

NDAC February 2022 Time Trial

Feb 6, 2022, Kingston YMCA

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD22-018
Don Lipkin, General Chairman
In granting this sanction 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 Dutchess Aquatic Club (NDAC – MR)

Place: YMCA of Kingston & Ulster County, Ulster Ave, Kingston NY
25 Yard, 6 lane pool
IST electronic timing system using Hy-Tek Meet Manager software

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

Pool Depths:

Depth of Pool at One (1) Meter 10'8" and Five (5) Meters 9'9" from Start End of Pool.
Depth of Pool at One (1) Meter 3' 4" and Five (5) Meters 4' 0" from Turn End of Pool.

Time: One Session 9AM Warmup; 10 AM Events

Meet Director: Frank Seldin, 201-314-2073, treasurer@ndac.us

Meet Referee: Howard Dorner, 845-224-6048, hdorner76@gmail.com

Meet Entry Coordinator: Frank Seldin, 201-314-2073, treasurer@ndac.us

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **Feb 6, 2022**.
Rules from the current USA Swimming Technical and Administrative Rules will be in effect.

Invited Teams: MR-NDAC, MR-RFAC, AD-KING

Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software and Emailed to the **Meet Entry Coordinator**.
Team entries must be received by the Meet Entry Coordinator by **Jan 31, 2022**

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, Adam Hershberg, adregistrar12@gmail.com

Swimming Events:

All events are time trial events. See Page 4 for list of events

Relays:

None

Scratches:

Meet will be pre-seeded and positive check-in; Non-attending swimmers will be treated as "No-Shows"

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:

Host Club will provide timers

Deck Entries:

Deck Entries will NOT be accepted at this meet.

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.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND ADIRONDACK SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

This statement (Covid-19) shall also be included in heat sheets.

Host Assumption of Risk Disclaimer Statement

NDAC And YMCA of Kingston & Ulster County: NDAC and YMCA of Kingston & Ulster County (Kingston Y) have taken enhanced health and safety measures, in accordance with the overseeing government agencies, for our swimmers, volunteers, and spectators. You must follow all published, distributed, and posted instructions while attending an NDAC meet or any other NDAC event at the Kingston Y. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in, volunteering to support and/or attending an NDAC meet/event at the Kingston Y, you voluntarily assume all risks related to exposure to COVID-19.

Services:

No Concessions

Spectators / Admission:

Spectators will be allowed and limited to one per swim family. Admission will be \$5. All spectators will be required to wear masks (covering the nose and mouth) at all times while inside the building. Spectator policy is subject to change, and live streaming will be provided if necessary.

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 \$6.50 per individual event, which includes the \$.50 AD travel fund surcharge, and a \$4.00 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.

Make your entry check payable to **NDAC** 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:

No Awards

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.

All swimmers, spectators, coaches, officials, volunteers, and anyone else attending is required to abide by covid and any other health and safety measures as specified by the YMCA of Kingston & Ulster County, NDAC, Adirondack Swimming, USA Swimming, and any governing agencies. Failure to do so will result in removal from the premises. Specific rules for the event will be provided several days prior.

If you have any questions please contact the Meet Director or Meet Referee

NDAC 2022 Feb TT
Feb 6, 2022 ... Kingston NY

WARM-UPS 9:00AM ... POSITIVE CHECK-IN BY 9:00AM ... SESSION BEGINS 10:00AM

Event	Description	Gender	Age Group
1	200 IM	Mixed	Open
2	100 IM	Mixed	12 & Under
3	50 Free	Mixed	Open
4	50 Free	Mixed	12 & Under
5	200 Breast	Mixed	Open
6	50 Breast	Mixed	12 & Under
7	100 Back	Mixed	Open
8	50 Fly	Mixed	12 & Under
9	100 Fly	Mixed	Open
10	50 Back	Mixed	12 & Under
11	100 Breast	Mixed	Open
12	200 Back	Mixed	Open
13	100 Free	Mixed	Open
14	200 Fly	Mixed	Open
15	400 IM	Mixed	Open
16	500 Free	Mixed	Open

Each Swimmer May Swim A Maximum of 5 Events Per Day

\$6.50 Per Individual Event Per Athlete for ALL Athletes

\$4.00 Per Athlete Surcharge

For Manual Entries, Add \$1.00 Per Entry (individual or relay)

NDAC Feb 2022 TT

ENTRY FEE CALCULATION SHEET

TEAM NAME: NDAC
CONTACT PERSON: Frank Seldin
PHONE NUMBER: 201-314-2073
E-Mail ADDRESS: treasurer@ndac.us

Number of Individual Entries	_____	X \$6.50 = \$_____
Number of Swimmers	_____	X \$4.00 = \$_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$_____
Total Amount Due and Enclosed		\$_____

ENTRY DEADLINE.. Jan 31, 2022

MAKE CHECKS PAYABLE TO "NDAC"

Email your entries to the Meet Entry Coordinator

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

Frank Seldin
NDAC, PO Box 440, Red Hook NY 12571
treasurer@ndac.us

**Entries will be posted to the meet program
upon RECEIPT OF CHECK ONLY
NDAC assumes no responsibility
for meet close-out due to late entries**