

DECEMBER SUPER SPLASH

December 4th, 2016

Union College

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD17-011
 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: Glens Falls Gators

Place: Union College, Alumni Gym, Schenectady NY
 Short Course 25 Yard Pool... Continuous warm up pool.. Colorado Timing and Beeper System

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

Pool Depths: Depth of Pool at One (1) Meter 10'00" and Five (5) Meters 13'00" from Start End of Pool.
 Depth of Pool at One (1) Meter 6'6" and Five (5) Meters 6'9" from Turn End of Pool.

Time:

Session	Age Group	Warm- Up Time	Meet Start Time
1	8 & Under, 13 & Over	7:00am – 7:50am	8:00pm
2	Open	11:15am – 11:45am	12:00pm
3	9-10 11-12	12:45pm-1:40pm	1:45pm

Meet Director: Willow Gayton, 307-1039 Willowgayton@gmail.com
Meet Referee: JoAnn Faucett Faurcettjm@aol.com
Meet Entry Coordinator: Dennie Swan-Scott, 955-7977 Dennieswanscott@gmail.com

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **December 4th, 2016**.
 Rules from the current USA Swimming Technical and Administrative Rules will be in effect.
 Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software and Emailed to the **Meet Entry Coordinator**.
 Team entries must be received by the Meet Entry Coordinator by **ENTRY CUT OFF November 23rd, 2016**.
Swimmers may enter (4) individual events.
In the event the meet is oversubscribed, the Meet Director may cut Relays in order to achieve the desired timeline. If after removing relays, the meet is still oversubscribed, the Meet Director and Meet Referee will work together to determine how entries are removed, with the best interest of the swimmers in mind.
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.

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:

We will be using fly over starts for this meet. Please inform your swimmers prior to this meet. List of event is in a Table below.

Fun Events/Relays:

The Glens Falls Gators continues a tradition by hosting three fun events.

25-yard Zoomer Kick: Each swimmer must enter the pool feet first, with Zoomers (short fins) on, the start will be a push off the wall. No arm pulls may be used. Any kick technique is allowed. First swimmer to the other wall wins (be sure to hit the timing pad). This swim will count as one of the four (4) individual events that each swimmer is allowed. This event will be seeded by age.

Canadian Relay: All four swimmers of the relay team will swim 200 yards. A traditional block start will be used to begin the event. At no time can more than one swimmer be on the blocks at the same time. As soon as Swimmer #1 has left the blocks, Swimmer #2 may step up on the blocks and enter the race, followed by Swimmer #3 and Swimmer #4 in similar fashion, thus creating a circle swimming relay team, swimming in order as they left the blocks. At the end of the first 50 yards, Swimmer #1 stops, allowing Swimmer #2, #3, and #4 to pass. Swimmer #1 will then follow, creating the order: Swimmer #2, #3, #4 and #1. At the end of the second 50 yards, the same procedure is followed, creating the order Swimmer #3, #4, #1, and #2 to swim the third 50 yards. The final 50 yards is started by Swimmer #3 waiting for Swimmers #4, #1,

and #2 to pass, creating the final swim order of Swimmer #4, #1, #2, and #3. Finishing touches must be made in that order for a legal finish but swimmers may swim up alongside each other but not pass each other.

Canadian Relay Strategy: What order should we swim? How will drafting behind a certain swimmer, in what order, help or hurt the success of the team? Should we swim in a close pack or in line? How do we coordinate turning at the change? How do we coordinate the finish so that the last swimmer (the one whose time counts) is as fast as possible without passing the swimmer ahead? It's your choice.

Floppy IM. The Floppy IM is a Mixed 100-yard individual medley during which each swimmer completes 50 yards of freestyle, breast stroke, butterfly and backstroke in any order except the normal order (fly, back, breast free). Strokes must be swum in accordance with the stroke, start, and finish rules for each stroke as applicable during a conventional individual medley.

Remember that the most important part is to have fun!

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.

Timers:

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

Entries:

Adirondack Swimming has agreed to allow Deck Entries at AD Meets under the following conditions:

1. Deck Entries are NOT Allowed during Championship Meets
2. Athlete must be USA-S Registered and show Proof of Registration (those already in meet have been confirmed as registered). Acceptable forms of Proof of Registration are: USA-Swimming ID or USA-Swimming Club Portal Team Listing or Deck Pass.

If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, to UN-AD (unattached) at an LSC fee of \$60.00 plus the current USA Swimming Registration fee.

DECK REGISTRATIONS WILL NOT BE MADE WITH ANY TEAM ASSOCIATION, PLEASE DO NOT ASK.

3. Coach makes the request for the entry.
4. All Deck Entries will be allowed at the discretion of a combined decision of the Meet Director and the Meet Referee.
5. Deck Entries are Subject to a \$1.00 Surcharge, Per Entry, which applies to All Entries, Individual or Relays.

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.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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.

Services:

A concession stand will be available throughout the meet. A meet program that covers all sessions will be available along with heat sheets for positive check-in events available with the purchase of a program. A hospitality room will be available for officials and coaches only in a room above the pool. Host team will be selling t-shirts and misc swimming supplies. Smoking is not permitted in the building. No glass containers allowed on pool deck.

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.

Entry Fees:

An entry summary sheet is included to compute your team entry fees. The entry fees are \$4.50 per individual event, which includes the \$.50 AD travel fund surcharge, \$6.00 per relay, which includes the \$1.00 AD travel fund surcharge and a \$1 per swimmer surcharge

ALL MANUAL ENTRIES, INCLUDING DECK ENTRIES (NON-ELECTRONIC) ARE SUBJECT TO A SURCHARGE OF \$1.00 PER ENTRY, WHICH APPLIES TO INDIVIDUAL OR RELAY ENTRIES.

Make your entry check payable to "**Glens Falls Gators**" 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.

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.

Awards:

Individual event ribbons awarded for 1st – 8th place.

Scoring:

The meet will not be scored.

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.

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

DECEMBER SUPERSPLASH

DECEMBER 4th, 2016 UNION COLLEGE

SESSION 1

WARM-UPS 7:00AM ... SESSION BEGINS 8:00AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	13 & Over	50 Freestyle	2
3	8 & Under	25 Freestyle	4
5	13 & Over	200 IM	6
7	8 & Under	25 Butterfly	8
9	13 & Over	100 Butterfly	10
11	8 & Under	50 Freestyle	12
13	13 & Over	200 Freestyle	14
15	8 & Under	25 Breaststroke	16
17	13 & Over	100 Breaststroke	18
19	8 & Under	25 Backstroke	20
21	13 & Over	100 Backstroke	22
23	8 & Under	100 IM	24
25	13 & Over	100 Freestyle	26

SESSION 2

WARM-UPS 11:15 AM ... SESSION BEGINS 12:00PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
27	Open-Mixed	Canadian Relay 200 Fr	
29	Open	400 IM	30
31	Open	25 Zoomer	32
33	Open-Mixed	200 Floppy IM	

SESSION 3

WARM-UPS 12:45PM ... SESSION BEGINS 1:45PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
35	9-10	50 Freestyle	36
37	11-12	50 Freestyle	38
39	9-10	100 IM	40
41	11-12	100 IM	42
43	9-10	50 Backstroke	44
45	11-12	50 Backstroke	46
47	9-10	50 Butterfly	48
49	11-12	50 Butterfly	50
51	9-10	200 Freestyle	52
53	11-12	200 Freestyle	54
55	9-10	50 Breaststroke	56
57	11-12	50 Breaststroke	58
59	9-10	100 Freestyle	60
61	11-12	100 Freestyle	62

Each Swimmer May Swim A Maximum of 4 Events Per Day Plus 1 Relay

\$4.50 Per Individual Event Per Athlete for ALL Athletes

\$1.00 Per Athlete Surcharge, \$6.00 Per Each Relay Entry

Special Entry Fee of \$1.00 Per Event Per Athlete for Zoomer Kick and Floppy IM

For Manual Entries, Add \$1.00 Per Entry

“Glens Falls Gators”

ENTRY FEE CALCULATION SHEET
December Super Splash Union College, December 4th, 2016

TEAM NAME _____
CONTACT PERSON _____
PHONE NUMBER _____
E-Mail ADDRESS _____

Number of Individual Entries	_____	X \$4.50 = \$	_____
Number of Swimmers	_____	X \$1.00 = \$	_____
Number of Relays	_____	X \$6.00 = \$	_____
Number of Zoomer Kick and Floppy IM Entries	_____	X \$1.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____
Total Amount Due and Enclosed			\$_____

ENTRY DEADLINE.. 11/23/2016

MAKE CHECKS PAYABLE TO “Glens Falls YMCA”

Email your entries to the Meet Entry Coordinator

**This form Must be returned with Entry Report and Check
to the Meet Entry Coordinator:**

Dennie Swan-Scott
600 Glen Street Glens Falls, NY 12801
518-955-7977
Dennieswanscott@gmail.com

**Entries will be posted to the meet program
upon RECEIPT OF CHECK ONLY
“Glens Falls Gators” assumes no responsibility
for meet close-out due to late entries**