

CVSL Championships
Canajoharie Crocodiles / Clark Sports Center/ Delhi Dolphins/ Amsterdam Sea Rams
Saturday, January 31, 2009 Amsterdam Pool

Host: Amsterdam Sea Rams

Held under the Approval of Adirondack Swimming, Inc. Approval # APP09-006

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: Amsterdam Pool,
6 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

Meet Referee: Tony Noce

Attending Teams: Canajoharie Crocodiles / Cooperstown / Delhi Dolphins/ Amsterdam Sea Rams

Entry Rules: The eligibility of a swimmer will be determined by his or her age on Saturday, January 31, 2009

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: Kelli McCoski at kmccoski@nycap.rr.com

Team entries must be received by Saturday, January 17, 2009

Swimmers may enter 3 individual events plus 1 relay

USA Swimming Registration: The CVSL League Requires All swimmers be currently registered with USA Swimming, Inc.

Registrations may be obtained from your club registrar.

ALL CVSL Swimmers MUST be Registered with the AD Registrar by the Meet Entry Deadline.

All CVSL 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 and will be deck seeded.

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.

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. **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.

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 1st 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.

Championships – Central Valley Swim League
Canajoharie Crocodiles / Cooperstown / Delhi Dolphins
Amsterdam Sea Rams

Saturday, January 31, 2009 Amsterdam Pool

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

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<i>GIRLS</i>	<i>EVENTS</i>	<i>BOYS</i>
1	200 Open Medley Relay	2
3	200 Mixed Open Medley Relay	
5	13-14 50 Freestyle	6
7	15-18 50 Freestyle	8
9	8 & Under 25 Butterfly	10
11	10 & Under 50 Butterfly	12
13	11-12 50 Butterfly	14
15	13-14 100 Butterfly	16
17	Open 100 Butterfly	18
19	8 & Under 25 Backstroke	20
21	10 & Under 50 Backstroke	22
23	11-12 50 Backstroke	24
25	13-14 100 Backstroke	26
27	Open 100 Backstroke	28
29	8 & Under 25 Breaststroke	30
31	10 & Under 50 Breaststroke	32
33	11-12 50 Breaststroke	34
35	13-14 100 Breaststroke	36
37	Open 100 Breaststroke	38
39	7 & Under 25 Free	40
41	8 & Under 25 Free	42
43	10 & Under 50 Free	44
45	11-12 50 Free	46
47	13-14 100 Freestyle	48
49	Open 100 Freestyle	50
51	8 & Under 100 IM	52
53	10 & Under 100 IM	54
55	11-12 100 IM	56
57	13-14 200 IM	58
59	Open 200 IM	60
61	8 & Under Mixed 100 Free Relay	
62	9-10 Mixed 200 Free Relay	
63	11-12 Mixed 200 Free Relay	
64	13-14 Mixed 200 Free Relay	
65	15-18 Mixed 200 Free Relay	