

**North Country YMCA Swim League
2009 Championship Meet
Sunday, February 22, 2009**

Host: Capital District YMCA

Held under the Approval of Adirondack Swimming, Inc. Approval # APP09-009

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.

In granting this Approval it is understood and agreed that USA Swimming, Inc. and Adirondack Swimming, Inc. shall be free from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

Place: Union College, 8, Colorado Timing System

<u>Time:</u> Session I	Warm-ups (10 and under) 7:30-8:20am	Meet starts 8:30am
Session II	Warm-ups (11 and over) 11:00-11:50am	Meet Start 12:00pm

Meet Director: Jenn Behrens... Phone: (518) 456-3634.... E-mail: jbehrens@cdymca.org

Meet Marshall: Ross Jordan... Phone: (518) 272-5900... E-mail: rjordan@cdymca.org

Meet Referee: Kathleen Fish... Phone: (518) 489-2443.... E-mail: albanyfish@yahoo.com

Attending Teams: GreenbushYMCA, So. Saratoga Co.YMCA Barracudas, Guilderland Cyclones, Parkside Porpoises, YMCA of Saratoga Stingrays, Glens Falls YMCA Gators, Fulton County YMCA, Mohonasen Thrashers Swim Clubs, Arrows Swim Team, SJCC Blue Waves, Pittsfield Boys & Girls Club Gators, Rotterdam Boys & Girls Club, Dalton Otters, Duanesburg Electric Eels.

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 1, 2008. 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. The meet will be governed by the current Rules and Regulations for USA Swimming. 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 electronically, using the Hy-Tek Meet Manager or Team Manager Software.

Entries may be mailed on CD or Floppy Disk or via e-mail to: chardcastle16@aol.com

Team entries must be received by February 13th, 2009

Swimmers may enter 3 events and 2 relays

Entries:

February 13TH is the final due date for entries. Teams with meets on Feb. 14th or 15th can wait until Feb. 16th to send their entries.

Teams will be e-mailed back their entries for verification. Please respond as soon as possible that they are correct. Be certain to provide email addresses with entries in order to receive verification of receipt.

USA Swimming Registration:

Club athletes may obtain USA Swimming Registration from your Club Registrar

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

Eligibility:

All swimmers must swim in two (2) league meets during the course of the regular season in order to be eligible to swim in the League Championship Meet.

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-Ups:

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 1st 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 entry 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.

Meet Policy:

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

Services:

A North Country YMCA 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 "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.

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 Capital District 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.

Awards:

Awards for individual events, medals will be awarded for 1st through 3rd place and ribbons will be awarded for 4th through 8th place. For relays, medals will be awarded for 1st place and ribbons will be awarded for 2nd through 6th 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, 10, 6, 5, 4, 2

Meet Notes:

This meet is an Adirondack Swimming Approved Meet. When all conditions of Approval are met, all LEGAL 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 LEGAL times achieved (those recorded to SWIMS) may be used for entry qualification purposes in any sanctioned meet.

Entry Fees:

Entry fees are \$3.50 for each individual event, \$6.00 per relay, and a \$1.00 per swimmer surcharge. Make your entry check payable to **Capital District YMCA** and mail your check to:

Cheryl Hardcastle
127 Droms Rd
Glenville, NY 12302
E-mail: chardcastle16@aol.com
Phone# (518) 399-8118

Questions: Call Cheryl Hardcastle at (518) 399-8118 or Jennifer Behrens at (518) 456-3634

Girls Events	Qualification Times	Events	Qualification Times	Boys Events
		7 & Under Events		
5	NQT	25 Yard Freestyle	NQT	6
11	NQT	25 Yard Backstroke	NQT	12
		8 & Under Events		
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
		10 & Under Events		
2	NQT	200 Yard Mixed Medley Relay	NQT	2
3	1:45.70	100 Yard Individual Medley	1:41.80	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
		11 & 12 Events		
31	NQT	200 Yard Mixed Medley Relay	NQT	31
34	2:38.00	200 Yard Freestyle	2:37.00	35
40	3:06.00	200 Yard IM	3:04.40	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
		13 & 14 Events		
32	NQT	200 Yard Mixed Medley Relay	NQT	32
36	2:35.00	200 Yard Freestyle	2:35.00	37
42	2:56.00	200 Yard IM	2:56.00	43
48	32.00	50 Yard Freestyle	32.00	49
54	1:21.40	100 Yard Backstroke	1:21.40	55
58	6:40.00	500 Free	6:40.00	59
64	1:20.20	100 Yard Butterfly	1:20.20	65
70	1:13.10	100 Yard Freestyle	1:13.10	71
76	1:32.00	100 Yard Breaststroke	1:32.00	77
81	NQT	200 Yard Mixed Free Relay	NQT	81
		15 & Over Events		
33	NQT	200 Yard Mixed Medley Relay	NQT	33
38	2:26.00	200 Yard Freestyle	2:26.00	39
44	2:54.50	200 Yard IM	2:54.50	45
50	30.00	50 Yard Freestyle	30.00	51
56	1:19.90	100 Yard Backstroke	1:19.90	57
60	6:15.00	500 Free	6:15.00	61
66	1:18.50	100 Yard Butterfly	1:18.50	67
72	1:12.00	100 Yard Freestyle	1:12.00	73
78	1:29.80	100 Yard Breaststroke	1:29.80	79
82	NQT	200 Yard Mixed Free Relay	NQT	82