

North Country YMCA Swim League 2013 Championship Meet February 9 & 10, 2013

Held under the Approval of Adirondack Swimming, Inc. Approval # APP13-005

USA Swimming, Inc. Insurance applies to only those attendees who are Currently and Properly Registered and Certified with USA Swimming, Inc. Attendees who are Not USA Swimming, Inc. Registered are offered No Insurance Coverage at this event. All USA-S Registered Athletes must be under the direct supervision of a currently registered and certified USA-S Coach. Coaches must display current USA Swimming Membership Card showing current Certifications.

In granting this Approval it is understood and agreed that USA Swimming, Inc. and Adirondack Swimming, Inc. shall be free and held harmless from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.

Host: Guilderland YMCA

Place: Guilderland YMCA, Guilderland, NY (Sat.)

Short Course 25 Yard Pool, 8 lanes... Colorado Automatic Timing and Beeper
The competition course has not been certified in accordance with 104.2.2C(4).

Union College, Alumni Gym, Schenectady, NY (Sun.)

Short Course 25 Yard Pool, 8 lanes, continuous warm-up pool... Colorado Automatic Timing and Beeper
The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: Start end at 1 meter 9'2" and 5 meter 9'4"...Turn End at 1 Meter 4'1" and 5 Meter 4'5" Guilderland YMCA
Start End at 1 meter 10'00" and at 5 meter 13'0"....Turn End at 1 meter 6'6" and 5 meter 6'9" Union College

<u>Time:</u>	Session 1- Saturday	Warm-ups 1:30-2:15 pm	Meet Starts 2:30 pm
	Session 2- Sunday	Warm-ups 7:45-9:15 am	Meet Starts 9:30 am

Meet Director: Connie Miller 518-869-5472 connie_70@verizon.net

Meet Marshall: Mark Wadsworth

Meet Referee: Kathy Wadsworth 518-469-6333

Attending Teams:

Greenbush YMCA Sea Lions, So. Saratoga YMCA Barracudas, Guilderland YMCA Cyclones, Fulton County YMCA Flying Fish, Glennville YMCA Porpoises, Saratoga YMCA Stingrays, Glens Falls YMCA Gators, Kingston YMCA Hurricanes, Bethlehem YMCA

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 1, 2012.

Rules from the current USA Swimming Technical Rules will be in effect.

There is no limit on the number of swimmers per event per competing league team, except as determined by each individual swimmer's ability to meet the qualification time for each event. There is no limit to relay teams per relay event per competing league team, however, only "A" relays will score points. Swimmers may swim in 5 individual events with no more than 3 being scoring events plus 3 relays. If a swimmer is entered in more than 3 individual scoring events he/she will be disqualified from the meet. Swimmers may swim-up in age group in any or all events entered. All coaches are responsible for making certain that swimmers and parents understand the entry requirements for the meet.

You may add a relay swimmer only per these rules: if you need a swimmer in an age bracket to make an A Relay only.

Entries must be submitted electronically, using Hy-Tek or compatible Software.

Entries may be mailed on CD or Floppy Disk or via e-mail to: ymcacyclones@live.com

Team entries must be received by January 28th, 2013.

Entries:

January 28th is the final due date for entries. Teams will be e-mailed back their entries for verification. Please respond as soon as possible that they are correct. Be certain to provide email addresses with entries in order to receive verification of receipt.

Entry fees are \$3.50 per Individual Event, \$6.00 per Relay Plus a \$2.00 Surcharge per Swimmer.

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

Eligibility:

All swimmers must swim in two (2) league meets during the course of the regular season in order to be eligible to swim in the League Championship Meet.

Check in Rules:

There will be POSITIVE CHECK-IN for Session 1 of this meet. Swimmers must positively check in by 1:30. It is the responsibility of each coach to have their swimmers accounted for and available for events. It is the responsibility of each swimmer to report to the seeding area at the time events are called.

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.

A warm up schedule will be provided to each club at least one week before the meet date.

Swimming Events:

All events will be swum as timed finals. Please submit the competition or trial times for seeding. All events will be pre-seeded, slowest to fastest in order of entry time. **"No Time" entries will not be accepted.**

Timers:

Clubs will be required to provide Timers for the swim meet. The organizing team will make timing assignments. The lanes assignments will be posted outside the official's room and throughout the meet facility. A copy will be displayed in the program. Please report to the chief timer on deck 15 minutes prior to your timing assignments.

Meet Policy:

Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and is strongly discouraged.

All USA Swimming Registered Officials and Coaches are required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.

Services:

A North Country YMCA League Championship Meet Program and a commemorative T-Shirt will be available for sale. A variety of breakfast, lunch and snack items will be available in the "Café". No food or drink will be allowed in the pool, locker rooms, or anywhere outside of the designated area. *GLASS* containers of any kind are *NOT* permitted in the pool or spectator areas. This policy will be strictly enforced. Smoking is NOT permitted in the facility.

Officials:

The organizing club has a number of USA Swimming certified officials assigned to the meet. Many more officials are needed than can be provided by the Guilderland YMCA Cyclones swim team. Therefore, all participating teams are requested to provide the services of parent volunteers who are USA Swimming certified officials. Prospective names should be submitted with team entries. An officials' meeting will be conducted prior to the start of each session. Officials are to report to the designated officials room and sign-in upon their arrival at the Guilderland YMCA and Union facility. Proper official attire is required.

Supervision:

A "Swimmer's Rest Area" will be provided in the racquetball courts at Union College. Parents and coaches are expected to ensure that swimmers behave in an orderly manner, clean their area, and dispose of all trash. Any swimmer found in an unauthorized area will be scratched from his/her events and asked to immediately leave the facility and premises. No Exceptions! Each team is responsible for supervising its members. No one will be allowed on the pool deck except meet officials, timers, coaches, marshals and swimmers.

Awards:

Awards for individual events, medals will be awarded for 1st-3rd place and ribbons will be awarded for 4th through 8th place. For relays ribbons will be awarded for 1st through 6th place. Plaques will be awarded to each team. Individual points will be scored 9, 7, 6, 5, 4, 3, 2, 1. Relay points will be scored 18, 14, 12, 10, 8, 6, 4, 2.

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 may be loaded to the USA Swimming National Database, SWIMS. For times to be used, the 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. 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 times achieved (those recorded to SWIMS) May be used for entry qualification purposes in any USA Swimming Sanctioned Meet.

Entry Fees:

Entry fees are \$3.50 for each individual event, \$6.00 per relay, and a \$2.00 per swimmer surcharge.

Make your entry check payable to **Capital District YMCA** and mail your check to:

**Connie Miller
132 Halfmoon Dr
Altamont, NY 12009**

**E-mail: connie_70@verizon.net
Phone: 518-869-5472**

February 9 &10, 2013

Union College

SESSION 1 ...

WARM-UPS 1:00 pm- 1:50 pm ... SESSION BEGINS 2:00 pm

Girls Events	Qualification Times	Events	Qualification Times	Boys Events
1	6:45.00	13-14 500 Freestyle	6:35.00	2
3	6:20.00	15 & older 500 Freestyle	6:10.00	4
5	5:40.00	Open 400 IM	5:15.00	6
7	2:57.00	Open 200 Breast	2:45.00	8
9	2:43.00	Open 200 Back	2:33.00	10
11	2:45.00	Open 200 Butterfly	2:35.00	12
13	NQT	Open 400 Freestyle Relay	NQT	14
15	21:00.00	Open 1650 Freestyle	20:00.00	16

SESSION 2 ...

WARM-UPS 7:45am – 9:15 am ... SESSION BEGINS 9:30 am

Girls Events	Qualification Times	Events	Qualification Times	Boys Events
17	NQT	8 & under 100 Medley Relay	NQT	18
19	NQT	9-10 200 Medley Relay	NQT	20
21	NQT	11-12 200 Medley Relay	NQT	22
23	NQT	13-14 200 Medley Relay	NQT	24
25	NQT	15 & older 200 Medley Relay	NQT	26
27	1:50.00	8 & under 100 Free	1:50.00	28
29	3:10.00	9-10 200 Free	3:10.00	30
31	2:45.00	11-12 200 Free	2:45.00	32
33	2:38.00	13-14 200 Free	2:28.00	34
35	2:32.00	15 & older 200 Free	2:22.00	36
37	2:00.00	8 & under 100 IM	2:00.00	38
39	1:45.00	9-10 100 IM	1:45.00	40
41	3:04.00	11-12 200 IM	3:04.00	42
43	2:50.00	13-14 200 IM	2:45.00	44
45	2:50.00	15 & Older 200 IM	2:45.00	46
47	24.00	8 & under 25 Free	24.00	48
49	40.00	9-10 50 Free	40.00	50
51	35.00	11-12 50 Free	35.00	52
53	33.00	13-14 50 Free	31.00	54
55	32.00	15 & older 50 Free	30.00	56
57	26.00	8 & under 25 Back	26.00	58
59	49.00	9-10 50 Back	49.00	60
61	40.00	11-12 50 Back	40.00	62
63	1:20.00	13-14 100 Back	1:15.00	64
65	1:18.00	15 & older 100 Back	1:12.00	66
67	28.00	8 & under 25 Butterfly	28.00	68
69	49.00	9-10 50 Butterfly	49.00	70
71	40.00	11-12 50 Butterfly	40.00	72
73	1:19.00	13-14 100 Butterfly	1:14.00	74
75	1:17.00	15 & older 100 Butterfly	1:10.00	76
77	50.00	8 & under 50 Free	50.00	78
79	1:32.00	9-10 100 Free	1:32.00	80
81	1:15.00	11-12 100 Free	1:15.00	82
83	1:13.00	13-14 100 Free	1:13.00	84
85	1:11.00	15 & older 100 Free	1:11.00	86
87	30.00	8 & under 25 Breast	30.00	88
89	54.00	9-10 50 Breast	54.00	90
91	45.00	11-12 50 Breast	45.00	92
93	1:30.00	13-14 100 Breast	1:26.00	94
95	1:28.00	15 & older 100 Breast	1:22.00	96
97	NQT	8 & under 100 Free Relay	NQT	98
99	NQT	9-10 200 Free Relay	NQT	100
101	NQT	11-12 200 Free Relay	NQT	102
103	NQT	13-14 200 Free Relay	NQT	104
105	NQT	15 & older 200 Free Relay	NQT	106

Swimmer may swim in 2 individual events plus 1 relay in session 1.

Swimmers may swim in 3 individual events plus 2 relays in session2.

Entry fees are \$3.50 for each individual event, \$6.00 per relay, and a \$2.00 per swimmer surcharge.