

# CVSL Quad Meet

## Nellis Pool, Canajoharie NY... December 14<sup>th</sup> 2013

### Held under the Approval of Adirondack Swimming, Inc. Approval # APP14-004

In granting this Approval it is understood and agreed that USA Swimming, Inc. and Adirondack Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Host:** Central Valley Swim League/ Canajoharie Crocodiles

**Place:** Nellis Pool, Canajoharie NY, 6 lane 25 yard short course pool, Automatic Colorado Timing System  
The competition course has not been certified in accordance with 104.2.2C(4).

**Pool Depths: Start End, 1 meter - 9'0" , 5 meters - 10'0" ... Turn End. 1 meter - 3'0" , 5 meters - 3'6"**

**Time:** Session 1: WARM UP 7:45 am-8:30am START TIME: 8:30am  
Session 2: 500's WARM UP 10:30am-10:50am START TIME 11:00am  
Session 3: WARM UP 11:45am -12:30pm START TIME 12:30pm

**Meet Director:** Susan Cortright, [fryslanhill@yahoo.com](mailto:fryslanhill@yahoo.com), 518-673-8283

### 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 December 14<sup>th</sup> 2013.  
Rules from the current USA Swimming Technical Rules will be in effect.  
Swimmers may up to 3 Individual events  
Entries must be received by December 6<sup>th</sup> 2013.  
Entries must be submitted electronically, using Hy-Tek or compatible Software.  
Entries must be submitted via e-mail to: [beaner35@frontiernet.net](mailto:beaner35@frontiernet.net)

### 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, Ann Korzun, 518-877-6571 or [akorzun@adirondackswimming.org](mailto:akorzun@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 prohibited.**  
**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.

### 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.

### Awards:

Ribbons will be given out to places 1 thru 6 for individual events and 1<sup>st</sup> place for relays

### Services:

Food concession will be available at the meet.

### 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 will 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.

**USA Swimming, Inc. Insurance may apply if ALL attending clubs, athletes, coaches, officials and meet directors are current members of USA Swimming and the venue has been provided with the proper Insurance Certificate from USA Swimming.**

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

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	9-12	200 Yard I.M.	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 (Positive Check in 10:15 am)**

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

EVENT #	AGE GROUP	Qualifying Time	EVENT DESCRIPTION
13	Open	Faster than 9:00.00	Mixed 500 Yard Freestyle

**Session 1 WARM-UPS 11:45AM ... SESSION BEGINS 12:30PM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
15	8 & Under	50 Yard Butterfly	16
17	13 & Over	200 Yard Butterfly	18
19	8 & Under	50 Yard Backstroke	20
21	13 & Over	200 Yard Backstroke	22
23	8 & Under	50 Yard Breaststroke	24
25	13 & Over	200 Yard Breaststroke	26
27	8 & Under	50 Yard Freestyle	28
29	13 & Over	200 Yard Freestyle	30
31	8 & Under	100 Yard I.M.	32
33	13 & Over	400 Yard I.M.	34

**Each Swimmer May Swim A Maximum of 3 Events.**