

**Quad Meet – Central Valley Swim League**  
**Amsterdam Sea Rams / Gloversville Lasers / Johnstown Sea Otters & Canajoharie Crocodiles**  
**Saturday, December 16, 2006      Amsterdam LMS Pool**

**Host:** Amsterdam Sea Rams Swim Club

**Held under the Approval of Adirondack Swimming, Inc. AD06-APP4**

USA Swimming, Inc. Insurance applies to Only those attendees who are Currently and Properly Registered and Certified with USA Swimming, Inc. Attendees who are Not USA Swimming, Inc. Registered are offered No Insurance Coverage at this event. All USA-S Registered Athletes must be under the direct supervision of a currently registered and certified USA-S Coach.

**Place:** Wilbur H Lynch Middle School Pool, Amsterdam, NY  
8 lane, 25 yard short course pool with Colorado Timing System

**Time:** 9:00 am warm-ups / 10:00 am start

**Meet Director:** Kelli McCoski

**Meet Marshall:** Bill McCoski

**Attending Teams:** Amsterdam Sea Rams / Gloversville Lasers / Johnstown Sea Otters / Canajoharie Crocodiles

**Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on December 16, 2006  
Rules from the current USA Swimming Technical Rules will be in effect.  
Entries must be submitted on floppy diskette or CD using the Hy-Tek Meet Manager or Team Manager Software.  
Teams can also e-mail their entries to: [kmccoski@nycap.rr.com](mailto:kmccoski@nycap.rr.com)  
Team entries must be received by **December 10<sup>th</sup>, 2006**  
**Swimmers may enter 3 individual events and one relay**  
CVSL does not accept NT (no time) Entries and these entries will not be imported to the meet.

**USA Swimming Registration:**

The CVSL League Requires All Participating Athletes and Coaches be properly USA Swimming Registered.  
Registrations may be obtained from your club registrar.  
ALL Adirondack Swimmers MUST be Registered with the AD Registrar by the Meet Entry Deadline.  
All Meets are reconciled for current USA Swimming Registration. Unregistered swimmers will be removed from the meet.  
Unattached athletes may obtain forms and instructions from the Adirondack Swimming Web Site [www.adirondackswimming.org](http://www.adirondackswimming.org)  
Direct registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or [registrar@adirondackswimming.org](mailto:registrar@adirondackswimming.org)

**Swimming Events:**

All events will be swum as timed finals and will be deck seeded. Each swimmer may enter 3 individual events and one relay.

**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. The CVLS League follows this policy and 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.  
**Warm-ups will begin at 9:00 am.**

**Timers:**

Clubs will be required to provide timers based upon their number of entries.  
Swimmers have to provide their own timers and counters for the 500's and 400 IM's.

**Meet Policy:**

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. **No one will be allowed on the deck except Officials on Shift, USA-S Registered Coaches with Current Certifications, USA-S Registered Swimmers and Timers on Shift. All Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.**

**Services:**

Food concession will be available at the meet.

**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.

**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.

**Awards:**

Ribbons will be given out to places 1 thru 3 for individual events and 1<sup>st</sup> place for relays

**Meet Notes:**

This meet is an Adirondack Swimming Approved Meet. When all conditions of Approval are met, all times achieved by USA Swimming, Inc. Registered Athletes may be loaded to the USA Swimming National Database, SWIMS. For times to be used, the swims must be observed by a minimum of 2, USA Swimming Registered and Certified Stroke and Turn Officials, one located at each end of the pool. As this is Not a Sanctioned Meet, it may Not be used to satisfy the Adirondack Swimming Minimum Meet Requirement for Championship Eligibility. However, All times achieved (those recorded to SWIMS) May be used for entry qualification purposes in any Sanctioned Meet.

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**9:00 am Warm-ups / 10:00 am Meet Start**

**Swimmers may enter 3 individual events plus 1 relay**

<i>GIRLS</i>	<i>EVENTS</i>	<i>BOYS</i>
1	200 Open Medley Relay	2
3	200 Mixed Open Medley Relay	
4	Open/Senior 400IM	5
6	13-14 50 Freestyle	7
8	15-18 50 Freestyle	9
10	8 & Under 25 Butterfly	11
12	9-10 50 Butterfly	13
14	11-12 50 Butterfly	15
16	Open/Senior 100 Butterfly	17
18	8 & Under 25 Backstroke	19
20	9-10 50 Backstroke	21
22	11-12 50 Backstroke	23
24	Open/Senior 100 Backstroke	25
26	8 & Under 25 Breaststroke	27
28	9-10 50 Breaststroke	29
30	11-12 50 Breaststroke	31
32	Open/Senior 100 Breaststroke	33
34	7 & Under 25 Free	35
36	8 & Under 25 Free	37
38	9-10 50 Free	39
40	11-12 50 Free	41
42	Open/Senior 100 Freestyle	43
44	8 & Under 100 IM	45
46	9-10 100 IM	47
48	11-12 100 IM	49
50	Open/Senior 200 IM	51
52	8 & Under Mixed 100 Free Relay	
53	9-10 Mixed 200 Free Relay	
54	11-12 Mixed 200 Free Relay	
55	13-14 Mixed 200 Free Relay	
56	15-18 Mixed 200 Free Relay	
57	Open/Senior 500 Freestyle	58