

ADIRONDACK SWIMMING LONG COURSE CHAMPIONSHIP

July 22, 23, and 24, 2016 Colgate University

Meet is open to all Adirondack LSC swim clubs Only

SANCTION: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD16-029
JoAnn Faucett, General Chairman
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: Clinton Cuda Swim Club

LOCATION: Lineberry Natatorium, Colgate University, Hamilton, NY
6 lane, 50 meter indoor pool with retractable roof, warm-up pool, Colorado timing system
Water depths Start end: 1m-6.5 ft ... 5m-6.5ft Turn end: 1m-4 ft ... 5m-4.33ft

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA-S.

MEET DIRECTOR: Andre Paradis ajparadis@yahoo.com (315) 269-3380
MEET REFEREE: JoAnn Faucett faucettjm@aol.com (518) 496-6136
MEET ENTRIES: Andre Paradis ajparadis@yahoo.com (315) 269-3380

CHECK IN:

This is a positive check in meet. Scratch Sheets will be distributed to ALL Coaches. **Swimmers must check in for ALL events with their coaches.** Scratch Sheets must be turned in at the timing table, in the crow's nest in the pool area, by the listed deadlines. Swimmers who fails to show up for a timed final event will be disqualified from their next event. If a swimmer does not scratch a finals or consolation finals event and fails to show up for it, he/she will be disqualified from the remainder of the meet.

TIME SCHEDULE:

Sessions 1, 4, 7 (13&O)	Warm-up 1 Starts	7:00 AM
	Scratch Sheets Due for 1 st event	7:00 AM
	Meet Starts	7:30 AM
	Scratch Sheets Due for all other events	8:15 AM
	Warm up 2 Starts	Following 1 st event
	Meet Starts	30 min after 1 st event ends
Sessions 2, 5, 8 (12&U)	Warm-up Starts	12:45 PM
	Scratch Sheets Due for all events	12:45 PM
	Meet Starts	1:30 PM
Finals	Warm-up Starts	5:15 PM
	Finals Start	6:00 PM

13 & Over Swimmers will have 2 warm ups.

The First warm up is for swimmers entered in the first event for that day, 400 Free, 400 IM, and 200 Back.
There will be a second warm up immediately following the first event for 30 min for all swimmers not in the first event.

Note: 12-under and Finals sessions start times may change if entries allow.
There will be a reasonable break before the start of the 1500 free if the time line permits.
Prelim and finals may be subject to time changes based on meet subscription and weather conditions.
In the event of severe weather, the meet referee may cancel events or make changes in the meet schedule.
Teams are limited to 3 relay entries per event. Based on the timeline and weather, the Meet Director and Meet Referee may limit the number of relays further.

ENTRY RULES:

The eligibility of a swimmer to participate in a particular age group will be determined by his/her age on the first day of the meet, July 22, 2016. Rules from current U.S. Swimming Technical and Administrative Rules will be in effect. Swimmers must enter with a valid time, recorded to SWIMS, in order to compete in an event. Times may be achieved and entered in SCY, SCM, or LCM. Entries must be submitted via email, using Hy-Tek, Team Unify or compatible software. Team entries must be received by **July 13, 2016 5:00pm**. If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. Attending teams will be notified of any changes via email and all changes will be posted to the AD Web Site. All fees paid for cut entries will be refunded. Teams must e-mail their entries to: Andre Paradis email: ajparadis@yahoo.com

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. 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:

ALL Swimmers MUST be USA Swimming Registered, as provided in Article 302, at the time their entries are submitted. 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, Ann Korzun, 518-877-6571 or akorzun@adirondackswimming.org

SWIMMING EVENTS:

Swimmers may enter **THREE EVENTS PER DAY**, plus relays.

All entries must have a seed time. No Time (NT) entries will not be accepted.

Entry times may be SCY, SCM, or LCM. All times must be verifiable in SWIMS or they will be eliminated from the meet.

In events with cut off times, swimmers must be faster than or equal to the cut time.

There will be no Relay Only Swimmers Allowed in the AD LC Championship Meet.

Swimmers must check in for ALL Events. See "CHECK IN" below.

ALL Swimmers, ages 10 & Under, are to report directly to the starting blocks for their events, all events for these swimmers are timed final events.

Special considerations for distance events:

The fastest heat of the 11-12 200 Breaststroke, 200 Backstroke and 200 Butterfly will be swum as time finals during the prelim session.

Timed Finals will be held in the 400 IM, 400 Freestyle and 1500 Freestyle. All heats will be swum in the preliminary sessions.

For seeding purposes, the 13-14's and Senior 1500 events will be combined. The heats will be swum fastest to slowest, starting with the fastest heat of girls, followed by the fastest heat of boys, then combined age and sex after first 2 heats.

The 1500 may be limited to the top 6 in each event (total of 24).

If space is available, alternates will be added based on entry time.

If space exists in the timeline, additional heats may be added at the discretion of the Meet Referee and Meet Director.

EVENT NOTES:

10 & Under and 8 & Under events will ALL be timed finals. Note that 8 and Under events will be held only on Saturday and Sunday.

CHECK IN:

This is a positive check in meet. Scratch Sheets will be distributed to ALL Coaches. **Swimmers must check in for ALL events with their coaches.** Scratch Sheets must be turned in at the timing table in the crow's nest in the pool area, by the listed deadlines. A swimmer who fails to show up for a timed final event will be disqualified from their next event. If a swimmer does not scratch a finals or consolation finals event and fails to show up for it, he/she will be disqualified from the remainder of the meet.

RELAYS:

All Relays will be swum as timed finals and will be swum during prelims. Relays are limited to 3 entries per club per event.

FINALS and CONSOLATIONS:

Those events that have trials will have finals and consolation finals conducted during the finals session. The top twelve swimmers of each age group will qualify, the top 6 swimming finals, the next 6 swimming consolation finals. For 15 and over events, an additional bonus consolation of 6 swimmers will be in finals. If a swimmer does not scratch a finals or consolation finals event and fails to show up for that event, he/she will be disqualified from the remainder of the meet. 13 and Over swimmers will swim combined in prelims but separately at finals (13-14 and 15 & O).

SCRATCHES:

Swimmers who qualify for finals will have 30 minutes from the event announcement after trials to inform the announcer of their intent to scratch. Failure to notify the announcer so that an alternate can be called for finals will result in the swimmer being disqualified for the remainder of the meet. Any swimmers who check in for a timed final event and fail to show at the blocks to swim will be disqualified from their next event.

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 designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to cooperate fully with club officials and marshals in charge of the area.

Please see table above for warm-up times.

DECK ENTRIES:

Adirondack Swimming does **NOT** Accept Deck Entries during Championship Meets.

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.

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.

ENTRY FEES:

An entry summary sheet is also included to compute your team entry fee if needed. The entry fees are \$ 7.50 per individual event for all 10 and under events and \$ 8.00 for all 11 and over events (which includes a \$0.50 AD travel fund surcharge). Relays are \$10.00 (including the \$1.00 AD travel fund surcharge). In addition, a surcharge of \$1.00 **per swimmer** will be charged with entry fee. No entries will be accepted unless accompanied by the required entry fee and master list. All Manual (non-electronic) entries are subject to a \$1.00 surcharge per entry.

Checks are to be made to: **CLINTON SWIM CLUB** and to be mailed to:
Andre Paradis 4 Ward St. Vernon, NY 13476
Phone: (315) 269-3380 or email: ajparadis@yahoo.com.

ENTRY DEADLINE: Wednesday, JULY 13, 2016**TIME TRIALS:**

Time trials will be held for swimmers attempting to qualify for any meet faster than Zones. Each trial will be \$ 5.00. Coaches must request a time trial from the meet director with the specific attempt to be held at the discretion of the meet director and meet referee. Only those meeting the Current USA-S AAA Time Standards will be eligible. The meet director and meet referee reserve the right to refuse trials longer than 200 meters.

SERVICES:

There will be a concession stand available to purchase food and drink all three days.
The Deep End vendor will be available for all your swim apparel and equipment needs.

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.

TIMERS:

Clubs will be required to provide back-up timers based on the number of entries for trials (including the early session) and finals. Swimmers in the 12 and under 400 Free and the 13 and over 1500 Free must provide their own timer and lap counter.

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.

AWARDS:

Individual event ribbons will be awarded 1st -12th place. Relay event ribbons will be awarded for 1st - 3rd place. Team trophies will be awarded for the top 3 teams. Individual high point trophies will be awarded to the top 3 individuals in each age group.

SCORING:

Finals and consolations will be scored according to USA Swimming rules:

Individual – 16 -13 -12 -11 -10 -9 -7- 5 - 4 – 3 - 2-1

Relays - 32 -26 -24 -22 -20 -18 -14 -10 – 8 – 6 – 4 –2

OFFICIALS:

There will be an officials meeting conducted promptly 45 minutes before each session. Attendance is MANDATORY to work the meet.
Please sign up in official's room before the start of officials meeting.

Colgate Dorms: <http://www.colgate.edu/summerprograms>

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

Swimmers must have a legal time recorded to SWIMS in any course (LCM, SCM, SCY) to compete in ANY individual event.

In addition, the following events have specific qualifying times:

2016 AD Long Course District Champs Qualifying Times:

GILRS EVENTS

BOYS EVENTS

SCM	SCY	LCM	Event	LCM	SCY	SCM
3:36.19	3:15.19	3:43.49	10-U 200 free	3:29.79	3:04.09	3:23.89
6:42.09	7:39.49	6:51.59	10-U 400 free	6:44.59	7:32.59	6:36.09
1:56.19	1:45.09	2:01.89	10-U 100 back	1:56.09	1:41.39	1:51.99
2:11.29	1:58.79	2:16.89	10-U 100 breast	2:11.99	1:53.69	2:05.69
2:07.69	1:55.49	2:11.19	10-U 100 fly	2:09.39	1:54.09	2:06.09

SCM	SCY	LCM	Event	LCM	SCY	SCM
2:53.09	2:36.19	2:58.79	11-12 200 free	2:53.99	2:32.19	2:48.69
5:48.89	6:38.59	5:56.49	11-12 400 free	5:48.69	6:32.79	5:43.79
1:35.29	1:26.29	1:38.89	11-12 100 back	1:37.79	1:24.09	1:32.89
3:04.19	2:46.69	3:12.89	11-12 200 back	3:08.29	2:42.79	2:59.89
1:45.89	1:35.79	1:49.99	11-12 100 breast	1:48.29	1:33.59	1:43.49
3:31.19	3:11.09	3:37.89	11-12 200 breast	3:33.59	3:03.49	3:22.79
1:35.29	1:26.29	1:37.49	11-12 100 fly	1:36.19	1:24.49	1:33.39
3:07.19	2:49.39	3:14.19	11-12 200 fly	3:08.09	2:45.39	3:02.69

SCM	SCY	LCM	Event	LCM	SCY	SCM
2:42.09	2:25.89	2:47.19	13-14 200 free	2:41.69	2:20.49	2:35.69
5:24.59	6:12.39	5:31.19	13-14 400 free	5:17.89	5:51.69	5:06.49
21:45.59	21:53.19	22:23.09	13-14 1500 free	21:35.29	20:51.99	20:44.69
2:55.99	2:38.39	3:03.19	13-14 200 back	2:57.99	2:33.39	2:49.99
3:34.39	3:13.99	3:42.59	13-14 200 breast	3:29.49	3:00.49	3:19.39
3:10.49	2:52.99	3:13.29	13-14 200 fly	3:02.59	2:40.39	2:57.19
3:04.39	2:46.19	3:12.49	13-14 200 IM	3:00.09	2:34.89	2:51.89
6:18.09	5:42.19	6:30.39	13-14 400 IM	6:08.79	5:20.29	5:53.99

SCM	SCY	LCM	Event	LCM	SCY	SCM
2:42.59	2:26.79	2:47.79	15&O 200 free	2:35.19	2:14.29	2:28.79
5:16.19	5:53.99	5:24.69	15&O 400 free	5:02.79	5:30.89	5:04.49
21:19.79	21:27.19	22:09.69	Senior 1500 free	20:43.39	20:13.29	20:06.29
2:53.09	2:35.79	3:00.39	15&O 200 back	2:44.79	2:22.59	2:38.49
3:29.89	3:09.99	3:36.59	15&O 200 breast	3:18.29	2:52.79	3:10.89
3:04.29	2:46.79	3:09.39	15&O 200 fly	2:53.89	2:33.29	2:49.39
2:26.59	2:38.89	3:04.19	15&O 200 IM	2:48.19	2:24.29	2:40.49
5:52.89	5:17.89	6:03.79	Senior 400 IM	5:36.59	4:52.69	5:24.99

Finals Order of Events

Warm-ups begin at 5:15 PM ... Session starts at 6:00 PM

Friday Finals	Saturday Finals	Sunday Finals
11-12 Girls 50 free	11-12 Girls 100 breast	11-12 Girls 100 free
11-12 Boys 50 free	11-12 Boys 100 breast	11-12 Boys 100 free
13-14 Girls 50 free	13-14 Girls 200 free	13-14 Girls 200 back
15&O Girls 50 free	15&O Girls 200 free	15&O Girls 200 back
13-14 Boys 50 free	13-14 Boys 200 free	13-14 Boys 200 back
15&O Boys 50 free	15&O Boys 200 free	15&O Boys 200 back
11-12 Girls 100 fly	13-14 Girls 100 back	11-12 Girls 100 back
11-12 Boys 100 fly	15&O Girls 100 back	11-12 Boys 100 back
13-14 Girls 200 fly	13-14 Boys 100 back	13-14 Girls 100 breast
15&O Girls 200 fly	15&O Boys 100 back	15&O Girls 100 breast
13-14 Boys 200 fly	11-12 Girls 50 back	13-14 Boys 100 breast
15&O Boys 200 fly	11-12 Boys 50 back	15&O Boys 100 breast
11-12 Girls 200 IM	13-14 Girls 200 breast	13-14 Girls 100 free
11-12 Boys 200 IM	15&O Girls 200 breast	15&O Girls 100 free
13-14 Girls 200 IM	13-14 Boys 200 breast	13-14 Boys 100 free
15&O Girls 200 IM	15&O Boys 200 breast	15&O Boys 100 free
13-14 Boys 200 IM	11-12 Girls 200 free	11-12 Girls 50 fly
15&O Boys 200 IM	11-12 Boys 200 free	11-12 Boys 50 fly
11-12 Girls 50 breast	13-14 Girls 100 fly	
11-12 Boys 50 breast	15&O Girls 100 fly	
	13-14 Boys 100 fly	
	15&O Boys 100 fly	

Friday, July 22, 2016

Session 1

Warm-ups begin at 7:00 AM ... Session starts at 7:30 AM

Scratch Sheets for First Event Due by 7:00 AM ... Scratch Sheets for ALL Other Events Due by 8:15 AM

Female Events	Event Description	Male Events
1	13-14 400 Free – Timed Final	2
3	15&O 400 Free – Timed Final	4
	30 minute break/warm up	
5	13&O* 50 Free	6
7	13&O* 200 Butterfly	8
9	13&O* 200 IM	10
11	13-14 400 Free Relay – Timed Final	12
13	Senior 400 Free Relay – Timed Final	14

*13&O are Multi-Age Events, Scored 13-14 and 15&O

Session 2

Warm-ups begin at 12:45 PM ... Session starts at 1:30 PM

Scratch Sheets Due by 12:45 PM

Female Events	Event Description	Male Events
15	11-12 50 Free	16
17	9-10 50 Free – Timed Final	18
19	11-12 100 Fly	20
21	10&U 100 Fly – Timed Final	22
23	11-12 200 Back – Timed Final	24
25	10&U 200 IM – Timed Final	26
27	11-12 200 IM	28
29	9-10 50 Breast – Timed Final	30
31	11-12 50 Breast	32
33	10&U 400 Free Relay – Timed Final	34
35	11-12 400 Free Relay – Timed Final	36

Session 3 ... Finals

Warm-ups Begin 5:15 PM ... Finals start at 6:00 PM

Saturday, July 23, 2016

Session 4

Warm-ups begin at 7:00 AM ... Session starts at 7:30 AM

Scratch Sheets for First Event Due by 7:00 AM ... Scratch Sheets for ALL Other Events Due by 8:15 AM

Female Events	Event Description	Male Events
37	13-14 400 IM – Timed Final	38
39	Senior 400 IM – Timed Final	40
	30 minute break/warm up	
41	13&O* 200 Free	42
43	13&O* 100 Back	44
45	13&O* 200 Breast	46
47	13&O* 100 Fly	48
49	13-14 200 Medley Relay – Timed Final	50
51	Senior 200 Medley Relay – Timed Final	52

*13&O are Multi-Age Events, Scored 13-14 and 15&O

Session 5

Warm-ups begin at 12:45 PM ... Session starts at 1:30 PM

Scratch Sheets Due by 12:45 PM

Female Events	Event Description	Male Events
53	11-12 100 Breast	54
55	10&U 100 Breast – Timed Final	56
57	8&U 50 Free – Timed Final	58
59	11-12 200 Fly – Timed Final	60
61	9-10 50 Back – Timed Final	62
63	11-12 50 Back	64
65	8&U 50 Back – Timed Final	66
67	10&U 200 Free – Timed Final	68
69	11-12 200 Free	70
71	10&U 200 Medley Relay – Timed Final	72
73	11-12 200 Medley Relay – Timed Final	74

Session 6 ... Finals

Warm-ups begin 5:15 PM ... Finals start at 6:00 PM

Sunday, July 24, 2016

Session 7

Warm-ups begin at 7:00 AM ... Session starts at 7:30 AM

Scratch Sheets for First Event Due by 7:00 AM ... Scratch Sheets for ALL Other Events Due by 8:15 AM

Female Events	Event Description	Male Events
75	13&O* 200 Back	76
	30 minute break/warm up	
77	13&O* 100 Breast	78
79	13&O* 100 Free	80
81	13-14 200 Free Relay – Timed Final	82
83	Senior 200 Free Relay – Timed Final	84
85	13-14 1500 Freestyle – Timed Final	86
87	Senior 1500 Freestyle – Timed Final	88

*13&O are Multi-Age Events, Scored 13-14 and 15&O

Session 8

Warm-ups begin at 12:45 PM ... Session starts at 1:30 PM

Scratch Sheets Due by 12:45 PM

Female Events	Event Description	Male Events
89	11-12 100 Free	90
91	9-10 100 Free – Timed Finals	92
93	8&U 100 Free – Timed Finals	94
95	11-12 100 Back	96
97	10&U 100 Back – Timed Finals	98
99	11-12 200 Breast – Timed Finals	100
101	8&U 50 Fly – Timed Finals	102
103	9-10 50 Fly – Timed Finals	104
105	11-12 50 Fly	106
107	8&U 50 Breast – Timed Finals	108
109	10&U 200 Free Relay – Timed Final	110
111	11-12 200 Free Relay – Timed Final	112
113	10&U 400 Free – Timed Finals	114
115	11-12 400 Free – Timed Finals	116

Session 9 ... Finals

Warm-ups begin 5:15 PM ... Finals start at 6:00 PM

ADIRONDACK SWIMMING LONG COURSE CHAMPIONSHIP
July 22-24, 2016
Colgate University

ENTRY FEE CALCULATION SHEET:

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-Mail ADDRESS _____

Number of 11 & Over Events _____ X \$ 8.00 = \$ _____

Number of 10 & Under Events _____ X \$ 7.50 = \$ _____

Number of Relays _____ X \$10.00 = \$ _____

Number of Swimmers _____ X \$ 1.00 = \$ _____

Number of Manual Entries _____ X \$ 1.00 = \$ _____

Total Entry Fee Due _____ \$ _____

MAKE CHECKS PAYABLE TO "CLINTON SWIM CLUB"

This form Must be returned with Check and Hard Copy of Entry Report

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

Clinton Swim Club assumes no responsibility for meet close-out due to late entries

ENTRY DEADLINE - JULY 13, 2016 5:00pm

Mail to: Andre Paradis 4 Ward St. Vernon NY 13476

***Entries Must be sent E-mail to: ajparadis@yahoo.com**

Questions: Andre Paradis 315-269-3380

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