

2019 North Country League Club Championships

Gloversville Middle School, Gloversville, NY- February 9, 2019

Held under the Approval of Adirondack Swimming, Inc. Approval APP19-006

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: Fulton County Flying Fish YMCA

Place Gloversville Middle School, 234 Lincoln St. Gloversville, NY 12078
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: The Gloversville Pool is 6 Lane, 25 yard pool with Colorado Automatic Timing System and Display.
Depth at Start end of Pool 1 Meter = 12 FT, 5 Meters = 11 FT Turn end of Pool 1 Meter = 4 FT, 5 Meters = 4 FT 6 IN

Time: Session 1 Distance Championships (qualifying times must be lower than the cut-off times for eligibility), 8 & Under, 9-10
Warm-Up 7:30 AM Start 8:30 AM
Session 2 Distance Championships (no cut-off times, **limited to 16 swimmers for 1650s**) 1650s and 11-12 500's
Warm-Ups 11:15 AM Positive Check in by 11:30AM Start 12:00 PM
Session 3 Distance Championships (qualifying times must be lower than the cut-off times for eligibility), 11-12, 13-14, 15 & Over
Warm-Ups 1:15 PM Start 2:00 PM End: about 5:30 PM

Meet Director: Kevin Capobianco 518-848-0073- Cell kcapobia@gmail.com
Admin Official: Jerry Lindecke

Attending Teams: North Country YMCA League

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 1, 2018.
Rules from the current USA Swimming Technical Rules will be in effect.
Swimmers may enter up to 5 individual events and 2 relays. All events will be swum as Timed Finals events.
Events will be swum Slowest to Fastest.
Entries must be received by February 4, 2019 - midnight
Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software. Entries must be submitted via e-mail to:
kcapobianco@rhcrown.net

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.

STARTS:

'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts and relay swimmers) should remain in the water at the completion of their race until the next heat has begun.

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. 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.

SCORING:

Individual Events: 9, 7, 6, 5, 4, 3, 2, 1 Relays: 18, 14, 12, 10, 8, 6, 4, 2

AWARDS:

Awards for places 1-8 will be provided to teams after the meet.

TIME TRIALS

Time Trials may be held at the discretion of the Referee.

OFFICIALS MEETING:

Officials should check in at the official's room on the second floor one hour before the start of each session.

HEAT SHEETS/PROGRAMS:

Available before the start of each session at the concession stand.

CONCESSION STAND:

Snacks and drinks will be available in the cafeteria.

CONDUCT AND RESTRICTIONS:

No Flash Photography at the start of competition races.

No personal chairs are allowed in the spectator area

Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.

INSURANCE:

Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of the meet. Appendix 1 must be signed by each association participating in the meet and sent in with the registration checks.

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.

Parking is available in at the main pool entrance and in and around the middle school.

Spectators are not allowed on deck. Spectator seating is accessed from the main entrance of the pool to a seating section raised above the pool area. Meet Marshalls may require spectators to cycle in and out of the grandstands between events to allow viewing by all spectators.

Spectators may set up folding chairs in the hallway outside the pool.

Flash photography at the start of events is prohibited.

Swimmers may stay on deck between events;

WiFi is not available.

Teams must provide timers in accordance with the "Timer Assignment" file.

Swimmers completing Events 37, 38, 39, and 40 (500's and 1650) must provide their own timers (2) and counters (1).

Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

**NORTH COUNTRY DISTANCE CHAMPIONSHIPS
FEBRUARY 9, 2019
Gloversville Middle School**

**MORNING - SESSION 1
WARM UPS 7:30 AM ... SESSION BEGINS 8:30 AM
8 and Under, 9-10**

GIRLS EVENTS	CUT-OFF TIME	EVENT DESCRIPTION	CUT-OFF TIME	BOYS EVENTS
1	N/A	9-10 200 Medley Relay	N/A	2
3	N/A	8 & Under 100 Medley Relay	N/A	4
5	3:10.00	9-10 200 Free*	3:10.00	6
7	22.30	8 & under 25 Free*	22.30	8
9	40.00	9-10 50 Free*	40.00	10
11	2:00.00	8 & under 100 IM*	2:00.00	12
13	1:45.00	9-10 100 IM*	1:45.00	14
15	27.50	8 & under 25 Back*	27.50	16
17	49.00	9-10 50 Back*	49.00	18
19	29.00	8 & under 25 Butterfly*	29.00	20
21	49.00	10 & under 50 Butterfly	49.00	22
23	49.50	8 & under 50 Free*	49.50	24
25	1:34.00	9-10 100 Free*	1:34.00	26
27	30.00	8 & under 25 Breaststroke*	30.00	28
29	55.00	9-10 50 Breaststroke*	55.00	30
31	1:51.00	8 & under 100 Free*	1:51.00	32
33	N/A	9-10 200 Free Relay	N/A	34
35	N/A	8 & under 100 Free Relay	N/A	36

*ENTRIES MUST BE **SLOWER** THAN CUT-OFF TIMES

**MIDDLE SESSION - SESSION 2
WARM-UPS 11:15 AM ... SESSION BEGINS 12:00
PM POSITIVE CHECK-IN BY 11:30 AM**

GIRLS EVENTS	CUT-OFF TIME	EVENT DESCRIPTION	CUT-OFF TIME	BOYS EVENTS
37	N/A	11-12 500 Free	N/A	38
39	21:00.00	Open 1650 Free**	20:00.00	40

ENTRIES MUST BE **FASTER THAN CUT-OFF TIME

AFTERNOON - SESSION 3
WARM-UPS 1:15 PM ... SESSION BEGINS 2:00 PM
11-12, 13-14 & 15 and over

GIRLS EVENTS	CUT-OFF TIME	EVENT DESCRIPTION	CUT-OFF TIME	BOYS EVENTS
41	N/A	11-12 200 Medley Relay	N/A	42
43	N/A	13 & older 200 Medley Relay	N/A	44
45	35.00	11-12 50 Free*	35.00	46
47	33.00	13-14 50 Free*	31.00	48
49	32.00	15 & older 50 Free*	30.00	50
51	N/A	11 & older 400 Free Relay	N/A	52
53	3:02.50	11-12 200 IM*	3:02.50	54
55	2:50.00	13-14 200 IM*	2:45.00	56
57	2:50.00	15 & older 200 IM*	2:45.00	58
59	5:40.00	11 & older 400 IM**	5:15.00	60
61	1:15.00	11-12 100 Free*	1:15.00	62
63	1:13.00	13-14 100 Free*	1:08.00	64
65	1:11.00	15 & older 100 Free*	1:05.00	66
67	40.00	11-12 50 Backstroke*	40.00	68
69	1:20.00	13-14 100 Backstroke*	1:15.00	70
71	1:18.00	15 & older 100 Backstroke*	1:12.00	72
73	2:43.00	11 & older 200 Backstroke**	2:33.00	74
75	41.00	11-12 50 Butterfly*	41.00	76
77	1:19.00	13-14 100 Butterfly*	1:19.00	78
79	1:17.00	15 & older 100 Butterfly*	1:10.00	80
81	2:45.00	11 & older 200 Butterfly**	2:35.00	82
83	2:45.00	11-12 200 Freestyle*	2:45.00	84
85	2:38.00	13-14 200 Freestyle*	2:28.00	86
87	2:32.00	15 & older 200 Freestyle*	2:22.00	88
89	45.00	11-12 50 Breaststroke*	45.00	90
91	1:30.00	13-14 100 Breaststroke*	1:26.00	92
93	1:28.00	15 & older 100 Breaststroke*	1:22.00	94
95	2:57.00	11 & older 200 Breaststroke**	2:45.00	96
97	N/A	11-12 200 Freestyle Relay	N/A	98
99	N/A	13 & older 200 Freestyle Relay	N/A	100
101	N/A	11 & older 800 Freestyle Relay	N/A	102

*ENTRIES MUST BE **SLOWER** THAN CUT TIMES

ENTRIES MUST BE **FASTER THAN CUT-OFF TIME

Each Swimmer May Swim a Maximum of 5 Individual Events PLUS 2 Relays
 \$4.50 per Event, \$6.00 per each RELAY TEAM. \$2.00 per Athlete Surcharge

Hosted by Fulton County YMCA
Club Championships, February 9, 2019

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 \$6.00 = \$ _____
Number of Manual (non-electronic Entries)	X \$1.00 = \$ _____
Total Amount Due and Enclosed	= \$ _____

MAKE CHECKS PAYABLE TO "Flying Fish Swim Team"
This form **MUST** be returned with check

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

**Fulton County YMCA assumes no responsibility
for meet close-out due to late entries**

ENTRY DEADLINE: February 4, 2019

Mail Entries and Check to: Kevin Capobianco, 213 Harrison Street, Johnstown, NY 12095

***Meet Manager Entries May be sent via E-mail to: kcapobianco@rhcrown.net**

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

APPENDIX 1: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director via Kevin Capobianco 213 Harrison St. Johnstown NY 12095 or scan signed form to kcapobianco@rhcrown.net

Participating YMCA: _____

YMCA Address: _____

Meet Name: _____

Meet Date(s): 2/9/19

Meet Host: Fulton County YMCA Flying Fish

Meet Location: Gloversville Middle School, Gloversville NY

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the North Country Club / Distance Championship for the period of the meet. I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their participation in the North Country Club / Distance Championship.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, Glens Falls Family YMCA, their agents, representatives or assigns, and Union College for any and all injuries which may be suffered by participants at the North Country Club / Distance Championship.

Furthermore, we understand that the YMCA of the USA and North Country YMCA League are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee