

Central Valley Swim League Championship Meet Saturday, February 24, 2007 Nellis Pool, Canajoharie

Held under the Approval of Adirondack Swimming, Inc. AD06-APP7

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.

Host: Canajoharie Swim Club, Inc.

Place: Nellis Memorial Pool, east Hill School, Canajoharie, NY
6 lane, 25 yard pool with fully automatic timing and display. Locker rooms for dressing are limited.
Swimmers should bring bags for personal belongings. Swimmers will be stationed in the gym and dress accordingly.

Time: 9:00am warm-ups, 10:00am meet start

Meet Director: Linda Cole
Meet Marshall: Kim Smith
Meet Referee: Dave Williams

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on February 24, 2007
Rules from the current USA Swimming Technical Rules will be in effect.
Entries must be submitted on floppy diskette or CD or by email, using the Hy-Tek Meet Manager or Team Manager Software.
E-mail entries to: canjocrocs@yahoo.com
Team entries must be received by **February 17, 2007**
Swimmers may enter 2 individual events and 2 relays or 3 individual events and 1 relay
CVSL does not accept NT (no time) Entries and these entries will not be imported to the meet.
Questions regarding entries, contact Linda Cole at canjocrocs@yahoo.com or 673-3801

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
Direct registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or registrar@adirondackswimming.org

Swimming Events:

All events will be swum as timed finals. The meet will be pre-seeded. Ladder relays shall consist of one swimmer from 8&U, 9-10, 11-12, 13-14 age groups. Mixed relays shall have 2 girl and 2 boy swimmers. If this is not possible, relays shall have at least 1 girl and 1 boy swimmer.

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 with meet start at 10:00 am

8 & Under	9:00 – 9:15
9-10 and 11-12	9:15 – 9:30
13 and over	9:30 – 9:45
Sprints	9:45 – 9:55

Deck Entries:

CVSL allows No Deck Entries during Championship Meets.

Timers:

Each team will be asked to provide at least two (2) timers for the duration of the meet.

Lane 1 – Canajoharie
Lane 2 – Cooperstown
Lane 3 – Gloversville
Lane 4 – Amsterdam
Lane 5 – Johnstown
Lane 6 – Amst/Johy

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 USA-S Registered Officials, USA-S Registered Coaches with Current Certifications, USA-S Registered Swimmers and Timers on Shift. All Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.**

Services:

Programs, snacks and light lunches available.

Each team must bring 10 dozen cookies or equivalent snacks to share with swimmers at the conclusion of 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.

Awards:

Individual Events: Ribbons 1st thru 6th place

All Relays: Ribbons 1st thru 3rd place

Awards will be given to coaches at the conclusion of the meet.

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 [Linda Cole, canjocrocs@yahoo.com](mailto:canjocrocs@yahoo.com), 673-3801.

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.

**Central Valley Swim League
League Championships
Saturday, February 24, 2007
Nellis Pool, Canajoharie**

WARM-UPS 9:00AM ... MEET BEGINS 10:00AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	Ladder	200 Medley Relay	2
3	Senior Mixed	200 Medley Relay	
5	13-14	50 Free	6
7	15-18	50 Free	8
9	8&U	25 Fly	10
11	9-10	50 Fly	12
13	11-12	50 Fly	14
15	13-14	100 Fly	16
17	15-18	100 Fly	18
19	8&U	25 Back	20
21	9-10	50 Back	22
23	11-12	50 Back	24
25	13-14	100 Back	26
27	15-18	100 Back	28
29	8&U	25 Breast	30
31	9-10	50 Breast	32
33	11-12	50 Breast	34
35	13-14	100 Breast	36
37	15-18	100 Breast	38
39	7&U	25 Free	40
41	8&U	25 Free	42
43	9-10	50 Free	44
45	11-12	50 Free	46
47	13-14	100 Free	48
49	15-18	100 Free	50
51	8&U	100 IM	52
53	9-10	100 IM	54
55	11-12	100 IM	56
57	13-14	200 IM	58
59	15-18	200 IM	60
61	8&U Mixed	100 Free Relay	
62	9-10 Mixed	100 Free Relay	
63	11-12 Mixed	200 Free Relay	
64	13-14 Mixed	200 Free Relay	
65	15-18 Mixed	200 Free Relay	

Swimmers may enter 2 individual events and 2 relays or 3 individual events and 1 relay