

North Country YMCA Swim League 2015 Championship Meet

Saturday February 28, 2015

Sunday March 1, 2015

Held under the Approval of Adirondack Swimming, Inc. Approval # APP15-004

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: Saratoga Regional YMCA

Place: Saratoga Regional YMCA, Saratoga Springs, NY (Saturday)
Short Course 25 Yard- 8 Lane Pool...Colorado Automatic Timing and Beeper
The competition course has not been certified in accordance with 104.2.2C(4).

Shenendehowa Aquatics Center, Clifton Park, NY
Short Course 25 Yard – 8 Lane Pool ... Continuous Warm Up Pool ... Daktronics Starting and Timing System
The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: Saratoga- DEEP END START, Start End, 1 meter=9', 5 meters=9', Turn End, 1 meter=3'6", 5 meters=4'
Shen- Depth of Pool ... from Start End. 1 meter = 14'6", 5 meters =14'6", from Turn End . 1 meter = 7'6", 5 meters = 7'6"

| | | |
|----------------------------------|------------------------|------------------------|
| Time: Session 1- Saturday | Warm-ups 1:30-2:15 pm | Meet starts at 2:30 pm |
| Session 2- Sunday | Warm-ups 7:30-8:45 am | Meet starts at 9:00 am |
| Session 3- Sunday | Warm-ups 12:30-1:45 pm | Meet starts at 2:00 pm |

Meet Director: Pat Bonga, 518-796-3109 stingrays@srymca.org
Admin Official: Kathy Wadsworth dalekathy@nycap.rr.com

Attending Teams:

Greenbush YMCA Sea Lions, So. Saratoga YMCA Barracudas, Guilderland YMCA Cyclones, Glenville YMCA Porpoises, Saratoga Regional YMCA Stingrays, Glens Falls YMCA Gators, Fulton County YMCA Flying Fish, Bethlehem Area YMCA Rays, Kingston YMCA Hurricanes

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 1, 2014. There is no limit on the number of swimmers per event per competing league team, except as determined by each individual swimmer's ability to meet the qualification time for each event. There will be no limit to relay teams per relay event per competing league team, however only "A" relays will score points. Swimmers may swim in 5 individual events with no more than 3 being scoring events plus 3 relays. Swimmers may swim-up in age group in any or all events entered. The meet will be governed by the current Technical Rules and Regulations for USA Swimming. All coaches are responsible for making certain that swimmers and parents understand the entry requirements for the meet.

You may add a relay swimmer only per these rules: if you need a swimmer in an age bracket to make an A Relay only.

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: stingrays@srymca.org

Team entries must be received by February 13, 2015

Entries:

February 13, 2015 is the final due date for entries. Teams will be e-mailed back their entries for verification. Please respond as soon as possible that they are correct. Be certain to provide email addresses with entries in order to receive verification of receipt. Entry fees are \$3.50 per Individual Event, \$6.00 per Relay plus a \$2.00 Surcharge per Swimmer.

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, Ann Korzun, 518-877-6571 or akorzun@adirondackswimming.org

Eligibility:

All swimmers must swim in two (2) league meets during the course of the regular season in order to be eligible to swim in the League Championship Meet.

Check in Rules:

There will be POSITIVE CHECK-IN utilized for this meet. It is the responsibility of each coach to have their swimmers accounted for and available for events. It is the responsibility of each swimmer to report to the seeding area at the time events are called. Meet marshalls will be available to assist the younger children to their proper lanes in the morning session.

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 marshalls in charge of the area.

Swimming Events:

All events will be swum as timed finals. Please submit the competition or trial times for seeding. All events will be pre-seeded, slowest to fastest in order of entry time. **"No Time" entries will not be accepted.**

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.

Officials:

The organizing club has a number of USA Swimming certified officials assigned to the meet. Many more officials are needed than can be provided by the Capital District YMCA team. Therefore, all participating teams are requested to provide the services of parent volunteers who are USA Swimming certified officials. Prospective names should be submitted with team entries. An officials' meeting will be conducted prior to the start of each session. Officials are to report to the designated officials room and sign-in upon their arrival at the Shenendehowa facility. Proper official attire is required.

Timers:

Clubs will be required to provide Timers for the swim meet. The organizing team will make timing assignments. The lanes assignments will be posted outside the official's room and throughout the meet facility. A copy will be displayed in the program. Please report to the chief timer on deck 15 minutes prior to your timing assignments..

Supervision:

Parents and coaches are expected to ensure that swimmers behave in an orderly manner, clean their area, and dispose of all trash. Any swimmer found in an unauthorized area will be scratched from his/her events and asked to immediately leave the facility and premises. No Exceptions! Each team is responsible for supervising its members. No one will be allowed on the pool deck except meet officials, timers, coaches, marshals and swimmers.

Awards:

Ribbons will be given out to places 1st thru 8th for individual events and 1st thru 3rd place for relays. Individual points will be scored 9, 7, 6, 5, 4, 3, 2, 1. Relay points will be scored 18,10, 6, 5, 4, 2.

Services:

A North Country YMCA League Championship Meet Program and a commemorative T-Shirt will be available for sale. A variety of breakfast, lunch and snack items will be available in the "Café". No food or drink will be allowed in the pool, locker rooms, or anywhere outside of the designated area. GLASS containers of any kind are NOT permitted in the pool or spectator areas. This policy will be strictly enforced. Smoking is NOT permitted in the facility.

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.

Entry Fees:

Entry fees are \$3.50 for each individual event, \$6.00 per relay, and a \$2.00 per swimmer surcharge. Make your entry check payable to **Saratoga Stingrays** and mail your check to:

Pat Bonga
Saratoga Regional YMCA
290 West Ave
Saratoga Springs, NY 12860
E-mail: Stingrays@srymca.org
Phone: 518-583-9622 ext.125
Email entries to: stingrays@srymca.org

North Country YMCA Swim League
 2015 Championship Meet
 Saturday February 28, 2015
Saratoga Regional YMCA, Saratoga Springs, NY

Session 1 (Saturday PM)
WARM-UPS 1:00PM -1:45PM...SESSION BEGINS 2:00PM

| GIRLS EVENTS | QUALIFING TIMES | EVENT DESCRIPTION | QUALIFING TIMES | BOYS EVENTS |
|--------------|-----------------|-------------------------------|-----------------|-------------|
| 1 | 6:45.00 | 13-14 500 Yard Freestyle | 6:35.00 | 2 |
| 3 | 6:20.00 | 15 & older 500 Yard Freestyle | 6:10.00 | 4 |
| 5 | 5:40.00 | Open 400 Yard IM | 5:15.00 | 6 |
| 7 | 2:57.00 | Open 200 Yard Breaststroke | 2:45.00 | 8 |
| 9 | 2:43.00 | Open 200 Yard Backstroke | 2:33.00 | 10 |
| 11 | 2:45.00 | Open 200 Yard Butterfly | 2:35.00 | 12 |
| 13 | NQT | Open 400 Yard Free Relay | NQT | 14 |
| 15 | 21:00.00 | Open 1650 Yard Freestyle | 20:00.00 | 16 |

Swimmers may swim in 2 Individual events plus 1 relay

**Entry Fees are \$3.50 for each individual event, \$6.00 per relay,
 and a \$2.00 per swimmer surcharge.**

**There will be a 20 minute break after the 500 freestyles, and a 10 minute break
 After events 6, 8, 10, 12, 14.**

North Country YMCA Swim League
 2015 Championship Meet
 Sunday March 1, 2015
Shenendehowa Aquatics Center, Clifton Park, NY

SESSION 2(Sunday AM)
WARM-UPS 7:30-8:45AM...SESSION BEGINS 9:00AM

| GIRLS EVENTS | QUALIFING TIMES | EVENT DESCRIPTION | QUALIFING TIMES | BOYS EVENTS |
|--------------|-----------------|----------------------------|-----------------|-------------|
| 17 | NQT | 8&U 100 Yard Medley Relay | NQT | 18 |
| 19 | NQT | 9-10 200 Yard Medley Relay | NQT | 20 |
| 21 | 1:50.00 | 8&U 100 Yard Freestyle | 1:50.00 | 22 |
| 23 | 3:10.00 | 9-10 200 Yard Freestyle | 3:10.00 | 24 |
| 25 | 2:00.00 | 8&U 100 Yard IM | 2:00.00 | 26 |
| 27 | 1:45.00 | 9-10 100 Yard IM | 1:45.00 | 28 |
| 29 | 24.00 | 8&U 25 Yard Freestyle | 24.00 | 30 |
| 31 | 40.00 | 9-10 50 Yard Freestyle | 40.00 | 32 |
| 33 | 26.30 | 8&U 25 Yard Backstroke | 26.30 | 34 |
| 35 | 49.00 | 9-10 50 Yard Backstroke | 49.00 | 36 |
| 37 | 28.00 | 8&U 25 Yard Butterfly | 28.00 | 38 |
| 39 | 49.00 | 9-10 50 Yard Butterfly | 49.00 | 40 |
| 41 | 50.00 | 8&U 50 Yard Freestyle | 50.00 | 42 |
| 43 | 1:32.00 | 9-10 100 Yard Freestyle | 1:32.00 | 44 |
| 45 | 30.00 | 8&U 25 Yard Breaststroke | 30.00 | 46 |
| 47 | 45.00 | 9-10 50 Yard Breaststroke | 45.00 | 48 |
| 49 | NQT | 8&U 100 Yard Free Relay | NQT | 50 |
| 51 | NQT | 9-10 200 Yard Free Relay | NQT | 52 |

Swimmers may swim in 3 individual events plus 2 relays.

Entry Fees are \$3.50 for each individual event, \$6.00 per relay, and a \$2.00 per swimmer surcharge.

North Country YMCA Swim League
 2015 Championship Meet
 Sunday March 1, 2015
Shenendehowa Aquatics Center, Clifton Park, NY

SESSION 3(Sunday PM)
WARM-UPS 12:30-1:45PM...SESSION BEGINS 2:00PM

| GIRLS EVENTS | QUALIFING TIMES | EVENT DESCRIPTION | QUALIFING TIMES | BOYS EVENTS |
|--------------|-----------------|-----------------------------|-----------------|-------------|
| 53 | NQT | 11-12 200 Yard Medley Relay | NQT | 54 |
| 55 | NQT | 13-14 200 Yard Medley Relay | NQT | 56 |
| 57 | NQT | 15&O 200 Yard Medley Relay | NQT | 58 |
| 59 | 2:40.00 | 11-12 200 Yard Freestyle | 2:40.00 | 60 |
| 61 | 2:38.00 | 13-14 200 Yard Freestyle | 2:28.00 | 62 |
| 63 | 2:32.00 | 15&O 200 Yard Freestyle | 2:22.00 | 64 |
| 65 | 3:04.00 | 11-12 200 Yard IM | 3:04.00 | 66 |
| 67 | 2:50.00 | 13-14 200 Yard IM | 2:45.00 | 68 |
| 69 | 2:50.00 | 15&O 200 Yard IM | 2:45.00 | 70 |
| 71 | 34.00 | 11-12 50 Yard Freestyle | 34.00 | 72 |
| 73 | 33.00 | 13-14 50 Yard Freestyle | 31.00 | 74 |
| 75 | 32.00 | 15&O 50 Yard Freestyle | 30.00 | 76 |
| 77 | 40.00 | 11-12 50 Yard Backstroke | 40.00 | 78 |
| 79 | 1:20.00 | 13-14 100 Yard Backstroke | 1:15.00 | 80 |
| 81 | 1:18.00 | 15&O 100 Yard Backstroke | 1:12.00 | 82 |
| 83 | 40.00 | 11-12 50 Yard Butterfly | 40.00 | 84 |
| 85 | 1:19.00 | 13-14 100 Yard Butterfly | 1:20.00 | 86 |
| 87 | 1:17.00 | 15&O 100 Yard Butterfly | 1:10.00 | 88 |
| 89 | 1:15.00 | 11-12 100 Yard Freestyle | 1:15.00 | 90 |
| 91 | 1:13.00 | 13-14 100 Yard Freestyle | 1:08.00 | 92 |
| 93 | 1:11.00 | 15&O 100 Yard Freestyle | 1:05.00 | 94 |
| 95 | 45.00 | 11-12 50 Yard Breaststroke | 45.00 | 96 |
| 97 | 1:30.00 | 13-14 100 Yard Breaststroke | 1:26.00 | 98 |
| 99 | 1:28.00 | 15&O 100 Yard Breaststroke | 1:22.00 | 100 |
| 101 | NQT | 11-12 200 Yard Free Relay | NQT | 102 |
| 103 | NQT | 13-14 200 Yard Free Relay | NQT | 104 |
| 105 | NQT | 15&O 200 Yard Free Relay | NQT | 106 |

Swimmers may swim in 3 individual events plus 2 relays.

Entry Fees are \$3.50 for each individual event, \$6.00 per relay, and a \$2.00 per swimmer surcharge.