

CVSL QUAD MEET

Nellis Pool, Canajoharie NY ... Nov. 19, 2016

Held under the Approval of Adirondack Swimming, Inc. Approval # APP17-002

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= 9'00" ... 5 meters= 10'00" Turn End 1 meter= 3'00" ... 5 meters=3'6"

Time: Warm UP 8:15am... Meet Starts 9:00am

Meet Director: Susan Cortright, frslanhill@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 19, 2016
Rules from the current USA Swimming Technical Rules will be in effect.
Swimmers may enter 3 Individual events and 1 relay or 2 individual events and 2 relays
Entries must be received by Friday November 11, 2016
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

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.

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 and 400IM's.

Awards:

Ribbons will be given out to places 1 to 6 for individual events and 1st place for relays
12 and under events will be scored 8 & under, 9 - 10, 11-12 ... Open events will be scored 10 and 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.

**CVSL Quad Meet
11/19/2016 Nellis Pool Canajoharie, NY**

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

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	12&U	50 yard freestyle	2
3	Open	50 yard freestyle	4
5	8 and under	25 yard butterfly	6
7	12 & under	50 yard butterfly	8
9	Open	100 yard butterfly	10
11	Open	200 yard butterfly	12
13	8 &under	25 yard backstroke	14
15	12 &under	50 yard backstroke	16
17	Open	100 yard backstroke	18
19	Open	200 yard backstroke	20
21	Open	400 yard IM	22
23	8 & under	25 yard breaststroke	24
25	12 & under	50 yard breaststroke	26
27	Open	100 yard breaststroke	28
29	Open	200 yard breaststroke	30
31	8 & under	25 yard freestyle	32
33	12 & under	100 yard freestyle	34
35	Open	100 yard freestyle	36
37	Open	200 yard freestyle	38
39	8& under	100 yard IM	40
41	12 & under	100 yard IM	42
43	Open	200 yard IM	44
45	8 & under	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 Relays
Or 2 individual events and 2 relays
12 and under events are scored 8 and under, 9-10,11-12
Open events are scored 10 and under, 11-12,13-14,15 and 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

CVSL Quad Meet
Entry fee calculation sheet
Nellis Pool Canajoharie, NY November 19,2016

Team Name _____

Contact Person _____

Phone
number _____

Email
address _____

Number of individual entries _____ X \$2.00 =\$ _____

Number of relays _____ X \$2.00 =\$ _____

Total amount due and enclosed.....\$ _____

ENTRY DEADLINE NOVEMBER 11, 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 street
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**