

ESSL Double Dual Meet  
Hawks Swimming Association  
Elting Gymnasium,  
SUNY New Paltz, New Paltz, NY  
January 23, 2011

**Host:** Hawks Swimming Association, Ltd.

**Held under the Approval of Adirondack Swimming, Inc. Approval # APP11-008**

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 Gymnasium  
SUNY New Paltz  
Short Course 25 YARDS, 6 Lanes ... Colorado Electronic Timing System

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

**Time:** 8 A.M. Warm-up  
9 A.M. Start

**Meet Director:** Chris Joyce

**Meet Marshall:** Mike Gulitti

**Meet Referee:** Kara Tierney

**Attending Teams:** HAWK-AD, WSSC-MR, MWSC-MR

**Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on 11/1/2010  
Rules from the current USA Swimming Technical Rules will be in effect.  
A swimmer may swim a maximum of 3 individual events and 2 relays.  
If time allows for Time Trials, a swimmer may swim a maximum of 3 trials.  
A swimmer may not swim more than 5 individual events for the day, between the meet and trials

**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](http://www.adirondackswimming.org)  
Direct registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or [kfurman@adirondackswimming.org](mailto: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.

**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.

**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.

**EMPIRE STATE SWIM LEAGUE  
DOUBLE DUAL MEET  
JANUARY 23, 2011**

**EVENT LIST**

<b>Event #</b>	<b>Age</b>	<b>Distance</b>	<b>Stroke</b>	<b>Event #</b>
1	12/Under	200 Yards	Mixed Medley Relay	1
2	13/Older	200 Yards	Mixed Medley Relay	2
<b>Girls</b>				
3	10/Under	100 Yards	Individual Medley	4
5	12/Under	100 Yards	Individual Medley	6
7	Open	100 Yards	Individual Medley	8
<b>Boys</b>				
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
<b>Back</b>				
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
<b>Breast</b>				
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
<b>Fly</b>				
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
<b>Free Relay</b>				
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)