

# CVSL Quad Meet

## Nellis Pool, Canajoharie NY... November 22<sup>nd</sup> 2014

### Held under the Approval of Adirondack Swimming, Inc. Approval # APP15-002

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, 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:** WARM UP 8:15 am START TIME: 9:00 am

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

**Admin Official:** Melissa Jonker

### 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 November 22<sup>nd</sup> 2014.

Rules from the current USA Swimming Technical Rules will be in effect.

Swimmers may 3 Individual events plus 1 relay or 2 individual events plus 2 relays

Entries must be received by November 14<sup>th</sup> 2014.

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.**

**Changing into or out of swimsuits other than in locker rooms or other designated areas 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, all 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. The meet must also be overseen by a current USA Swimming Admin Official.**

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 legal times achieved 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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**WARM-UPS 8:15AM ... SESSION BEGINS 9:00AM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	13-14	50 Yard Freestyle	2
3	Open	50 Yard Freestyle	4
5	8 & Under	25 Yard Butterfly	6
7	10 & Under	50 Yard Butterfly	8
9	11-12	50 Yard Butterfly	10
11	13-14	100 Yard Butterfly	12
13	Open	100 Yard Butterfly	14
15	8 & Under	25 Yard Backstroke	16
17	10 & Under	50 Yard Backstroke	18
19	11-12	50 Yard Backstroke	20
21	13-14	100 Yard Backstroke	22
23	Open	100 Yard Backstroke	24
25	8 & Under	25 Yard Breaststroke	26
27	10 & Under	50 Yard Breaststroke	28
29	11-12	50 Yard Breaststroke	30
31	13-14	100 Yard Breaststroke	32
33	Open	100 Yard Breaststroke	34
35	7 & Under	25 Yard Freestyle	36
37	8 & Under	25 Yard Freestyle	38
39	10 & Under	50 Yard Freestyle	40
41	11-12	50 Yard Freestyle	42
43	13-14	100 Yard Freestyle	44
45	Open	100 Yard Freestyle	46
47	8 & Under	100 Yard I.M.	48
49	10 & Under	100 Yard I.M.	50
51	11-12	100 Yard I.M.	52
53	13-14	200 Yard I.M.	54
55	Open	200 Yard I.M.	56
57	8 & Under	100 Yard Freestyle Relay	58
59	9-10	200 Yard Freestyle Relay	60
61	11-12	200 Yard Freestyle Relay	62
63	13 -14	200 Yard Freestyle Relay	64
65	15 & Over	200 Yard Freestyle Relay	66

**Each Swimmer May Swim A Maximum of 3 Events Per Day Plus 1 Relay  
Or 2 individual events plus 2 relays**