

North Country YMCA Swim League 2016 Championship Meet

Saturday February 27, 2016

Sunday February 28, 2016

Held under the Approval of Adirondack Swimming, Inc. Approval # APP16-006

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.

Sanction: Held under sanction by YMCA swimming, Sanction # CAQ-2015-NY12181346

Host: North Country YMCA Swim League with Kingston YMCA Hurricanes

Place: Hurley Natatorium, Kingston High School 403 Broadway, Kingston, NY
Short Course 25 yard, 6 lane pool. Daktronics Timing System will be in use.
This competition course has not been certified in accordance with 104.2.2C(4)

Union College, Alumni Gym, 807 Union Street Schenectady, NY
Short Course 25 Yard Pool, 8 lanes, continuous warm-up pool. Colorado Automatic Timing and Beeper.
Tiered bleacher seating for spectators.
The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: Kingston: From Start End - 1 Meter - 12'0", 5 Meters - 11'0" ... From Turn End - 1 Meter - 3'6", 5 Meters=4'3"
Union College: Deep Start End - 1 Meter 10'0", 5 Meters 13'0" ... From Turn End - 1 Meter 6'6", 5 Meters 6'9"

Time:	SESSION 1	Distance	1:30PM Warm-up, 2:30PM Start
	SESSION 2	8&U, 9-10	7:30AM Warm-up, 9:00AM Start
	SESSION 3	11-12, 13-14, 15&O	12:30PM Warm-up, 2:00PM Start

Meet Director: *Serena Wunderlich* 845-417-4550 serena.wunderlich@gmail.com

Safety Officer: *Kevin Chorzempa*

Meet Referee: *Greg Wheeler*

Admin Official: *Greg Wheeler*

Attending Teams:

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

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 1, 2015.

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

North Country YMCA Swimming and Diving League and YMCA National Rules will govern.

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 will be no limit to relay teams per relay event per competing league team, however only the "A" relays will score points.

Swimmers may swim 5 individual events with no more than 3 being scoring events plus 3 relays.

Swimmers may swim up in an 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 should be submitted via email to: serena.wunderlich@gmail.com

Team entries must be received by **February 12, 2016**.

Send team entries to:

Serena Wunderlich e-mail: serena.wunderlich@gmail.com

30 Oriole Drive, Woodstock NY 12498

845-417-4550

Entries:

February 12, 2015 is the final due date for entries. Teams will be emailed back their entries for verification. Please respond as soon as possible that the entries are correct. Be certain to provide email addresses that are able to receive attached files with entries in order to receive verification of receipt.

Entry fees are \$4.50 per Individual Event, \$7.00 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:

Swimmers must be a full member of the YMCA they are representing. The North Country YMCA Swim league Championship shall be a closed competition as that term is defined in the Rules That Govern YMCA Competitive Sports. All swimmers entered into the meet must have previously represented their YMCA in YMCA closed competition meets. All teams must be currently registered through the YMCA Online Team Registration system in order to participate in the meet. All coaches must show current certifications in the following safety courses in order to be permitted on deck at a YMCA Sanctioned Championship Meet: First Aid, CPR and Safety Training for Swim Coaches OR Lifeguard. At least one coach on deck must be certified with the YMCA Coaches Principles Class. Coaches may show their current YMCA coach credential, current USA Swimming coach credential or the individual current certification cards.

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 utilized for this meet. 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 the events are called.

Swimming Events:

All events will be swum as timed finals. Swimmers and coaches are responsible for knowing the events for which they are entered.

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 procedures will be posted to the web prior to the meet.

Meet Policy:

Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted in changing areas, rest rooms, locker rooms or behind starting blocks, including seating areas behind blocks.

Changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.

Officials:

The organizing club has a number of YMCA certified officials assigned to the meet. Many more officials are needed than can be provided by the Kingston YMCA Hurricanes 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 facility. Proper official attire is required.

Timers:

Clubs will be required to provide timers based upon their number of entries. The organizing team will make timing assignments. The lane assignments will be posted outside the Official's room and throughout the meet facility. A copy will be displayed in the meet program. Team lane assignments will be posted to the web prior to the meet. Please report to the head timer on deck 15 minutes prior to your timing assignments.

Swimmers have to provide their own timers and lap counters for any Session 1 events.

Supervision:

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:

Ribbons will be awarded to places 1st through 8th place for individual events and 1st through 3rd place for relays. Individual points will be scores 9, 7, 6, 5, 4, 3, 2, 1. Relay points will be scores 18, 10, 6, 5, 4, 2.

Services:

A North Country 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 at the snack bar. No food or drink is permitted in the pool, locker rooms, or 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.

Disabled Athletes:

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.

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 an Adirondack Swimming 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.

Directions:

Kingston High School:

Take the New York State Thruway to Exit 19, Kingston. Take the 3rd exit off the Rotary onto Col. Chandler Drive (587). Stay in the right lane and follow to the first light. Go straight through the light, (signs say South 32). The road bears left and merges onto Broadway (which is also 32 South). Follow Broadway for .8miles, to the Kingston High School. The school is currently under construction and parking is best either on the street or in the local municipal lots.

For Swimmer Drop off: Take the first entrance of the horseshoe drive in front of the school and drive past the front entrance of the school. The pool will be straight ahead. Exit and park on the street or in the municipal lot behind the city hall across the street. There also is parking in the rear school lot off of Andrew Street.

<https://www.google.com/maps/place/Kingston+High+School/@41.9254831,-73.9993042,17z/data=!3m1!4b1!4m2!3m1!1s0x89dd0fa666afa01ed:0xaa7f2c209de11a1b>

Union College:

From the south and east:

From New York State Thruway exit 24, take the Northway (I-87) north to exit 6 (marked 'Route 7 west'). Follow Route 7 west for 6.5 miles and bear right onto Union Street. Continue on Union Street for 2.8 miles (past campus on your right) and take a right at a light onto Seward Place. Follow Seward Place to stop light and make a right on Nott Street. At the first light make a right into campus

From the north: From the Northway (I-87) take exit 6 (marked 'Route 7 west'). Follow Route 7 west for 6.5 miles and bear right onto Union Street. Continue on Union Street for 2.8 miles (past campus on your right) and take a right at a light onto Seward Place. Follow Seward Place to stop light and make a right on Nott Street. At the first light make a right into campus

Take first left once on campus, pass Messa Rink then Bailey Field on your left, and Alumni Gymnasium is on your right, directly across from Alexander Field (softball diamond).

Make your entry check payable to **YMCA of Kingston and Ulster County**

and mail your check to:

Serena Wunderlich

30 Oriole Drive

Woodstock NY 12498

(845)417-4550 cell

(845) 679-0439 home

serena.wunderlich@gmail.com

To save mailing costs and avoid damage, entries may be emailed and will be entered to the meet upon receipt of your check

North Country YMCA Swim League
2015 Championship Meet
 Saturday February 27, 2016
 Kingston High School- Hurley Natatorium- 403 Broadway Kingston, NY 1240

Session 1 (Saturday PM)
WARM-UPS 1:00PM -1:45PM...SESSION BEGINS 2:00PM

GIRLS EVENTS	QUALIFING TIMES	EVENT DESCRIPTION	QUALIFING TIMES	BOYS EVENTS
1	6:45.00	13-14 500 Yard Freestyle	6:35.00	2
3	6:20.00	15 & O 500 Yard Freestyle	6:10.00	4
5	5:40.00	Open 400 Yard IM	5:15.00	6
7	2:57.00	Open 200 Yard Breaststroke	2:45.00	8
9	2:43.00	Open 200 Yard Backstroke	2:33.00	10
11	2:45.00	Open 200 Yard Butterfly	2:35.00	12
13	NQT	Open 400 Yard Free Relay	NQT	14
15	21:00.00	Open 1650 Yard Freestyle	20:00.00	16

Swimmers may swim in 2 Individual events plus 1 relay.

**Entry Fees are \$4.50 for each individual event, \$7.00 per relay
and a \$2.00 per swimmer surcharge.**

**There will be a 20 minute break after the 500 freestyles,
and a 10 minute break After events 6, 8, 10, 12, 14.**

North Country YMCA Swim League
2015 Championship Meet
 Sunday February 28, 2016
 Union College- 807 Union Street Schenectady, NY

SESSION 2 (Sunday AM)
WARM-UPS 7:30-8:45AM...SESSION BEGINS 9:00AM

GIRLS EVENTS	QUALIFYING TIMES	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
17	NQT	8&U 100 Yard Medley Relay	NQT	18
19	NQT	9-10 200 Yard Medley Relay	NQT	20
21	1:51.00	8&U 100 Yard Freestyle	1:51.00	22
23	3:05.50	9-10 200 Yard Freestyle	3:05.50	24
25	1:58.00	8&U 100 Yard IM	1:58.00	26
27	1:45.00	9-10 100 Yard IM	1:45.00	28
29	22.30	8&U 25 Yard Freestyle	22.30	30
31	40.00	9-10 50 Yard Freestyle	40.00	32
33	27.50	8&U 25 Yard Backstroke	27.50	34
35	49.00	9-10 50 Yard Backstroke	49.00	36
37	29.00	8&U 25 Yard Butterfly	29.00	38
39	49.00	9-10 50 Yard Butterfly	49.00	40
41	49.50	8&U 50 Yard Freestyle	49.50	42
43	1:34.00	9-10 100 Yard Freestyle	1:34.00	44
45	30.00	8&U 25 Yard Breaststroke	30.00	46
47	55.00	9-10 50 Yard Breaststroke	55.00	48
49	NQT	8&U 100 Yard Free Relay	NQT	50
51	NQT	9-10 200 Yard Free Relay	NQT	52

Swimmers may swim in 3 individual events plus 2 relays.

**Entry Fees are \$4.50 for each individual event, \$7.00 per relay
and a \$2.00 per swimmer surcharge.**

North Country YMCA Swim League
2015 Championship Meet
 Sunday February 28, 2016
 Union College-807 Union Street Schenectady, NY

SESSION 3 (Sunday PM)
WARM-UPS 12:30-1:45PM...SESSION BEGINS 2:00PM

GIRLS EVENTS	QUALIFYING TIMES	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
53	NQT	11-12 200 Yard Medley Relay	NQT	54
55	NQT	13-14 200 Yard Medley Relay	NQT	56
57	NQT	15 & O 200 Yard Medley Relay	NQT	58
59	2:32.50	11-12 200 Yard Freestyle	2:32.50	60
61	2:28.50	13-14 200 Yard Freestyle	2:28.50	62
63	2:24.50	15& O 200 Yard Freestyle	2:15.50	64
65	3:02.50	11-12 200 Yard IM	3:02.50	66
67	2:42.50	13-14 200 Yard IM	2:45.00	68
69	2:50.00	15& O 200 Yard IM	2:45.00	70
71	34.00	11-12 50 Yard Freestyle	34.00	72
73	33.00	13-14 50 Yard Freestyle	31.00	74
75	32.00	15& O 50 Yard Freestyle	30.00	76
77	39.50	11-12 50 Yard Backstroke	39.50	78
79	1:20.00	13-14 100 Yard Backstroke	1:15.00	80
81	1:18.00	15& O 100 Yard Backstroke	1:12.00	82
83	41.00	11-12 50 Yard Butterfly	41.00	84
85	1:19.00	13-14 100 Yard Butterfly	1:14.00	86
87	1:17.00	15& O 100 Yard Butterfly	1:10.00	88
89	1:14.50	11-12 100 Yard Freestyle	1:14.50	90
91	1:13.00	13-14 100 Yard Freestyle	1:08.00	92
93	1:11.00	15& O 100 Yard Freestyle	1:05.00	94
95	45.00	11-12 50 Yard Breaststroke	45.00	96
97	1:30.00	13-14 100 Yard Breaststroke	1:26.00	98
99	1:28.00	15& O 100 Yard Breaststroke	1:22.00	100
101	NQT	11-12 200 Free Relay	NQT	102
103	NQT	13-14 200 Free Relay	NQT	104
105	NQT	15& O 200 Free Relay	NQT	106

Swimmers may swim in 3 individual events plus 2 relays.

**Entry Fees are \$4.50 for each individual event, \$7.00 per relay
 and a \$2.00 per swimmer surcharge.**

*North Country League &
Kingston YMCA Hurricanes*
ENTRY FEE CALCULATION SHEET
North Country YMCA Swim League
2016 Championship Meet

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 \$7.00 = \$ _____

Total Amount Due and Enclosed \$ _____

MAKE CHECKS PAYABLE TO:
YMCA of Kingston and Ulster County

This form **MUST** be returned with check

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

ENTRY DEADLINE: February 12, 2015

Mail Entries and Check to:

Serena Wunderlich
30 Oriole Drive, Woodstock NY 12498

*Entries May be sent E-mail to: serena.wunderlich@gmail.com

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