

SCHENECTADY - SARATOGA SWIM CLUB
TRICK OR TREAT MEET
SATURDAY & SUNDAY, OCTOBER 19-20, 2019
@ SHENENDEHOWA AQUATICS CENTER

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., [Sanction # AD20-005](#)
 Sean Caron, 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: SCHENECTADY - SARATOGA SWIM CLUB

Place: SHENENDEHOWA AQUATICS CENTER POOL (ADJACENT TO GOWANDA MIDDLE SCHOOL)
 Short Course 25 Yard - 8 Lane Pool - Continuous Warm Up Pool - Daktronics Starting and Timing
 The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: Depth of Pool at One (1) Meter 14'6" and Five (5) Meters 14'6" from Start End of Pool.
 Depth of Pool at One (1) Meter 7'6" and Five (5) Meters 7'6" from Turn End of Pool.

Time:

Saturday, October 19, 2019

	<u>POSITIVE CHECK-IN</u>	<u>WARM-UP START</u>	<u>MEET START</u>
Session 1 – 13 & Over	N/A	4:00 pm	5:00 pm

Sunday, October 20, 2019

	<u>POSITIVE CHECK-IN</u>	<u>WARM-UP START</u>	<u>MEET START</u>
Session 2 – 10 & Under	N/A	7:30 am	8:20 am
Session 3 – Open	By 11:15 am for 500 Free	11:15 am	12:05 pm
Session 4 – 11-12	By 2:00 pm for 200 Free	2:00 pm	2:50 pm

Meet Directors: Anne-Marie Nelson - (518) 209-2584 - dranelson1539@gmail.com
 Sara Gregory - (518) 256-5556 - saradgregory@hotmail.com
Meet Referee: Sean Caron - (518) 698-5434 - scaron@nycap.rr.com
Admin Official: Shoshanah Bewlay - (518) 227-2825 - admin@schenectadyswimclub.org
Meet Entry Coordinator: Gundula Gutjahr - (518) 951-6967 - entries@schenectadyswimclub.org

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **October 19, 2019**.
 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 the **Meet Entry Coordinator**.
 Entries must be submitted via e-mail to: entries@schenectadyswimclub.org.
 Team entries must be received by the Meet Entry Coordinator by **Thursday, October 10, 2019, at 5:00 pm**.
 Swimmers 11-12 may enter the 500 Free in Session 3 in addition to four individual events and one relay in Session 4.
 All other swimmers may enter four individual events per day plus one relay.

Entries will be accepted on a first come first served basis. Once a session is full, no additional entries will be accepted for that session. The host team reserves the right to enter its own swimmers in the meet at any time. **If the meet is oversubscribed or undersubscribed, changes to meet and/or session start times may be implemented. If necessary, the Meet Director and Meet Referee will together determine a solution 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. Fees paid for cut entries, if any, will be refunded.**
 Swimmers entered in the 500 Freestyle (Events 37/38) and/or the 200 Freestyle (Events 49/50) must enter with a time that is faster than the cut-off time; swimmers from the host team are exempt from this requirement.
Events 9/10 will be swum as 13&Over 100IM (= fun event); for proper seeding, entries for this event must be submitted with a valid 200IM or NT time.

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 without the use of the backstroke ledge. 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:

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302

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:

Other than the Open 500 Freestyle (Session 3) and the 11-12 200 Freestyle (in Session 4), the meet will be pre-seeded, and all events will be swum as timed finals.

The Open 500 Freestyle (Session 3) and the 11-12 200 Freestyle (in Session 4) have qualifying cut-off times; all entries must be faster than the cut-off time. Host team swimmers are exempt from this requirement.

This is a POSITIVE CHECK-IN meet for the Open 500 Freestyle (Session 3) and the 11-12 200 Freestyle (in Session 4). All swimmers must be checked in by the deadline for these events. POSITIVE CHECK-IN lists will be distributed to the coaches before the session, and swimmers should check-in with their designated coach.

The Open 500 Freestyle heats will be swum fastest to slowest, with all girl heats followed by boy heats. Swimmers must provide their own timers and lap counters.

We will be using Flyover Starts for this meet. Please inform your swimmers prior to the meet.

Scratches:

Swimmers in Session 3 (Open 500free) and Session 4 (11-12 200free) will be scratched if they are not checked-in by the deadline. POSITIVE CHECK-IN lists will be distributed to the coaches prior to warm-up of the session, and swimmers should check-in with their designated coach.

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.

Timers:

Clubs will be required to provide timers for the meet based upon their number of entries in Session 1, 2 & 4. Lane timing assignments will be posted to the Adirondack Swimming website and at the meet. Swimmers in the 500 free must provide their own timers and lap counters.

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:

Heat sheets will be available for purchase. Food will be on sale throughout the meet. A swimming equipment vendor will be available. A meet t-shirt will be available for purchase. Smoking is NOT permitted in the building. Food and drink, except for water, are not permitted in the pool area. Glass containers of any kind are strictly prohibited in the pool area.

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:

\$4.50 per individual event for Session 1, 2 & 4 || \$4.75 per individual event for Session 3 entries.

\$7.00 per relay. || \$2.00 per swimmer surcharge.

An entry summary sheet is included to compute your team entry fees.

The individual entry fees include the \$.50 AD travel fund surcharge.

The relay entry fee includes the \$1.00 AD travel fund 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.

Make your entry check payable to **SCHENECTADY - SARATOGA SWIM CLUB** and mail your check and entry summary sheet to the **Meet Entry Coordinator**. Entries will be entered to the meet upon receipt of your check.

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 events ribbons will be awarded for 1st through 8th place.

Relay events ribbons will be awarded to the 1st through 3rd place teams.

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 the Meet Director or Meet Referee listed on the first page.

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**SESSION 1 - Saturday Afternoon
WARM-UPS 4:00 pm - SESSION BEGINS 5:00 pm**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	13 & Over	100 Backstroke	2
3	13 & Over	100 Butterfly	4
5	13 & Over	50 Free	6
7	13 & Over	100 Breaststroke	8
9	13 & Over	100 IM** (200 IM entry time)	10
11	13 & Over	200 Medley Relay	12

****For seeding purposes the 100 IM will be entered with the swimmer's 200 IM time.**

**SESSION 2 - Sunday Morning
WARM-UPS 7:30 am - SESSION BEGINS 8:20 am**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
13	10 & Under	100 IM	14
15	9-10	100 Freestyle	16
17	8 & Under	25 Freestyle	18
19	9-10	50 Butterfly	20
21	8 & Under	25 Butterfly	22
23	9-10	50 Backstroke	24
25	8 & Under	25 Backstroke	26
27	9-10	50 Freestyle	28
29	8 & Under	50 Freestyle	30
31	9-10	50 Breaststroke	32
33	8 & Under	25 Breaststroke	34
35	10 & Under	200 Free Relay	36

SESSION 3 - Sunday Mid-Session

POSITIVE CHECK-IN FOR 500's BY 11:15 am - WARM-UPS 11:15 am - SESSION BEGINS 12:05 pm

GIRLS EVENTS	QUALIFYING TIMES	AGE GROUP	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
37	6:30.00	Open	500 Freestyle	6:15.00	38

SESSION 4 - Sunday Afternoon

POSITIVE CHECK-IN FOR 200 Free BY 2:00 pm - WARM-UPS 2:00 pm - SESSION BEGINS 2:50 pm

GIRLS EVENTS	QUALIFYING TIMES	AGE GROUP	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
39	N/A	11-12	50 Freestyle	N/A	40
41	N/A	11-12	100 IM	N/A	42
43	N/A	11-12	50 Backstroke	N/A	44
45	N/A	11-12	50 Butterfly	N/A	46
47	N/A	11-12	50 Breaststroke	N/A	48
49	2:59.99	11-12	200 Freestyle	2:59.99	50
51	N/A	11-12	200 Free Relay	N/A	52

11-12 years old swimmers may swim a maximum of 5 individual events (4 + 500free) per day, plus 1 relay.
All other swimmers may swim a maximum of 4 individual events per day, plus 1 relay.

\$4.50 per individual event for Session 1, 2 & 4 entries.

\$4.75 per individual event for Session 3 entries.

\$7.00 per relay. || \$2.00 per swimmer surcharge. || \$1.00 surcharge per event for all manual entries.

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ENTRY FEE CALCULATION SHEET

SCHENECTADY-SARATOGA SWIM CLUB assumes no responsibility for meet close-out due to late entries.

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

Number of Individual Entries in Sessions 1, 2 & 4	_____	X \$4.50 = \$	_____
Number of Individual Entries in Session 3	_____	X \$4.75 = \$	_____
Number of Swimmers	_____	X \$2.00 = \$	_____
Number of Relays	_____	X \$7.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____

Total Amount Due and Enclosed \$ _____

E-mail your entries to the Meet Entry Coordinator: entries@schenectadyswimclub.org

ENTRY DEADLINE:
Thursday, October 10, 2019 at 5:00 pm

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

**MAKE CHECKS PAYABLE TO:
SCHENECTADY - SARATOGA SWIM CLUB (SSSC)**

**SEND EVERYTHING TO:
Gundula Gutjahr (SSSC Entry Coordinator)
171 Wood Dale Drive
Ballston Lake, NY 12019**