

Eastern States Swim League Dual Meet

Duanesburg Area Community Center ... November 3, 2013

Held under the Approval of Adirondack Swimming, Inc. Approval # APP14-002

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 for damages arising by reason of injuries to anyone during the conduct of the event.

Host: Duanesburg Electric Eels

Place: Duanesburg Area Community Center, 221 Victoria Dr., Delanson, NY 12053
6 Lane, 25 yards, - Short Course - Colorado automatic timing system with beeper start and scoreboard readouts
The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA-S

Pool Depth: Depth of Pool at One (9'2") Meter and Five (9' 4") Meter Distances from Start End of Pool.
Depth of Pool at One (4'1") Meter and Five (4'5") Meter Distances from Turn End of Pool.

Time:

Session 1	All Age Groups	Warm up Starts at 1pm	Meet Starts at 1:30pm
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Meet Director: Dave Mosier, 518-895-9500

Meet Entry Coordinator: Jenn Nelson, 518-928-4605, jnelson14@nycap.rr.com

Attending Teams:

Duanesburg Electric Eels and Uncle Sam Swim Club

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on November 3, 2013
Rules from the current USA Swimming Technical Rules will be in effect.
Swimmers may enter 3 individual and 1 relay or 2 individuals and 2 relays
Entries must be received by October 31, 2013
Entries must be submitted electronically, using Hy-Tek or compatible Software.
Entries must be submitted via e-mail to the meet entry coordinator

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. Except where venue facilities require otherwise, changing into or out of swimsuits other than in 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.

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 must provide timers based upon their number of entries. Swimmers must provide their own timers and counters for the 500's

Awards:

Ribbons will be given out to places 1 thru 16th for individual events and 1st - 3rd place for relays

Services:

Food concession will be available at the meet.

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, 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, at all times during the meet.** 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.
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.

**Eastern States Swim League Dual Meet
221 Victoria Dr, Delanson, NY 12053
November 3, 2013**

**SESSION 1 - November 3, 2013
WARM-UPS 1:00PM ... SESSION BEGINS 1:30PM**

EVENT	AGE GROUP	EVENT DESCRIPTION
1	8 and under	100 Medley Relay
2	9-10	200 Medley Relay
3	11 – 12	200 Medley Relay
4	13 and over	200 Medley Relay
5	Open	200 Free
6	10 and under	100 IM
7	Open	200 IM
9	8 and under	25 Free
10	9 -10	50 Free
11	11 -12	50 Free
12	13 and over	50 Free
13	8 under	25 Fly
14	9 -12	50 Fly
16	13 over	100 Fly
17	8 and under	50 Free
18	9-10	100 Free
19	11-12	100 Free
20	13 and over	100 Free
21	8 and under	25 Back
22	9-10	50 Back
23	11-12	50 Back
24	13 over	100 Back
25	8 and under	25 Breast
26	9-10	50 Breast
27	11-12	50 Breast
28	13 and over	100 Breast
29	8 and under	100 Free Relay
30	9-10	200 Free Relay
31	11-12	200 Free Relay
32	13 over	200 Free Relay
33	Open	500 Free

All Events are Being Swum as MIXED Gender Events

**Each Swimmer May Swim A Maximum of 3 Events Per Day Plus 1 Relay
or
2 Individual Events Per Day Plus 2 Relays**