

**North Country YMCA Swim League**  
**2007 Championship Meet**

**Meet Invitation**

**When:** Sunday, February 25, 2007

**Host:** Glens Falls YMCA Gators

**Held under the Approval of Adirondack Swimming, Inc. AD06-APP6**

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.

**Venue:** Union College Pool  
Schenectady, NY  
Starting Blocks at Regulation Depth  
Continuous Warm-up Pool  
Colorado Automatic Timing System

**Time:** Session I Warm-ups (10 and under) 7:30 – 8:20am  
Session I Starts 8:30am

Session II Warm-ups (11 and over) 11:00 – 11:50am  
Session II Starts 12:00pm

**Meet Directors:** Lynn Jones and Dick Jones  
Phone:# (518) 656-3439  
E-mail:rlcjones@adelphia.net

**Meet Referee:** Rich Rowlands

**Entry Coordinator:** Gail Jeffords, Telephone # (518) 793-2257  
E-mail: gmjeffor@aol.com

**Entry Rules:** Eligibility of a swimmer will be based upon his or her age on December 1, 2006. The meet will be governed by the current Rules and Regulations for USA Swimming. There is no limit on the number of swimmers per event per competing league team, except as determined by each individual swimmer's ability to meet the qualification time for each event. There will be a limit of three relay teams per relay event per competing league team. Swimmers may swim in 3 individual events plus 2 relays. Swimmers may swim-up in age group in any or all events entered. All coaches are responsible for making certain that swimmers and parents understand the entry requirements for the meet. **You may add a relay swimmer only per these rules: if you need a swimmer in an age bracket to make an A Relay only.**

**Entries must be Submitted** in the following way. For those teams that use Hytek Software, please submit your entries in Hytek format using diskette or e-mail. For those teams not using Hytek please submit your entries by paper copy.

**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 requirements for Championship eligibility. However, all times achieved (those recorded to SWIMS) may be used for entry qualification purposes in any sanctioned meet.

## Time Line for Submitting Entries

**February 19, 2007:** Gail Jeffords must have received all entries.  
(Reminder: Provide E-mail addresses with your entries.)

**Entries:** February 21<sup>st</sup> is the final due date for entries. There will be no added swimmers after the 21<sup>st</sup>.

**Attention Coaches!!!! Due to the requirement of lead times for data entry, processing and printing, the DEADLINES noted will be strictly enforced! No additional entries or changes will be permitted after February 21, 2007.**

**Officials:** *Please let us know how many officials you will have available to officiate during the meet as well as the session they are available.*

**Eligibility:** All swimmers must swim in three (3) league meets during the course of the regular season in order to be eligible to swim in the League Championship Meet. The organizing team reserves the right to require proof of eligibility from any affected swimmer.

**Check in Rules:** There will be NO POSITIVE CHECK-IN utilized for this meet. It is the responsibility of each coach to have their swimmers accounted for and available for events. It is the responsibility of each swimmer to report to the seeding area at the time events are called. Meet marshals will be available to assist the younger children to their proper lanes in the morning session.

**Warm-up and Safety Procedure:** For each meet session, there will be a 20-minute girls-only warm-up period, a 20 minute boys-only warm-up period and a 10-minute combined warm-up period, in which, LANES 2, 3, 5, 6, & 7 will be open for sprints. At the conclusion of the warm-up and after the start of the 1<sup>st</sup> event, the continuous warm-up pool will be available for use. As a safeguard against injury during warm-up sessions, the North Country YMCA Swim League will not allow diving into the pool during the warm-up sessions, except from the blocks in the designated sprint lanes. We ask all coaches that you inform your swimmers and ask them to cooperate fully with the organizing club officials and marshals in charge of the area, as well as customary rules etiquette that apply at each meet.

**Swimming Events:** All events will be swum as timed finals. Please submit the competition or trial times for seeding. All events will be pre-seeded, slowest to fastest in order of time. **“No Time” entries will not be accepted.**

**Timers:** Clubs will be required to provide Timers for the swim meet. The organizing team will make timing assignments. The lanes assignments will be posted outside the official’s room and through out the meet facility. A copy will be displayed in the program. Please report to the chief timer on deck 15 minutes prior to your timing assignments.

**Officials:** The organizing club has a number of United States certified officials assigned to the meet. Many more officials are needed than can be provided by the Glens Falls Family YMCA team.

Therefore, all participating teams are requested to provide the services of parent volunteers who are USA Swimming certified officials. Prospective names should be submitted with team entries. An officials' meeting will be conducted prior to the start of each session. Officials are to report to the designated officials room and sign-in upon their arrival at the Union facility. Proper official attire is required.

**Supervision:** A "Swimmer's Rest Area" will be provided in the racquetball courts. Parents and coaches are expected to ensure that swimmers behave in an orderly manner, clean their area, and dispose of all trash. Any swimmer found in an unauthorized area will be scratched from his/her events and asked to immediately leave the facility and premises. No Exceptions! Each team is responsible for supervising its members. No one will be allowed on the pool deck except meet officials, timers, coaches and swimmers.

**Services:** A North Country YMCA Gator League Championship Meet Program and a commemorative T-Shirt will be available for sale. A variety of breakfast, lunch and snack items will be available in the "Gator Café". No food or drink will be allowed in the pool, locker rooms, or anywhere outside of the designated area. GLASS containers of any kind are NOT permitted in the pool or spectator areas. This policy will be strictly enforced. Smoking is NOT permitted in the facility.

**Awards:** Awards for individual events, medals will be awarded for 1<sup>st</sup> through 3<sup>rd</sup> place and ribbons will be awarded for 4<sup>th</sup> through 8<sup>th</sup> place. For relays, medals will be awarded for 1<sup>st</sup> place and ribbons will be awarded for 2<sup>nd</sup> through 6<sup>th</sup> place. Trophies will be awarded to each participating team. Teams will be divided into large and small team groups. Individual points will be scored 9, 7, 6, 5, 4, 3, 2, 1. Relay points will be scored 18, 14, 12, 10, 8, 6, 4, 2.

**Entry Fees:** There is a team surcharge per team of \$200 and a swimmer surcharge of \$2 per swimmer entered in the Championship meet from your team.

**Make your check payable to the Glens Falls YMCA Gator Swim Team.**

Mail your check and entries to:

Gail Jeffords  
18 Staple Street  
Glens Falls, NY 12801  
E-mail: gmjeffor@aol.com  
Home phone #: (518) 793-2257  
Cell Phone #: 527-6678

**Questions:** Call Lynn or Dick Jones – (518) 656-3439  
Gail Jeffords - (518) 793-2257

Warm-up Time: 7:30 am

Start Time: 8:30 am

Girls Events	Qualification Times		Qualification Times	Boys Events
<b>7 &amp; Under Events</b>				
5	NQT	25 Yard Freestyle	NQT	6
11	NQT	25 Yard Backstroke	NQT	12
<b>8 &amp; Under Events</b>				
1	NQT	100 Yard Mixed Medley Relay	NQT	1
7	23.00	25 Yard Freestyle	22.00	8
13	26.99	25 Yard Backstroke	25.99	14
17	28.99	25 Yard Butterfly	28.00	18
21	48.00	50 Yard Freestyle	47.00	22
25	30.99	25 Yard Breaststroke	30.00	26
29	NQT	100 Yard Mixed Free Relay	NQT	29
<b>10 &amp; Under Events</b>				
2	NQT	200 Yard Mixed Medley Relay	NQT	2
3	1:45.69	100 Yard Individual Medley	1:41.79	4
9	40.09	50 Yard Freestyle	39.19	10
15	48.89	50 Yard Backstroke	49.49	16
19	48.79	50 Yard Butterfly	47.29	20
23	1 :32.00	100 Yard Freestyle	1 :31.00	24
27	53.59	50 Yard Breaststroke	53.89	28
30	NQT	200 Yard Mixed Free Relay	NQT	30

Warm-up Time: 11:00 am

Start Time: 12:00 pm

	Qualification Times	11 & 12 Events	Qualification Times	Boys Events
31	NQT	200 Yard Mixed Medley Relay	NQT	31
34	2 :38.00	200 Yard Freestyle	2 :37.00	35
40	3:05.99	200 Yard IM	3:04.39	41
46	34.69	50 Yard Freestyle	33.69	47
52	39.99	50 Yard Backstroke	40.19	53
62	38.19	50 Yard Butterfly	38.59	63
68	1 :18.00	100 Yard Freestyle	1 :17.00	69
74	44.29	50 Yard Breaststroke	44.59	75
80	NQT	200 Yard Mixed Free Relay	NQT	80
<b>13 &amp; 14 Events</b>				
32	NQT	200 Yard Mixed Medley Relay	NQT	32
36	2 :35.00	200 Yard Freestyle	2 :35.00	37
42	2 :56.79	200 Yard IM	2 :56.79	43
48	32.00	50 Yard Freestyle	32.00	49
54	1 :21.39	100 Yard Backstroke	1 :21.39	55
58	6 :40.00	500 Free (two entries per team)	6 :40.00	59
64	1:20.19	100 Yard Butterfly	1:20.19	65
70	1 :13.09	100 Yard Freestyle	1 :13.09	71
76	1 :32.00	100 Yard Breaststroke	1 :32.00	77
81	NQT	200 Yard Mixed Free Relay	NQT	81

**15 – 18 Events**

33	NQT	200 Yard Mixed Medley Relay	NQT	33
38	2 :26.00	200 Yard Freestyle	2 :26.00	39
44	2 :54.49	200 Yard IM	2 :54.49	45
50	30.00	50 Yard Freestyle	30.00	51
56	1 :19.89	100 Yard Backstroke	1 :19.89	57
60	6 :25.00	500 Free (two entries per team)	5 :50.00	61
66	1:18.49	100 Yard Butterfly	1:18.49	67
72	1 :11.99	100 Yard Freestyle	1 :11.99	73
78	1 :29.79	100 Yard Breaststroke	1 :29.79	79
82	NQT	200 Yard Mixed Free Relay	NQT	82

