

**2019 NCL LEAGUE CHAMPIONSHIPS
FEBRUARY 23, 2020**

**North Country League Championships
2020 CHAMPIONSHIP MEET**

About the Invitational Meet

Date: Sunday, February 23, 2020

Location: Shenendehowa Aquatic Center

Entry Deadline: February 13, 2020

Hosted by: Capital District YMCA: Guilderland Cyclones

Meet Director: Connie Miller, 518-728-4078

Connie_70@verizon.net

Web Site: <https://www.teamunify.com/Home.jsp?team=recncl>

2019 NCL LEAGUE CHAMPIONSHIPS

FEBRUARY 23, 2020

Contents

<i>About The Invitational Meet</i>	3
<i>Location and Facility</i>	4
<i>Contact Information</i>	4
<i>Notices</i>	5
<i>Eligibility</i>	5
<i>Entry Information</i>	6
<i>Check-in Procedure</i>	7
<i>Meet Procedures and Operations</i>	8
<i>Awards and Recognition</i>	10
<i>Time Trials</i>	10
<i>Spectators</i>	10
<i>Liability, Safety and Emergency Procedures</i>	10
<i>APPENDIX 1: Order of Events</i>	12-
<i>14</i>	
<i>APPENDIX 2: YMCA Sanctioned Meet Declaration Form</i>	14
<i>APPENDIX 3: Entry Fee Calculation Sheet</i>	15
<i>APPENDIX 4: USA Swimming Approved Meet Policy</i>	16

2019 NCL LEAGUE CHAMPIONSHIPS

FEBRUARY 23, 2020

ABOUT THE INVITATIONAL MEET

This meet is a sanctioned, closed, inter-association YMCA Invitational meet. This is the championship meet for the North Country YMCA swim league. Seed times must be faster than or equal to the cut-off times listed in Appendix 1.

This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and has been issued an Approval by the Adirondack Local Swimming Committee of USA Swimming. **See Appendix 4 for additional rules related to USA Swimming Approved Meet Policies.**

YMCA Sanction number: CAQ-2019-NY10264497

USA-S/AD Approval number: APP20-006

ADJUSTMENTS TO THE MEET ANNOUNCEMENTS: The Meet Committee reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet or due to unforeseen issues of weather or facility problems. Changes will be communicated as far in advance as possible. None of the required elements for a YMCA Sanctioned Invitational meet and USA-S Approved meet can be changed.

MEET TIMELINE: Warm-up and start times for all sessions are subject to change depending on the size of the meet

Session 1: League Championships (qualifying times for individual events must be equal to or faster than the cut-off times for eligibility), 8 & Under, 9-10

Warm-Up 7:30 AM

Start 8:30 AM

Session 2: 13-14 and 15-19 500 freestyle (qualifying times for individual events must be equal to or faster than the cut-off times for eligibility)

Warm-Ups 11:15 AM

Start 12:00 PM

Session 3 League Championships (qualifying times for individual events must be equal to or faster than the cut-off times for eligibility), 11-12, 13-14, 15 & Over

Warm-Ups 1:15 PM

Start 2:00 PM

End: about 5:30 PM

2019 NCL LEAGUE CHAMPIONSHIPS

FEBRUARY 23, 2020

INCLEMENT WEATHER/CANCELATION: Weather and safety cancellations will be at the discretion of the Referee

LOCATION AND FACILITY

Location: Shenendehowa Aquatic Center, Gowana Middle School 970 NY-146, Clifton Park, NY

Emergency Phone Number: 911

The Shenendehowa Aquatic Center's pool is configured 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 14'6" and Five (5) Meters 14'6" from Turn End of Pool. An electronic timing system will be used. The competition course has not been certified in accordance with 104.2.2C (4) A warm-up pool of approximately 20 yards by 15 yards will be available throughout the meet.

Parking is available in various campus lots labeled "Visitor Parking," as well as on the streets around the campus. Car pooling is encouraged.

Spectators are not allowed on deck. Spectator seating is available. Meet Marshalls may require spectators to cycle in and out of the grandstands between events to allow viewing by all spectators. Spectators may set up folding chairs in the hallway outside the pool.

Flash photography at the start of events is prohibited.

Swimmers may stay on deck between events; 8 & Under swimmers will be organized in a "bull pen" before their events.

CONTACT INFORMATION

Meet Director: Connie Miller, 518-728-4078, connie_70@verizon.net

Entry Chairperson: Connie Miller, connie_70@verizon.net

Meet Referee: Travis Nelson, trnelson@landolakes.com

Administrative Official: Barbara Ryan, beebee.ryan@gmail.com

Officials Coordinator: Travis Nelson, trnelson@landolakes.com

2019 NCL LEAGUE CHAMPIONSHIPS

FEBRUARY 23, 2020

NOTICES

Teams must provide timers in accordance with the accompanying "Timer Assignment" file. Swimmers completing Events 37, 38, 39, and 40 (500's) must provide their own timers and counters.

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA he/she represents for a period of at least 30 days prior to the first day of the meet.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no "unattached" status in YMCA Swimming.

Age: An athlete must be at least five (5) years of age, and not older than nineteen (19) years of age on December 1, 2019.

YMCA Meet Participation: In order to be eligible to compete, each athlete must have competed in a minimum of 3 closed YMCA inter-association meets since September 1, 2019.

Times: For all the League Championship Individual events, the swimmer's fastest recorded previous times must be BELOW (faster) than the cut-off times listed in Appendix 1.

Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

Athletes who must wear a device or tape for medical reasons will be accommodated, but the medical explanation must be presented to the Referee at least one-half hour before the start of the session. Tape, jewelry, wrist and ankle bands, watches, tempo or music devices, or other non-medical devices are prohibited

2019 NCL LEAGUE CHAMPIONSHIPS

FEBRUARY 23, 2020

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Coach Registration: Each coach must have completed the annual YMCA on-line coach registration process. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.

ENTRY INFORMATION

ENTRY LIMITS: Deck entry events count toward the daily limitation on the number of events a swimmer can swim (rule reference 102.2.2 and 102.2.7).

A swimmer may swim no more than five events – three (3) individual events and two (2) relay events .

QUALIFICATION PERIOD: The qualification period is through the entry deadline.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

TIME STANDARDS: Swimmers must have equaled or bettered the minimum time standard: Appendix 1.

2019 NCL LEAGUE CHAMPIONSHIPS

FEBRUARY 23, 2020

TIMES: No Times (NT) are allowed for relays only. Submit entry times in SCY. Entered times must be the swimmer's BEST time achieved.

ENTRY FEES: \$4.50 per Individual Event. \$6 per Relay event (per team), \$2 Surcharge per athlete.

ENTRY DEADLINE: February 13, 2020, 5pm.

ENTRY PROCEDURE: Entries must be submitted as a Meet/Team Manager file via e-mail to Wendy Nelson, wtanelson@gmail.com

PAYMENT: Payment by check payable to "Capital District YMCA" must be mailed to:

Brian O'Connor
Guilderland YMCA
250 Winding Brook Dr.
Guilderland, NY 12084

OVER-SUBSCRIPTION: In the event the meet is oversubscribed, the meet director and the meet referee will work together to determine the solution in the best interest of the swimmers Volunteers/Officials/Timers.

OFFICIALS AND TIMERS: Officials will be coordinated by Travis Nelson. Officials with both YMCA and USA Swimming certification will be on deck. Each team shall provide timers in accordance with the accompanying file called "Timer Assignments." Timers must make their own arrangements if they need to leave before the end of the session. Swimmers in session two should arrange to have their own timers and counter.

SIGN-UP PROCEDURE: Each team shall handle their own recruiting of volunteers.

CHECK-IN PROCEDURE

EVENT CHECK-IN: Positive check-ins are required for session 2 only.

COACHES MEETING/SCRATCH MEETING: No coaches meeting will be held. Scratches should be reported to the timing table one-half hour before the start of each session.

OFFICIALS MEETING: Officials should check in at the official's room one hour before the start of each session.

TIMERS Meeting: Timers meetings will be held fifteen minutes before the start of Session 1 and Session 2. Timers meetings will be held on the pool deck by Lane 8.

2019 NCL LEAGUE CHAMPIONSHIPS

FEBRUARY 23, 2020

MEET PROCEDURES AND OPERATIONS

RULES: The meet will run under YMCA Rules that Govern Competitive Sports, Swimming Addendum to the YMCA Rules that Govern Competitive Sports, USA-S Technical Rules.

MEET FORMAT: The meet will be swum using a Timed Finals, format. Swimmer's age will be determined as of the December 1, 2019.

EVENT SEEDING: Events will be seeded Slowest to Fastest. The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

NO SHOW: An athlete who is seeded in an event and fails to compete (i.e., a "no show") shall be considered a "Declared False Start."

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. Teams will need to share lane space and work cooperatively in reflection of the YMCA values and sportsmanship.

During designated warm up sessions, athletes may only enter the competition pools from the starting end. Athletes are expected to use a three-point entry in which they sit on the side of the pool then slide into the pool gently, with one hand on the wall. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Coaches are responsible for the safety of their athletes and are expected to monitor them at all times during warm up sessions.

STARTS: 'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts and relay swimmers) should remain in the water at the completion of their race until the next heat has begun.

SWIMS (USA-S): This meet has been issued an Approval by Adirondack Swimming. All individual times will be loaded to the USA-S SWIMS Database for

2019 NCL LEAGUE CHAMPIONSHIPS

FEBRUARY 23, 2020

currently USA-S registered swimmers. Please be certain to enter swimmers with their Legal names and dates of birth as registered with USA Swimming. See appendix 4 for Approval information.

RESULTS: Any results displayed on the scoreboard are unofficial until final results are published. Results will be posted in the hallway outside the pool spectator area and sent to coaches via email as soon as practicable.

PROTEST PROCEDURE: Protests may only be initiated by a person with standing, that is, a coach or YMCA supervisor whose team is competing in the meet. The Referee will arbitrate protests, eligibility issues, safety rules and other issues

Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23.

CONDUCT AND RESTRICTIONS: The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Except where the venue facilities require otherwise, changing, into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. The USA Swimming Rulebook defines Deck Change as: Changing, in whole or in part, into or out of a swimsuit (excluding a drag suit) in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes while at a practice, competition, or other pool-related activity." This includes slipping off the top of a one-piece performance suit to place on an alternate bikini top immediately following a race.
- Glass, and Chairs are not permitted on deck.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Photographs are not allowed to be taken behind the block during competition.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Shaving is not permitted in any areas of the facility.

2019 NCL LEAGUE CHAMPIONSHIPS

FEBRUARY 23, 2020

AWARDS AND RECOGNITION

SCORING:

Individual Events: 9, 7, 6, 5, 4, 3, 2, 1

Relays: 18, 14, 12, 10, 8, 6, 4, 2

AWARDS: Awards for places 1-8 will be provided to teams after the meet.

TIME TRIALS

Time Trials may be held at the discretion of the Referee.

SPECTATORS

HEAT SHEETS/PROGRAMS: Available before the start of each session at the concession stand.

CONCESSION STAND: Snacks and drinks will be available in the lobby of the gym.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- No personal chairs are allowed in the spectator area
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Spectators are not permitted on deck.
- No smoking, drugs, or alcohol are permitted in the swimming complex.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 2 must be signed by each association participating in the meet and sent in with the registration checks.

LIABILITY LIMITS:

- In granting of the USA-S/AD 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 meet.

2019 NCL LEAGUE CHAMPIONSHIPS

FEBRUARY 23, 2020

- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA 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 meet.

EMERGENCIES: the lifeguards will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Automatic External Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the lifeguards and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

**2019 NCL LEAGUE CHAMPIONSHIPS
FEBRUARY 23, 2020**

APPENDIX 1: ORDER OF EVENTS

**NORTH COUNTRY LEAGUE CHAMPIONSHIPS
FEBRUARY 23, 2020, Shenendehowa Aquatic Center**

**MORNING - SESSION 1
WARM UPS 7:30 AM ... SESSION BEGINS 8:30 AM
8 and Under, 9-10**

GIRLS EVENTS	CUT-OFF TIME	EVENT DESCRIPTION	CUT-OFF TIME	BOYS EVENTS
1	N/A	8 & Under 100 Medley Relay	N/A	2
3	N/A	9-10 200 Medley Relay	N/A	4
5	1:51.00	8 & under 100 Free	1:51.00	6
7	3:10.00	9-10 200 Free	3:10.00	8
9	2:00.00	8 & under 100 IM	2:00.00	10
11	1:45.00	9-10 100 IM	1:45.00	12
13	22.30	8 & under 25 Free	22.30	14
15	40.00	9-10 50 Free	40.00	16
17	27.50	8 & under 25 Backstroke	27.50	18
19	49.00	9-10 50 Backstroke	49.00	20
21	29.00	8 & under 25 Butterfly	29.00	22
23	49.00	9-10 50 Butterfly	49.00	24
25	49.50	8 & under 50 Free	49.50	26
27	1:34.00	9-10 100 Free	1:34.00	28
29	30.00	8 & under 25 Breaststroke	30.00	30
31	55.00	9-10 50 Breaststroke	55.00	32
33	N/A	8 & under 100 Free Relay	N/A	34
35	N/A	9-10 200 Free Relay	N/A	36

INDIVIDUAL ENTRIES MUST BE FASTER THAN OR EQUAL TO CUT-OFF TIMES

**MIDDLE SESSION - SESSION 2
WARM-UPS 11:15 AM ... SESSION BEGINS 12:00 PM
POSITIVE CHECK-IN BY 11:30 AM**

GIRLS EVENTS	CUT-OFF TIME	EVENT DESCRIPTION	CUT-OFF TIME	BOYS EVENTS
37	6:45.00	13-14 500 Free	6:35.00	38
39	6:20.00	15 & over 500 Free	6:10.00	40

2019 NCL LEAGUE CHAMPIONSHIPS

FEBRUARY 23, 2020

AFTERNOON - SESSION 3

WARM-UPS 1:15 PM ... SESSION BEGINS 2:00 PM
11-12, 13-14 & 15 and over

GIRLS EVENTS	CUT-OFF TIME	EVENT DESCRIPTION	CUT-OFF TIME	BOYS EVENTS
41	N/A	11-12 200 Medley Relay	N/A	42
43	N/A	13-14 200 Medley Relay	N/A	44
45	N/A	15 & over 200 Medley Relay	N/A	46
47	2:45.00	11-12 200 Free	2:45.00	48
49	2:38.00	13-14 200 Free	2:28.00	50
51	2:32.00	15 & older 200 Free	2:22.00	52
53	3:02.50	11-12 200 IM	3:02.50	54
55	2:50.00	13-14 200 IM	2:45.00	56
57	2:50.00	15 & older 200 IM	2:45.00	58
59	35:00	11-12 50 Free	35:00	60
61	33:00	13-14 50 Free	31:00	62
63	32:00	15 & older 50 Free	30:00	64
65	40.00	11-12 50 Backstroke	40.00	66
67	1:20.00	13-14 100 Backstroke	1:15.00	68
69	1:18.00	15 & older 100 Backstroke	1:12.00	70
71	41.00	11-12 50 Butterfly	41.00	72
73	1:19.00	13-14 100 Butterfly	1:19.00	74
75	1:17.00	15 & older 100 Butterfly	1:10.00	76
77	1:15.00	11-12 100 Free	1:15.00	78
79	1:13.00	13-14 100 Free	1:08.00	80
81	1:11.00	15 & older 100 Freestyle	1:05.00	82
83	45.00	11-12 50 Breaststroke	45.00	84
85	1:30.00	13-14 100 Breaststroke	1:26.00	86
87	1:28.00	15 & older 100 Breaststroke	1:22.00	88
89	N/A	11-12 200 Freestyle Relay	N/A	90
91	N/A	13-14 200 Freestyle Relay	N/A	92
93	N/A	15 & older 200 Freestyle Relay	N/A	94

INDIVIDUAL ENTRIES MUST BE FASTER THAN OR EQUAL TO CUT TIMES
Each Swimmer May Swim a Maximum of 5 Events (3 Individual plus 2 Relays)
\$4.50 per Event, \$6.00 per each RELAY TEAM. \$2.00 per Athlete Surcharge

**2019 NCL LEAGUE CHAMPIONSHIPS
FEBRUARY 23, 2020**

APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____

Meet Date(s): 2/23/20

Meet Host: Capital District YMCA: Guilderland YMCA

Meet Location: Shenendehowa Aquatic Center, Clifton Park, NY

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the North Country Club / Distance Championship for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the North Country Club / Distance Championship.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, Glens Falls Family YMCA, their agents, representatives or assigns, and Union College for any and all injuries which may be suffered by participants at the North Country Club / Distance Championship. Furthermore, we understand that the YMCA of the USA and North Country YMCA League are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee

**2019 NCL LEAGUE CHAMPIONSHIPS
FEBRUARY 23, 2020**

APPENDIX 3: ENTRY FEE CALCULATION SHEET

“Capital District YMCA”

North Country League Championships, February 23, 2020

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-MAIL ADDRESS _____

Number of Individual Entries	X \$4.50 = \$ _____
Number of Swimmers	X \$2.00 = \$ _____
Number of Relays	X \$6.00 = \$ _____
Number of Manual (non-electronic Entries)	X \$1.00 = \$ _____
Total Amount Due and Enclosed	= \$ _____

*MAKE CHECKS PAYABLE TO “Capital District YMCA”
This form MUST be returned with check*

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

**Capital District YMCA assumes no responsibility for meet close-out due to late
entries**

ENTRY DEADLINE: February 13, 2020

Mail Entries and Check to: Brian O'Connor, 250 Winding Brook Dr., Guilderland, NY 12084

*Meet Manager Entries May be sent via E-mail to: Connie Miller, connie_70@verizon.net

*This form and Your Team Check must be received to have entries added to the meet

2019 NCL LEAGUE CHAMPIONSHIPS

FEBRUARY 23, 2020

APPENDIX 4: USA SWIMMING APPROVED MEET POLICY

2019 North Country League Championships Shenendehowa Aquatic Center, Clifton Park, NY February 23, 2020

Held under the Approval of Adirondack Swimming, Inc. Approval APP20-006

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: Guilderland YMCA

Place: Shenendehowa Aquatic Center, Gowana Middle School, Clifton Park NY
Short Course 25 Yard 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: 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 14'6" and Five (5) Meters 14'6" from Turn End of Pool.

Time: See page 3 above for timeline

Meet Director: Connie Miller 518-728-4078 – connie_70@verizon.net

Admin Official: Barbara Ryan

Attending Teams:

North Country YMCA League

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 1, 2019.
Rules from the current USA Swimming Technical Rules will be in effect.
Swimmers may enter up to 3 individual events and 2 relays on February 23, 2020
Entries must be received by February 13, 2020
Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software.
Entries must be submitted via e-mail to: wtanelson@gmail.com
See rules and procedures in the preceding sections of the attached YMCA meet announcement

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

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.**

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.