IM, 500 Free, 100 Back, 100 Breast, 100 Fly
13, 14, 15, 16, and 17 & Over	200 IM, 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly

**Time Trials:**

Time Trials may be offered, with a limit of one (1) Time Trial per swimmer for the meet. Time Trials must be requested by the end of warm-up of the affected session on the day of the time trial, and all requests must be approved by the Meet Director and Meet Referee. Time Trials will be \$10.00 each. Time Trial counts toward daily total of 6 events.

**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 the Official's room (Coach Lounge) before the start of Official's meeting.

**If you have any questions, please contact Joshua Jock by phone (518) 524-1295 or email [jjock@goTRIBS.org](mailto:jjock@goTRIBS.org).**

**Hotel Accommodations:**

1. [Clarkson Inn](#)  
1 Main Street  
Potsdam, NY 13676  
(315) 265-3050
2. [Hampton Inn Potsdam](#)  
169 Market Street  
Potsdam, NY 13676  
(315) 265-0100
3. [Northern Family Motel](#)  
6775 State Highway 56  
Potsdam, NY 13676  
(315) 265-4640
4. [Potsdam Inn](#)  
7518 Us Highway 11  
Potsdam, NY 13676  
(315) 265-0709

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## SESSION 1 – SATURDAY – FEBRUARY 22

WARM-UPS 11:00 AM...POSITIVE CHECK-IN BY 11:00 AM...SESSION BEGINS 12:00 PM

MIXED EVENTS	AGE GROUP	EVENT DESCRIPTION
1	14 & Under	100 IM
2	13 & Over	200 IM
3	12 & Under	25 Backstroke
4	14 & Under	50 Backstroke
5	Open	100 Backstroke
6	Open	200 Backstroke
7	12 & Under	25 Breaststroke
8	14 & Under	50 Breaststroke
9	Open	100 Breaststroke
10	Open	200 Breaststroke
11	Open	50 Freestyle
12	12 & Under	25 Butterfly
13	14 & Under	50 Butterfly
14	Open	100 Butterfly
15	Open	200 Butterfly
16	12 & Under	25 Freestyle
17	Open	100 Free

## SESSION 2 – SATURDAY – February 22

WARM-UPS 3:00 PM...POSITIVE CHECK-IN BY 3:00 PM...SESSION BEGINS 3:30 PM

MIXED EVENTS	AGE GROUP	EVENT DESCRIPTION
18	Open	200 Freestyle
19	Open	500 Freestyle
20	12 & Under	200 IM
21	Open	400 IM

SWIMMERS MAY ENTER A MAXIMUM OF (6) INDIVIDUAL EVENTS PER DAY.  
\$4.75 PER INDIVIDUAL EVENT PER ATHLETE FOR ALL ATHLETES.  
\$2.00 PER ATHLETE SURCHARGE. FOR MANUAL ENTRIES, ADD \$1.00 PER ENTRY

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## ENTRY FEE CALCULATION SHEET

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

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

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

## ENTRY DEADLINE... Friday Feb. 14, 2025

Email your entries to Joshua Jock: [jjock@goTRIBS.org](mailto:jjock@goTRIBS.org)

*MAKE CHECKS PAYABLE TO* "Northern TRIBS Swimming, Inc."

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

Northern TRIBS Swimming, Inc.  
c/o Joshua Jock  
3 Garvin Ave Apt 4  
Massena, NY 13662

**Entries will be posted to the meet program upon RECEIPT OF CHECK ONLY.  
Northern TRIBS Swimming, Inc. assumes no responsibility  
for meet close-out due to late entries.**