

DECEMBER DISTANCE MEET

DECEMBER 12TH 2010

SHENENDEHOWA AQUATICS CENTER

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD11-017
Carolyn Manor, General Chairman

Host: CLIFTON PARK-HALFMOON PIRANHAS

Place: SHENENDEHOWA AQUATICS CENTER, Clifton Park, NY
Short Course 25 Yard – 8 Lane Pool ... Continuous Warm Up Pool ... Daktronics Starting & Timing System

Pool Depths: DEEP END START, Start End, 1 meter = 14'6" 5 meters = 14'6", Turn End, 1 meter = 7'6" 5 meters = 7'6"

Time: SUNDAY DECEMBER 12
SESSION I (POSITIVE CHECK-IN BY 8:30 AM) WARM-UP 8:00AM SESSION START 9:00AM
SESSION II WARM-UP 11:00AM SESSION START 12:30PM
SESSION III (POSITIVE CHECK-IN BY 5:00 PM) WARM-UP 4:45PM SESSION START 5:15 PM

Meet Director: Jodi Marvin, 518-563-8289, bijotam@yahoo.com
Meet Marshal: Sonny Ouyang
Meet Referee: JoAnn Faucett, faucettjm@aol.com

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **DECEMBER 12, 2010**
Rules from the current USA Swimming Technical Rules will be in effect.
A swimmer may enter four (4) individual events per day, plus one (1) relay.
Entries must be submitted electronically, using Hy-Tek or compatible Software.
Entries must be submitted via e-mail to: cpp.registrar@gmail.com
Team entries must be received by **Friday December 3, 2010**
In the event the meet is oversubscribed, the meet director and meet referee will work together to determine the solution, in the best interest of the swimmers.
Please send entries to – Andrew Jesaitis, cpp.registrar@gmail.com, 518-371-5457

USA Swimming Registration:

All swimmers must be currently registered with USA Swimming, Inc. Registrations may be obtained from your club registrar.
ALL Swimmers MUST be registered, for the date(s) encompassing the meet, with the AD Registrar by the Meet Entry Deadline.
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, Kathleen Furman, 518-384-0223 or kfurman@adirondackswimming.org

NOTE: ALL ATHLETES ATTENDING ANY SANCTIONED MEET, MUST BE UNDER THE DIRECT SUPERVISION OF A CURRENTLY REGISTERED AND CERTIFIED, USA SWIMMING COACH. IF YOU ARE AN UNATTACHED ATHLETE, OR YOUR COACH WILL NOT BE ATTENDING THE MEET, YOU AND/OR YOUR COACH, MUST CONTACT THE MEET DIRECTOR OR AN ATTENDING COACH, IN ADVANCE, TO MAKE ARRANGEMENTS FOR AN ATTENDING COACH TO ASSUME RESPONSIBILITY FOR YOU.

This is a USA Swimming Rule, there are no exceptions.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Swimming Events:

Session 1 & 3 will be positive check-in. Session 2 will be pre-seeded. All events will be swum as timed finals. All age groups need to obtain their heat and lane assignments from the heat sheets posted throughout the pool area. All events will be swum slow to fast.

Relays:

Relays will be swum as timed finals.

Scratches:

Swimmers in Session 1 & 3 who do not positively check in by the deadlines will be scratched. Deadline for Session I is 8:30 AM and Deadline for Session 3 is 5:00 PM. Coaches – be sure your swimmers check-in.

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.

Warm-up assignments will be determined by the meet committee based on the number of entries received by each team. They will be emailed to the team contacts and posted to the AD Web Site, prior to the start of the meet.

*continuous warm-up/warm-down will be available throughout the meet.

Timers:

Clubs will be required to provide timers based upon their number of entries.
Swimmers have to provide their own timers for the 400 IM, and their own timers and lap counters for the 500 and 1650 Free.

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 USA-S ID Card (those already in meet have been confirmed as registered).
If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, in meets allowing Deck Entries, to UN-AD (unattached, Adirondack) ONLY at a fee of \$102.

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:

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. **No one will be allowed on the deck except USA-S Registered Officials, 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 and 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.

Services:

A concession stand will be available throughout the meet. No food is to be consumed on the pool deck.

A hospitality room will be available for officials and coaches only in the office off of the pool deck.

Host team will be selling meet t-shirts, sweatshirts and miscellaneous swimming supplies.

Smoking is not permitted in the building.

No glass containers allowed 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:

An entry summary sheet is included to compute your team entry fees. The entry fees are \$3.50 per individual event, which includes the \$.50 AD travel fund surcharge, \$6.00 per relay, which includes the \$1.00 AD travel fund surcharge and a \$1.00 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 **CPHM Piranhas**

Mail your check and entry summary sheet to:

Andrew Jesaitis, CPP Registrar
13 Thoroughbred Way
Clifton Park, NY 12065
cpp.registrar@gmail.com
518-371-5457

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

Awards:

For individual events ribbons will be awarded for 1st - 12th place. For relays, ribbons will be awarded to the 1st - 3rd place teams.

Scoring:

The meet will not be scored.

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 Andrew Jesaitis, (518) 371-5457, cpp.registrar@gmail.com

DECEMBER DISTANCE MEET

SUNDAY DECEMBER 12TH 2010

SESSION 1

WARM-UPS 8:00AM ... Positive Check in by 8:30AM ... SESSION BEGINS 9:00AM

GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS
1	Open 400 Individual Medley	2
3	Open 500 Freestyle	4

SESSION 2

WARM-UPS 11:00AM ... SESSION BEGINS 12:30PM

GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS
5	Open 200 Freestyle	6
7	Open 200 Butterfly	8
9	Open 200 Backstroke	10
11	Open 200 Breaststroke	12
13	Open 200 Individual Medley	14
15	Open 800 Freestyle Relay	16

SESSION 3

WARM-UPS 4:45PM ... Positive Check in by 5:00PM ... SESSION BEGINS 5:15PM

GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS
17	Open 1650 Freestyle	18

Each Swimmer May Swim A Maximum of 4 Events Per Day Plus 1 Relay

\$3.50 Per Individual Event Per Athlete for ALL Athletes

\$1.00 Per Athlete Surcharge

\$6.00 Per Each Relay

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

"CLIFTON PARK-HALFMOON PIRANHAS"

ENTRY FEE CALCULATION SHEET

December Distance Meet

Shenendehowa Aquatic Center, December 12th, 2010

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

Number of Individual Entries	_____	X \$3.50 = \$	_____
Number of Swimmers	_____	X \$1.00 = \$	_____
Number of Relays	_____	X \$6.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____

Total Entry Fee Due\$_____

Total Amount Due and Enclosed\$_____

MAKE CHECKS PAYABLE TO "CPHM Piranhas"

This form Must be returned with Entry Report and Check
(and Hy-Tek Disk if unable to email entry file)

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

**"CLIFTON PARK-HALFMOON PIRANHAS" assumes no
responsibility for meet closeout due to late entries**

ENTRY DEADLINE "Friday December 3rd"

Mail Entries, Entry Report, This Form and Check to:
"Andrew Jesaitis, 13 Thoroughbred Way, Clifton Park, NY 12065"

*Entry File May be sent E-mail to: "cpp.registrar@gmail.com"

**Your Team Check Must be received to have entries added to the meet.*