

ESSL Double Dual Meet
BARR-MVAC-MR-HAWK-AD
Hawks Swimming Association
Elting Gym, New Paltz, NY
February 21, 2010

Host: Hawks Swimming Association

Held under the Approval of Adirondack Swimming, Inc. Approval # APP10-010

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: Elting Gym New Paltz,
6 Lane Indoor Short Course 25 yard pool
With non-turbulent lane dividers
Colorado Timing System
6 Lane display scoreboard

Pool Depths: Start End ... 1 meter 4' 0", 5 meters 4'6" Turn End ... 1 meter 8', 5 meters 10'6"

Time: 9 A.M. Warm-up 10 A.M. Start

Meet Director: Chris Joyce web@hawksswimming.org 845-457-6027
Meet Marshall: Mike Gulitti
Meet Referee: Kara Tierney

Attending Teams: BARR, MVAC-MR, HAWK-AD

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on 11/1/2009
Rules from the current USA Swimming Technical Rules will be in effect.
Swimmers may enter 4 Individual Events Plus 1 Relay or 3 Individual Events Plus 2 Relays in the regular Session.
Swimmers may enter 3 Individual Events Plus 3 Relays in Time Trials.
**The Maximum Number of Individual Entries any Swimmer May Enter is 5
which Includes Entries from both the Regular Session and the Time Trials.**

USA Swimming Registration:

Club athletes may obtain USA Swimming Registration from your Club Registrar 2/21/2010
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.

Meet Policy:

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

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.

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 ... SESSION BEGINS 10:00AM

GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS
1	Mixed 12 & Under 200 Medley Relay	
2	Mixed 13 & Over 200 Medley Relay	
3	10 & Under 100 IM	4
5	11-12 100 IM	6
7	13-18 100 IM	8
9	8 & Under 25 Freestyle	10
11	8 & Under 50 Freestyle	12
13	9-10 50 Freestyle	14
15	11-12 50 Freestyle	16
17	13-18 50 Freestyle	18
19	11-12 100 Freestyle	20
21	13-14 100 Freestyle	22
23	15-18 100 Freestyle	24
25	13-18 200 Freestyle	26
27	8 & Under 25 Backstroke	28
29	9-10 50 Backstroke	30
31	11-12 50 Backstroke	32
33	13-14 100 Backstroke	34
35	15-18 100 Backstroke	36
37	8 & Under 25 Breaststroke	38
39	9-10 50 Breaststroke	40
41	11-12 50 Breaststroke	42
43	13-14 100 Breaststroke	44
45	15-18 100 Breaststroke	46
47	8 & Under 25 Butterfly	48
49	9-10 50 Butterfly	50
51	11-12 50 Butterfly	52
53	13-14 50 Butterfly	54
55	15-18 50 Butterfly	56
57	8 & Under 100 Freestyle Relay	58
59	9-10 200 Freestyle Relay	60
61	11-12 200 Freestyle Relay	62
63	13-18 200 Freestyle Relay	64

Time Trials (time permitting)

15 Minute Warm-ups begin immediately after Session

65	Open 500	66
67	Open 100 Fly	68
69	Open 200 Fly	70
71	Open 200 IM	72
73	Open 400 IM	74
75	Open 200 Breast	76
77	Open 200 Back	78
79	Open 200 Medley Relay	80
81	Open 400 Free Relay	82
83	Open 400 Medley Relay	84
85	Open 800 Free Relay	86