

Central Valley Swim League Championships

February 23rd 2019

Clark Sports Center...Cooperstown, NY

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD19-024
Sean Caron, 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: Clark Sports Center Sharks/ Central Valley Swim League

Place: Clark Sports Center, Cooperstown NY. 8 Lanes, Short Course, 25 yards. Colorado Automatic Timing System

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

Pool Depths: Depth of Pool at One (1) Meter 8 feet and Five (5) Meters 6 feet 1" from Start End of Pool.
Depth of Pool at One (1) Meter 4 feet and Five (5) Meters 4 feet from Turn End of Pool.

Time: Warm ups: 8:15am Meet Start 9:00am

Meet Director:	Lindsey Bailey	(607) 547-2800 ext. 114	baileyl@clarksportscenter.com
Meet Referee:	Steve Trembley	(518) 573-1700	strembley@mhsco.com
Meet Entry Coordinator:	Lindsey Bailey	(607) 547-2800 ext. 114	baileyl@clarksportscenter.com

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on February 23rd 2019.
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 **Wednesday February 13th 2019 at 5:00pm**
Swimmers may enter a max of three (3) individual events and 1 relay per day or 2 Individual events and 2 relays.
Please send all entries to Lindsey Bailey baileyl@clarksportscenter.com

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 without the use of the backstroke ledge. 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:

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302

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:

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 IM and 500 free. Swimmers who are not checked in by 8:45am will be scratched.

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

Open events will be scored 10 and under, 11-12, 13-14, 15 and over 13 and over events will be scored 13-14, 15 and over.

Mixed relays must have 2 girls and 2 boys

Relays:

Mixed relays must have 2 male and 2 female swimmers entered that satisfy the age requirement.

Scratches:

All swimmers must be checked-in at the timing table for the 400IM and 500 Free. Swimmers who positively check in for an event and do not show up for the event, will be disqualified from that event and their next scheduled individual event. This scratch rule is for all swimmers, including 10 & under athletes.

Timers:

Clubs will be required to provide timers based upon their number of entries
Swimmers have to provide their own timers for the 400 IM's, 500's, 1650's, etc.

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.

Time Trials:

Time trials may be held for swimmers trying to qualify for Gold Championships, Senior Cut Times or Faster. Each time trial is \$7.00. Coaches must request a time trial from the meet referee and meet director and they will determine when the time trial will be conducted. The meet referee and meet director reserve the right to refuse time trials longer than 200 yards.

Deck Entries:

Deck Entries will NOT be accepted at this meet.

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:

Programs and Concessions available during the meet.

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 \$2.00 per individual event, which includes the \$.50 AD travel fund surcharge, \$2.00 per relay, which includes the \$1.00 AD travel fund surcharge and a \$2.00 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 ENTRIES.

Make your entry check payable to **"Central Valley Swim League"** and mail your check and entry summary sheet to

Sharine Dymes
P.O. Box 833
Cobleskill, NY 12043

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:

Medals will be awarded to 1st-3rd in individual events.

Ribbons will be awarded for places 4th to 8th place for individual events and 1st place for relays

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

Open events will be scored as 10 and under, 11-12, 13-14, 15 and over

13 and over events will be scored as 13-14, 15 and over

Scoring:

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

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

Open events will be scored as 10 and under, 11-12, 13-14, 15

and over, 13 and over events will be scored as 13-14, 15 and over

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

Hotel Accommodations:

Holiday Inn Express & Suites
4758 NY-28, Cooperstown, NY 13326
(607) 547-8000
www.hiexpress.com/hotels/us/en/reservation

Best Western Cooperstown Inn & Suites
50 Commons Dr, Cooperstown, NY 13326
(607) 547-7100
www.bestwestern.com/en_US.html

Central Valley Swim League Championships

February 23rd 2019

Clark Sports Center ... Cooperstown, NY

WARM-UPS 8:15AM ... POSITIVE CHECK-IN BY 8:45AM... SESSION BEGINS 9:00AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	12 & Under	50 Yard Freestyle	2
3	13 & Over	50 Yard Freestyle	4
5	8 & 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 Individual Medley	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	13 & Over	100 Yard Freestyle	36
37	Open	200 Yard Freestyle	38
39	12 & Under	100 Yard Individual Medley	40
41	Open	200 Yard Individual Medley	42
43	Open	200 Yard Mixed Medley Relay	-
45	Open	500 Yard Freestyle	46

**Each Swimmer May Swim a Maximum of
3 Events Plus 1 Relay or 2 Events Plus 2 Relays**

**\$2.00 per Individual Event per Athlete, \$2.00 per Relay Entry & \$2.00 per Athlete Surcharge.
For Manual Entries, Add \$1.00 Per Entry (individual or relay)**

Open Events will be scored 8 & Under, 9-10, 11-12, 13-14 and 15 & Over.

Central Valley Swim League
ENTRY FEE CALCULATION SHEET
Championships

February 23rd 2019

Clark Sports Center...Cooperstown, NY

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-Mail ADDRESS _____

Number of Individual Entries _____ X \$2.00 = \$ _____

Number of Relay Entries _____ X \$2.00 = \$ _____

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

Number of Manual (non-electronic) Entries _____ X \$1.00 = \$ _____

Total Amount Due and Enclosed\$ _____

ENTRY DEADLINE:
February 13th 2019 at 5:00pm

MAKE CHECKS PAYABLE TO **Central Valley Swim League**

Email your entries to the Meet Entry Coordinator

baileyl@clarksportscenter.com

**This form must be returned with Entry Report and Check
to:**

**Sharine Dymes
P.O. Box
Cobleskill, NY**

**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