

Northern TRIBS Swimming

NORTH COUNTRY INVITATIONAL

Saturday and Sunday, December 3 & 4, 2016
SUNY Potsdam – Maxcy Hall Pool

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD17-005
JoAnn Faucett, General Chairman.
It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Host: Northern TRIBS Swimming, Inc.

Place: SUNY Potsdam - Maxcy Hall Pool, Tupper Lake Drive, Potsdam, NY 13676
Short Course 25 Yard Pool, 6 Lanes... Continuous warm up pool... Colorado automatic timing, beeper and scoreboard.

The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: Depth of Pool at One (1) Meter 10'0" and Five (5) Meters 7'00" from Start End of Pool.
Depth of Pool at One (1) Meter 4'00" and Five (5) Meters 4'00" from Turn End of Pool.

Time:

Saturday

| Session | Age Groups | Warm-up Time | Meet Start Time | Positive Check-In |
|-----------|--------------------------------|-----------------|-----------------|-------------------|
| Session 1 | Open, 12 & Under and 13 & Over | 11:30 AM | 12:30 PM | ALL by 11:15 AM |
| Session 2 | Open | Approx. 4:00 PM | Approx. 5:00 PM | ALL by 3:45 PM |

Sunday

| Session | Age Groups | Warm-up Time | Meet Start Time | Positive Check-In |
|-----------|--------------------------|------------------|------------------|-------------------|
| Session 3 | 8 & Under and 12 & Under | 8:00 AM | 9:00 AM | ALL by 7:45 AM |
| Session 4 | 13 & Over | Approx. 11:30 PM | Approx. 12:30 PM | ALL by 11:15 AM |

Meet Director: Joshua Jock jjock@goTRIBS.org (518) 524-1295

Meet Referee: JoAnn Faucett faucettim@aol.com (518) 496-6136

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **December 3, 2016**

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

Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software and emailed to jjock@goTRIBS.org.

Team entries must be received by **Wednesday, November 23, 2016**. Custom times are preferable over NT entries.

Please be certain you receive a reply confirming receipt of your entries; follow up if you do NOT receive a reply.

The host team reserves the right to enter its own swimmers in the meet at any time. If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. Note the "Approx." start time for Session 2 & 4 listed above. In the event the meet is oversubscribed, the Meet Director and Meet Referee will work together to determine how entries are removed, with the best interest of the swimmers in mind. **Attending teams will be notified of any changes via email and all changes will be posted to the AD Web Site.** Any fees paid for cut entries will be refunded. If you have any questions or need any help please contact Joshua Jock at (518) 524-1295.

This meet will have 4 Sessions. Session 1, 3 and 4 swimmers may enter a maximum of 4 individual events. Session 2 swimmers may enter 2 individual events. In no event may a swimmer swim more than 5 individual events in 1 day. There will be positive check in for ALL sessions. Swimmers in Session 2 must be entered with a time that is faster than the cut-off time; swimmers from the host team are exempt from that requirement. Warm-up for Session 2 and Session 4 will follow directly after the conclusion of Session 1 and 3, respectively, starting no later than the "Approx." times listed above.

Events will be scored by the Hy-Tek Standard Point System to determine High-Point age group winners.

202.3.2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

202.3.4A Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

USA Swimming Registration:

ALL Swimmers MUST be USA Swimming Registered, as provided in Article 302, at the time their entries are submitted. Registrations may be obtained from your club registrar. All Adirondack Meets are reconciled for current USA Swimming Registration. Unregistered swimmers will be removed from the meet and a \$25.00 Fine Imposed. ([Click Here for More Information](#)) 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

Swimming Events:

Positive Check-in will be required for the ALL EVENTS as indicated in the meet schedule by the deadline for each session.

Any swimmer not checked in by the Positive Check-in Deadline will be scratched. All events will be swum as timed finals. Fly-over starts will be in use; please inform your swimmers prior to the meet. 8 & Under swimmers are to line up in the bull pen area for 25 yard events only. The starting blocks are on a narrow bulkhead; DO NOT send swimmers up too early for events. **Session 2 events: 500 Freestyle, 400 IM and 1650 Freestyle, will be seeded fastest to slowest, alternating female and male heats.** These swimmers must provide their own timer. Swimmers in the 500 Freestyle and the 1650 Freestyle must provide their own counters. **If necessary, for sufficient rest, 5-minute breaks between events may be added into any 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 marshals in charge of the area.

A warm up schedule will be posted after 11/23/2016 on the Adirondack website (www.adirondackswimming.org).

Timers:

Clubs will be required to provide timers based upon their number of entries. All Session 2 swimmers must provide their own timers for the 500 Freestyle, 400 IM and 1650 Freestyle. Lane assignments will be posted to the Adirondack Swimming website (www.adirondackswimming.org) and in the meet program.

Deck Entries:

Adirondack Swimming has agreed to allow Deck Entries at AD Meets under the following conditions;

1. Deck Entries are NOT Allowed during Championship Meets
2. Athlete must be USA-S Registered and show Proof of Registration (those already in meet have been confirmed as registered).

Acceptable forms of Proof of Registration are: USA-Swimming ID or USA-Swimming Club Portal Team Listing or Deck Pass.

If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, to UN-AD (unattached) at an LSC fee of \$60.00 plus the current USA Swimming Registration fee.

DECK REGISTRATIONS WILL NOT BE MADE WITH ANY TEAM ASSOCIATION, PLEASE DO NOT ASK.

3. Coach makes the request for the entry.
4. All Deck Entries will be allowed at the discretion of a combined decision of the Meet Director and the Meet Referee.
5. Deck Entries are Subject to a \$1.00 Surcharge, Per Entry, which applies to All Entries, Individual or Relays.

Meet Policy:

Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted behind the starting blocks, including any spectator area behind the starting blocks, in changing areas, rest rooms or locker rooms.

Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

No one will be allowed on the deck except USA-S Registered Officials and USA-S Registered Coaches with Current Certifications, USA-S Registered Swimmers and Meet Marshalls and Timers on Shift.

All Officials and Coaches are required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.

If, at an AD Sanctioned Meet, an individual is found on deck, acting in any coaching capacity and is determined to be out of compliance with USA Swimming requirements for coaches, that individual will be removed from the deck and the represented club will be fined \$250.

Any swimmer found in an unauthorized area will be asked to immediately leave the premises. No exceptions.

Each team is responsible for supervising its members.

Services:

Food will be on sale throughout the meet. A meet program will be available which will cover all sessions. Smoking is NOT permitted in the building. Parents, coaches and swimmers are not to bring glass containers of any kind into the pool area. There will be swim apparel and gear available to purchase. An event T-shirt will be on sale. There will also be a gift basket raffle.

Disabled Athletes:

Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities are required to contact the Meet Director at least 2 weeks in advance of the meet so that provisions can be made for any special accommodations.

Entry Fees:

An entry summary sheet is included to compute your team entry fees. The entry fees are \$4.75 per individual event, which includes the \$.50 AD travel fund surcharge. There is also a \$1 per swimmer surcharge

ALL MANUAL ENTRIES, INCLUDING DECK ENTRIES (NON-ELECTRONIC) ARE SUBJECT TO A SURCHARGE OF \$1.00 PER ENTRY, WHICH APPLIES TO INDIVIDUAL OR RELAY ENTRIES.

Photographers:

Only Professional Photographers or Videographers hired by the host team or Press Photographers, who have been approved in advance by the meet director, will be allowed on deck. A Photographer Registration form must be completed and submitted to the meet director for approval, prior to the meet. Forms are available on the Adirondack Swimming website as well as from the Meet Director.

[Click here for a direct link to the registration form.](#)

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

Parents and Professionals, please refer to the "Meet Policy" above for general restrictions pertaining to all photography at Sanctioned meets.

Awards:

Individual event ribbons will be awarded for 1st – 6th place.
Heat ribbons will be awarded for all 8 & Under, 9-10 & 11-12 Age Groups.
For all age group High-Point winners a special prize will be awarded.

Time Trials:

Time Trials will be offered at the discretion of the meet director and the meet referee.

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.

If you have any questions please contact Joshua Jock by phone (518) 524-1295 or email jjock@goTRIBS.org.

Hotel Accommodations:

1. [Clarkson Inn](#)
1 Main Street
Potsdam, NY 13676
(315) 265-3050
2. [Hampton Inn Potsdam](#)
169 Market Street
Potsdam, NY 13676
(315) 265-0100
3. [Northern Family Motel](#)
6775 State Highway 56
Potsdam, NY 13676
(315) 265-4640
4. [Potsdam Inn](#)
7518 Us Highway 11
Potsdam, NY 13676
(315) 265-0709
5. [Scottish Inns Potsdam](#)
7575 Us Highway 11
Potsdam, NY 13676
(315) 265-6700

NORTH COUNTRY INVITATIONAL

Saturday, December 3, 2016

SUNY Potsdam – Maxcy Hall Pool, Potsdam, NY

Session 1 – Saturday Mid-Day

WARM-UPS 11:30AM ... POSITIVE CHECK-IN BY 11:15AM ... SESSION BEGINS 12:30PM

| GIRLS EVENTS | QUALIFING TIMES | AGE GROUP | EVENT DESCRIPTION | QUALIFING TIMES | BOYS EVENTS |
|--------------|-----------------|------------|-------------------|-----------------|-------------|
| | | | | | |
| 1 | | Open | 200 IM | | 2 |
| 3 | | Open | 100 Freestyle | | 4 |
| 5 | | 12 & Under | 50 Butterfly | | 6 |
| 7 | | 13 & Over | 200 Butterfly | | 8 |
| 9 | | 12 & Under | 50 Backstroke | | 10 |
| 11 | | 13 & Over | 100 Backstroke | | 12 |
| 13 | | 12 & Under | 100 Breaststroke | | 14 |
| 15 | | 13 & Over | 200 Breaststroke | | 16 |

Session 1 swimmers (all age groups) may swim a maximum of 4 events.

Session 2 – Saturday PM

WARM-UPS WILL FOLLOW SESSION 3 APPROX 4:00PM ... POSITIVE CHECK-IN BY 3:45PM
SESSION BEGINS NO LATER THAN 5:00PM

| GIRLS EVENTS | QUALIFING TIMES | AGE GROUP | EVENT DESCRIPTION | QUALIFING TIMES | BOYS EVENTS |
|--------------|-----------------|-----------|-------------------|-----------------|-------------|
| | | | | | |
| 17 | 6:51.79 | Open | 500 Freestyle | 6:29.49 | 18 |
| 19 | 6:08.49 | Open | 400 IM | 5:44.99 | 20 |
| 21 | 23:34.19 | Open | 1650 Freestyle | 22:28.29 | 22 |

Session 2 swimmers (Open) may swim a maximum of 2 events.

Swimmers may swim a maximum of 5 individual events on Saturday.

NORTH COUNTRY INVITATIONAL

Sunday, December 4, 2016

SUNY Potsdam – Maxcy Hall Pool, Potsdam, NY

Session 3 – Sunday AM

WARM-UPS 8:00AM ... POSITIVE CHECK-IN BY 7:45AM ... SESSION BEGINS 9:00AM

| GIRLS EVENTS | QUALIFING TIMES | AGE GROUP | EVENT DESCRIPTION | QUALIFING TIMES | BOYS EVENTS |
|--------------|-----------------|------------|-------------------|-----------------|-------------|
| 23 | | 12 & Under | 200 Freestyle | | 24 |
| 25 | | 8 & Under | 25 Butterfly | | 26 |
| 27 | | 12 & Under | 100 Butterfly | | 28 |
| 29 | | 8 & Under | 25 Backstroke | | 30 |
| 31 | | 12 & Under | 100 Backstroke | | 32 |
| 33 | | 8 & Under | 25 Freestyle | | 34 |
| 35 | | 12 & Under | 50 Freestyle | | 36 |
| 37 | | 8 & Under | 25 Breaststroke | | 38 |
| 39 | | 12 & Under | 50 Breaststroke | | 40 |
| 41 | | 12 & Under | 100 IM | | 42 |

Session 3 swimmers (12 & Under) may swim a maximum of 4 events.

Session 4 – Sunday Mid-Day

WARM-UPS WILL FOLLOW SESSIONS 3 APPROX 11:30AM ... POSITIVE CHECK-IN BY 11:15AM
SESSION BEGINS NO LATER THAN 12:30PM

| GIRLS EVENTS | QUALIFING TIMES | AGE GROUP | EVENT DESCRIPTION | QUALIFING TIMES | BOYS EVENTS |
|--------------|-----------------|-----------|-------------------|-----------------|-------------|
| 43 | | 13 & Over | 200 Freestyle | | 44 |
| 45 | | 13 & Over | 100 Butterfly | | 46 |
| 47 | | 13 & Over | 200 Backstroke | | 48 |
| 49 | | 13 & Over | 50 Freestyle | | 50 |
| 51 | | 13 & Over | 100 Breaststroke | | 52 |

Session 4 swimmers (13 & Over) may swim a maximum of 4 events.

Swimmers may enter a total of 4 individual events on Sunday.

Swimmers may enter a total of 9 events during this invitational

\$4.75 Per Event Per Athlete for ALL Athletes

\$1.00 Per Athlete Surcharge

\$1.00 Surcharge Per Manual Individual Entry

Northern TRIBS Swimming
NORTH COUNTRY INVITATIONAL

Saturday and Sunday, December 3 & 4, 2016
SUNY Potsdam – Maxcy Hall Pool
Tupper Lake Drive, Potsdam, NY

ENTRY FEE CALCULATION SHEET

TEAM NAME _____
CONTACT PERSON _____
PHONE NUMBER _____
E-Mail ADDRESS _____

Number of Positive Check-in Individual Entries _____ X \$4.75 = \$ _____
Number of Swimmers _____ X \$1.00 = \$ _____
Number of Manual (non-electronic) Entries _____ X \$1.00 = \$ _____

Total Amount Due and Enclosed\$ _____

ENTRY DEADLINE... Wednesday Nov. 23, 2016

Email your entries to Joshua Jock: jjock@gTRIBS.org

MAKE CHECKS PAYABLE TO “Northern TRIBS Swimming, Inc.”

This form must be returned with Entry Report and check to:

Northern TRIBS Swimming, Inc.
c/o Joshua Jock
3 Garvin Ave Apt 4
Massena, NY 13662

**Entries will be posted to the meet program upon RECEIPT OF CHECK ONLY.
Northern TRIBS Swimming, Inc. assumes no responsibility
for meet close-out due to late entries.**