

QUAD MEET
Central Valley Swim League
Nellis Pool, Canajoharie
January 30, 2010

Held under the Approval of Adirondack Swimming, Inc. Approval # APP10-006

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.

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.

Host: Canajoharie Crocodiles

Place: Canajoharie Nellis Pool
6 lane, 25 yard Short course with Colorado Timing System
Depths ... Start End, 1 meter - 9'0", 5 meters - 10'0" ... Turn End. 1 meter - 3'0", 5 meters - 3'6"

Time: 9:00 am Warm-ups / 9:45 am Start Time

Meet Director: Susan Cortright

Meet Marshall: Steve Trembley

Meet Referee: Toni Noce

Attending Teams: Canajoharie Crocodiles, Delhi Dolphins, Cooperstown Sharks, Amsterdam Sea Rams

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on Jan 30, 2010
Rules from the current USA Swimming Technical Rules will be in effect.
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: beaner35@frontiernet.net
Team entries must be received by (entry deadline date) January 20, 2010
Swimmers may enter (how many events and relays) 3 Indiv / 1 Relay (OR) 2 Indiv/ 2 Relay

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 kfurman@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.

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:

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 6 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 USA Swimming Sanctioned Meet.

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WARM-UPS 9:00AM ... MEET BEGINS 9:45AM

GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS
1	12 & Under 200 Yard Medley Relay	2
3	13 & Over 200 Yard Medley Relay	4
5	Open 200 Yard Freestyle	6
7	11-12 100 Yard Freestyle	8
9	9-10 100 Yard Freestyle	10
11	8 & Under 50 Yard Freestyle	12
13	Open 200 Yard Backstroke	14
15	11-12 100 Yard Backstroke	16
17	9-10 100 Yard Backstroke	18
19	8 & Under 50 Yard Backstroke	20
21	Open 400 Yard IM	22
23	11-12 200 Yard IM	24
25	9-10 200 Yard IM	26
27	8 & Under 100 Yard IM	28
29	Open 200 Yard Breaststroke	30
31	11-12 100 Yard Breaststroke	32
33	9-10 100 Yard Breaststroke	34
35	8 & Under 100 Yard Breaststroke	36
37	Open 200 Yard Butterfly	38
39	11-12 100 Yard Butterfly	40
41	9-10 100 Yard Butterfly	42
43	8 & Under 50 Yard Butterfly	44
45	Open 100 Yard Freestyle	46
47	13 & Over 200 Yard Freestyle Relay	48
49	12 & Under 200 Yard Freestyle Relay	50
51	Open 500 Yard Freestyle	52

**Swimmers may enter 3 Individual Events plus 1 Relay
 or 2 Individual Events plus 2 Relays**