First Splash Nellis Pool, Canajoharie NY... November 5th 2016

Held under the Approval of Adirondack Swimming, Inc. Approval # APP17-001

In granting this Approval it is understood and agreed that USA Swimming 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: Central Valley Swim League/ Canajoharie Crocodiles

Place: Nellis Pool, Canajoharie, NY...Short Course 25 Yard Pool...6 Lanes...Colorado Automatic Timing

The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: Start End, 1 meter - 9'0", 5 meters - 10'0" ... Turn End. 1 meter - 3'0", 5 meters - 3'6"

Time: WARM UP 8:15amMEET START 9:00AM

Meet Director: Susan Cortright, fryslanhill@yahoo.com, 518-673-8283

Admin Official: Melissa Jonker

Attending Teams:

Amsterdam Sea Rams, Canajoharie Crocodiles, Clark Sports Center Sharks, and Schoharie Valley Penguins.

CVSL Meets are CLOSED Meets available to CVSL members ONLY.

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on November 5th 2016.

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

Swimmers may enter up to 3 Individual events and 1 relay or 2 individual events and 2 relays.

Entries must be received by Friday October 28th 2016 at 5pm.

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

Entries must be submitted via e-mail to: Kfureno@yahoo.com

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

Swimming Events:

All events are timed finals. Starts will be Flyover Starts; please inform your swimmers prior to the meet. Positive check-in will be required for the 400 I.M and 500 Free. Swimmers who are not checked in by deadline will be scratched.

Events may be seeded in mixed heats (girls and boys in same age group).

12 & under events will be scored 8 & under, 9-10, 11-12

Open Events will be scored 10 & under, 11-12, 13-14, 15 & Over

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. Deck changes are prohibited.

Entry Fees:

An entry summary sheet is included to compute your team entry fees. The entry fees are \$2.00 per individual and relay events. Make your entry check payable to "Central Valley Swim League" and mail your check and entry summary sheet to the Meet Entry Coordinator. Entries will be entered to the meet upon receipt of your check.

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 will be required to provide timers based upon their number of entries.

Swimmers have to provide their own timers and counters for the 500's, 1650's and 400 IM's.

Awards:

Ribbons will be given out to places 1 thru 6 for individual events and 1st place for relays.

12 & under events will be scored 8 & under, 9-10, 11-12

Open Events will be scored 10 & under, 11-12, 13-14, 15 & Over

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, 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 a 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.

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.

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WARM-UPS 8:15AM ... SESSION BEGINS 9:00AM

GIRLS	AGE GROUP	EVENT	BOYS
EVENTS		DESCRIPTION	EVENTS
1	12&U	50 Yard Freestyle	2
3	Open	50 Yard Freestyle	4
5 7	8&U	25 Yard Butterfly	6
7	12&U	50 Yard Butterfly	8
9	Open	100 Yard Butterfly	10
11	Open	200 Yard Butterfly	12
13	8&U	25 Yard Backstroke	14
15	12&U	50 Yard Backstroke	16
17	Open	100 Yard Backstroke	18
19	Open	200 Yard Backstroke	20
21	Open	400 Yard Individual Medley	22
23	8&U	25 Yard Breaststroke	24
25	12&U	50 Yard Breaststroke	26
27	Open	100 Yard Breaststroke	28
29	Open	200 Yard Breaststroke	30
31	8&U	25 Yard Freestyle	32
33	12&U	100 Yard Freestyle	34
35	Open	100 Yard Freestyle	36
37	Open	200 Yard Freestyle	38
39	8&U	100 Yard Individual Medley	40
41	12&U	100 Yard Individual Medley	42
43	Open	200 Yard Individual Medley	44
45	8&U	100 Yard Freestyle Relay	46
47	9-12	200 Yard Freestyle Relay	48
49	Open	200 Yard Freestyle Relay	50
51	Open	500 Yard Freestyle	52

Each Swimmer May Swim A Maximum of 3 Events Per Day Plus 1 Relay or 2 Individual Events and 2 Relays
12 & under events are scored 8 & under, 9-10, 11-12
Open Events are scored 10& under, 11-12, 13-14, 15 & over
Events may be seeded in mixed heats (girls and boys in same age group).

Note: Entry Limits are governed by USA Swimming Rules 102.2.2 and 102.2.3

First Splash

ENTRY FEE CALCULATION SHEET Nellis Pool Canajoharie NY, November 5th 2016

TEAM NAME	
CONTACT PERSON	
PHONE NUMBER	
E-MAIL ADDRESS	
Number of Individual Entries	X \$2.00 = \$
Number of Relays	X \$2.00 = \$
Total Amount Due and Enclos	sed\$

ENTRY DEADLINEOctober 28th 2016

MAKE CHECKS PAYABLE TO "Central Valley Swim League"
Email your entries to the Meet Entry Coordinator
This form must be returned with Entry Report and Check to the
Meet Entry Coordinator:

Kristina Decrescenzo 162 Montgomery St., Canajoharie, NY 13317 Kfureno@yahoo.com

Entries will be posted to the meet program upon RECEIPT OF CHECK ONLY "Central Valley Swim League" assumes no responsibility For meet close-out due to late entries