

CVSL Quad Meet

Nellis Pool Canajoharie NY...12/17/2016

Held under the Approval of Adirondack Swimming, Inc. Approval # APP17-004

In granting this Approval it is understood and agreed that USA Swimming 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... Short course 25 yard pool...6 lanes...Colorado automatic 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... MEET START 9:00 AM

Meet Director: Susan Cortright fryslanhill@yahoo.com 518-673-8283
Admin Official: Melissa Jonker

Attending Teams:

Amsterdam Sea Rams, Canajoharie Crocodiles, Clark Sports Center Sharks, 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 17th 2016
Rules from the current USA Swimming Technical Rules will be in effect.
Swimmers may enter 3 individual events and 1 relay or 2 individual events and 2 relays
Entries must be received by Friday December 9th 2016 at 5:00 pm
Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software.
Entries must be submitted via e-mail to: Kfureno@yahoo.com

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

Swimming Events:

All events are timed finals. Starts will be flyover starts; please inform your swimmers prior to the meet. Positive check-in will be required for the 400 I.M and the 500 Free. Swimmers who are not checked in by the deadline will be scratched.
Events may be seeded in mixed heats (girls and boys in the same age group)
12 & under events will be scored 8 & under, 9-10, 11-12
Open events will be scored 10 & under, 11-12, 13-14, 15 & Over

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. Deck changes are prohibited.

Entry Fees:

An entry summary sheet is included to compute your team's entry fees. The entry fees are \$2.00 per individual and relay events. Make your entry check payable to "Central Valley Swim League" and mail your check and entry summary sheet to the Meet Entry Coordinator. Entries will be entered into the meet upon receipt of your check.

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, 1650's and 400 IM's.

Awards:

Ribbons will be given out to places: 1-6 for individual events and 1st place for relays.
12 and under events will be scored 8 and under, 9-10, 11-12
Open events will be scored 10 and under, 11-12, 13-14, 15 and over

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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December 17th 2016...Nellis Pool, Canajoharie NY

WARM-UPS 8:15AM ... SESSION BEGINS 9:00AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	12 & under	50 Yard Freestyle	2
3	OPEN	50 Yard Freestyle	4
5	8 & under	25 Yard Butterfly	6
7	12 & under	50 Yard Butterfly	8
9	OPEN	100 Yard Butterfly	10
11	OPEN	200 Yard Butterfly	12
13	8 & under	25 Yard Backstroke	14
15	12 & under	50 Yard Backstroke	16
17	OPEN	100 Yard Backstroke	18
19	OPEN	200 Yard Backstroke	20
21	OPEN	400 Yard Individual Medley	22
23	8 & under	25 Yard Breaststroke	24
25	12 & under	50 Yard Breaststroke	26
27	OPEN	100 Yard Breaststroke	28
29	OPEN	200 Yard Breaststroke	30
31	8 & under	25 Yard Freestyle	32
33	12 & under	100 Yard Freestyle	34
35	OPEN	100 Yard Freestyle	36
37	OPEN	200 Yard Freestyle	38
39	8 & under	100 Yard Individual Medley	40
41	12 & under	100 Yard Individual Medley	42
43	OPEN	200 Yard Individual Medley	44
45	OPEN	200 Yard Mixed Medley Relay	
47	OPEN	500 Yard Freestyle	48

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

Entry Fees are \$2.00 per individual or relay entry

12 & under events are scored 8 & under, 9-10, 11-12

Open events are scored 10 & under, 11-12, 13-14, 15 & over

Note: Entry Limits are governed by USA Swimming Rules 102.2.2 and 102.2.3

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ENTRY FEE CALCULATION SHEET

Nellis Pool, Canajoharie NY, December 17th 2016

Team Name: _____

Contact Person: _____

Phone Number: _____

E-Mail Address: _____

Number of Individual Entries: _____ X \$2.00 = \$ _____

Number of Relays: _____ X \$2.00 = \$ _____

Total Amount Due and Enclosed..... \$ _____

ENTRY DEADLINE
December 9th 2016

MAKE CHECKS PAYABLE TO “Central Valley Swim League”

Email your entries to the Meet Entry Coordinator.

This form must be returned with the Entry Report and Check to the Meet Entry Coordinator:

Kristina Decrescenzo

162 Montgomery St. Canajoharie NY 13317

kfureno@yahoo.com

Entries will be posted to the meet program upon RECEIPT OF CHECK ONLY
“Central Valley Swim League” assumes no responsibility for meet close-outs due
to late entries.