

CVSL Quad Meet

November 16th 2019

Nellis Pool... Canajoharie, NY

Held under the Approval of Adirondack Swimming, Inc. Approval # APP20-003

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 Yards ...6 Lanes...Colorado Automatic Timing System.

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

Pool Depths: Depth of Pool at One (1) Meter 9 feet and Five (5) Meters= 10 feet from Start End of Pool.
Depth of Pool at One (1) Meter 3 feet and Five (5) Meters 3 feet 6 inches from Turn End of Pool.

Time: WARM UP: 8:15am MEET START: 9:00am

Meet Director: Susan Cortright (518) 673-8283 fryslandhill@yahoo.com

Admin Official: Melissa Jonker

Attending Teams:

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 16th 2019
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 November 8th 2019 at 5:00pm
Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software.
Entries must be submitted via e-mail to: lauriecrocodiles@gmail.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 Website
www.adirondackswimming.org
Direct registration questions to the Adirondack Registrar, Ann Korzun, 518-877-6571 or
akorzun@adirondackswimming.org

Swimming Events:

The meet will be pre-seeded, and all events will be swum as timed finals. All events are swam as mixed gender events, and seeded slowest to fastest. They are scored according to appropriate age and gender. Swimmers must provide their own timers and lap counters for the 500. We will be using Flyover Starts for this meet. Please inform your swimmers prior to the meet.

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. 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

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

Services:

Programs and Concessions available throughout the meet

Entry Fees:

An entry summary sheet is included to compute your team entry fees. The entry fees are \$2.00 per individual event and \$2.00 per relay.

Make your entry check payable to "**Central Valley Swim League**" and mail your check to:

Central Valley Swim League
C/O SVP
P.O. Box 833
Cobleskill, NY 12043

Entries will be entered to the meet upon receipt of your check.

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

EVENT	GENDER	AGE GROUP	EVENT DESCRIPTION
1	Mixed	12 & Under	50 Yard Freestyle
2	Mixed	13 & Over	50 Yard Freestyle
3	Mixed	8 & Under	25 Yard Butterfly
4	Mixed	12 & Under	50 Yard Butterfly
5	Mixed	Open	100 Yard Butterfly
6	Mixed	Open	200 Yard Butterfly
7	Mixed	8 & Under	25 Yard Backstroke
8	Mixed	12 & Under	50 Yard Backstroke
9	Mixed	Open	100 Yard Backstroke
10	Mixed	Open	200 Yard Backstroke
11	Mixed	8 & Under	25 Yard Breaststroke
12	Mixed	12 & Under	50 Yard Breaststroke
13	Mixed	Open	100 Yard Breaststroke
14	Mixed	Open	200 Yard Breaststroke
15	Mixed	8 & Under	25 Yard Freestyle
16	Mixed	12 & Under	100 Yard Freestyle
17	Mixed	13 & Over	100 Yard Freestyle
18	Mixed	Open	200 Yard Freestyle
19	Mixed	12 & Under	100 Yard Individual Medley
20	Mixed	Open	200 Yard Individual Medley
21	Mixed	8 & Under	100 Yard Freestyle Relay
22	Mixed	9-12	200 Yard Freestyle Relay
23	Mixed	Open	200 Yard Freestyle Relay
24	Mixed	Open	400 Yard Individual Medley

**Each Swimmer May Swim a Maximum
Of 3 Events per Day plus 1 Relay**

\$2.00 per Individual Event per Athlete and \$2.00 per Relay

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

“CVSL Quad Meet”

ENTRY FEE CALCULATION SHEET

Nellis Pool, Canajoharie NY

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: November 8th 2019

MAKE CHECKS PAYABLE TO: “Central Valley Swim League”

Email your entries to the Meet Entry Coordinator:

Laurie Vroman

239 Fredricks St.

Canajoharie, NY 13317

lauriecrocodiles@gmail.com

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

Central Valley Swim League

C/O SVP

P.O. Box 833

Cobleskill, NY 12043

Entries will be posted to the meet program
upon **RECEIPT OF CHECK ONLY**

“CVSL Swim League” assumes no responsibility for meet
close-out due to late entries