

# Quad Meet ... Central Valley Swim League Nellis Pool- Canajoharie ... January 26th, 2013

## **Held under the Approval of Adirondack Swimming, Inc. Approval #APP13-006**

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:** CVSL League/Canajoharie Crocodiles

**Place:** Nellis Pool, 6 lane 25 yard short course pool, Automatic Colorado Timing System  
Pool Depths - Start End, 1 meter - 9'0", 5 meters - 10'0" ... Turn End. 1 meter - 3'0", 5 meters - 3'6"  
The competition course has not been certified in accordance with 104.2.2C(4).

**Time:** WARM UP 9:00am START TIME: 9:45am

**Meet Director:** Susan Cortright

**Meet Marshall:** Stephen Trembley

**Meet Referee:** Alex Thomas

**Attending Teams: Amsterdam Sea Rams, Canajoharie Crocodiles, Clark Sports Center Sharks, and Schoharie Valley Penguins. CVSL Meets are CLOSED Meets available to CVSL members ONLY.**

### **Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on January, 26<sup>th</sup> 2013  
Rules from the current USA Swimming Technical Rules will be in effect.  
Entries must be submitted electronically, using Hy-Tek or Compatible Software.  
Entries may be mailed on CD or Floppy Disk or via e-mail to: [beaner35@frontiernet.net](mailto:beaner35@frontiernet.net)  
Team entries must be received by January 18<sup>th</sup> 2013  
Swimmers may enter in 3 Individual events in the age appropriate session and may enter additionally in session 2 (500 free).

### **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.

### **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:**

**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.

### **Awards:**

Ribbons will be given out to places 1 thru 6 for individual events.  
Events for age group 9-12(100's) will be scored individually (9-10, and 11-12), 13 and over will be scored 13-14, and 15 and over

### **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.

**Quad Meet  
Central Valley Swim League  
January 26<sup>th</sup> 2013  
Nellis Pool, Canajoharie NY**

**SESSION 1  
WARM UPS 7:45AM- 8:30AM.....SESSION BEGINS 8:30AM**

Girls Events	Age Group	Event Description	Boys Events
1	9-12	200 yard IM	2
3	9-12	100 yard Butterfly	4
5	9-12	100 yard Backstroke	6
7	9-12	100 yard Freestyle	8
9	9-12	100 yard Breaststroke	10
11	9-12	200 yard Freestyle	12

**SESSION 2  
WARM UPS 10:30AM- 10:50AM.....SESSION BEGINS 11:00AM**

Event Number	Age Group	Event Description
13	Open	Mixed Open 500 yard Freestyle

**SESSION 3  
WARM UPS 11:45AM- 12:30PM.....SESSION BEGINS 12:30PM**

Girls Events	Age Group	Event Description	Boys Events
15	8 and Under	50 Yard Butterfly	16
17	13 and Over	200 Yard Butterfly	18
19	8 and Under	50 Yard Backstroke	20
21	13 and Over	200 Yard Backstroke	22
23	8 and Under	50 Yard Breaststroke	24
25	13 and Over	200 Yard Breaststroke	26
27	8 and Under	50 Yard Freestyle	28
29	13 and Over	200 Yard Freestyle	30
31	8 and Under	100 Yard IM	32
33	13 and Over	400 Yard IM	34

**Each Swimmer May Swim a Maximum of 3 Individual Events per Session**