

ESSL Double Dual Meet
Hawks Swimming Association
Elting Gymnasium, SUNY New Paltz, New Paltz, NY
November 18, 2012

Held under the Approval of Adirondack Swimming, Inc. Approval # APP13-002

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: Hawks Swimming Association, Ltd.

Place: Elting Gymnasium
SUNY New Paltz
Short Course 25 YARDS, 6 Lanes ... Colorado Electronic Timing System
The competition course has not been certified in accordance with 104.2.2C(4).

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
Session 2 will begin immediately upon the completion of Session 1.

Meet Director: Chris Joyce

Meet Referee: Annette Mackrel

Attending Teams: HAWK-AD, NDAC-MR, CSD-MR

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on 11/1/2012
Rules from the current USA Swimming Technical Rules will be in effect.
Swimmers may swim 1 medley relay and 3 other scoring events for points.
A maximum of 5 Individual events including exhibitions and time trials may be swum.

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.

Meet Policy:

Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.
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, at all times during the meet.** 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
November 18, 2012**

EVENT LIST

Event #	Age	Distance	Stroke	Event #
Session 1 Medley Relays				
1	12/Under	200 Yards	Mixed Medley Relay	1
2	13/Older	200 Yards	Mixed Medley Relay	2
Session 2				
Girls				Boys
3	10/Under	100 Yards	Individual Medley	4
5	12/Under	100 Yards	Individual Medley	6
7	Open	200 Yards	Individual Medley	8
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
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
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
47	8/Under	25/Yards	Fly	48
49	10/Under	50/Yards	Fly	50
51	12/Under	50/Yards	Fly	52
53	14/Under	100 Yards	Fly	54
55	Open	100 Yards	Fly	56
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)