

ESSL Double Dual Meet
Hawks Swimming Association
Elting Gymnasium,
SUNY New Paltz
New Paltz, NY
December 16, 2007

Host: Hawks Swimming Association

Held under the Approval of Adirondack Swimming, Inc. Approval # APP08-005

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. Coaches must display current USA Swimming Membership Card showing current Certifications.

Place: Elting Gymnasium 6 Lanes, Colorado Timing System

Time: 10 A.M. Warm-up 11:00 Start

Meet Director: Chris Joyce
Meet Marshall: Mike Gulitti
Meet Referee: Mark Amodio

Attending Teams: Hawk-AD, WSSC-MR, Sportsplex Barracudas

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on 12/16/2007
Rules from the current USA Swimming Technical Rules will be in effect.

USA Swimming Registration:

USA Swimming Registration is not required in Empire State Swim League Meets.
Club athletes may obtain USA Swimming Registration from your Club Registrar
Direct registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or registrar@adirondackswimming.org

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.

Meet Policy:

All USA Swimming Registered Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.

Services:

Food concession will be available at the meet.

Time Trials:

Time Trials will be offered for events 65 - 72, for 500 free, 100 fly, 200 IM and 400 IM, time permitting.

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 6 for individual events and 1 thru 3rd place for relays in scoring events.

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.

EMPIRE STATE SWIM LEAGUE

EVENT LIST

Event #	Age	Distance	Stroke		Event #
1	12/Under	200 Yards	Medley Relay	CO-ED	
2	13/Older	200 Yards	Medley Relay	CO-ED	
Girls					Boys
3	10/Under	100 Yards	Individual Medley		4
5	12/Under	100 Yards	Individual Medley		6
7	Open	100 Yards	Individual Medley		8
9	8/Under	25 yards	Free		10
11	8/Under	50/Yards	Free		12
13	10/Under	50/Yards	Free		14
15	12/Under	50/Yards	Free		16
17	Open	50/Yards	Free		18
19	12/Under	100/Yards	Free		20
21	14/Under	100 Yards	Free		22
23	Open	100 Yards	Free		24
25	Open	200 Yards	Free		26
27	8/Under	25/Yards	Back		28
29	10/Under	50/Yards	Back		30
31	12/Under	50/Yards	Back		32
33	14/Under	100/Yards	Back		34
35	Open	100 Yards	Back		36
37	8/Under	25/Yards	Breast		38
39	10/Under	50/Yards	Breast		40
41	12/Under	50/Yards	Breast		42
43	14/Under	100 Yards	Breast		44
45	Open	100 Yards	Breast		46
47	8/Under	25/Yards	Fly		48
49	10/Under	50/Yards	Fly		50
51	12/Under	50/Yards	Fly		52
53	14/Under	50 Yards	Fly		54
55	Open	50 Yards	Fly		56
57	8/Under	100 Yards	Free Relay		58
59	10/Under	200 Yards	Free Relay		60
61	12/Under	200 Yards	Free Relay		62
63	Open	200 Yards	Free Relay		64

Time Trials

(time permitting)

65	Open	500	Free		66
67	Open	100	Fly		68
69	Open	200	IM		70
71	Open	400	IM		72