

IM-Xtremely Spooked

November 3rd, 2019

Duanesburg YMCA

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD20-003
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: Duanesburg Electric Eels

Place: Duanesburg YMCA, 221 Victoria Dr., Delanson, NY 12053,
6 Lane, 25 yards, - Short Course
Colorado automatic timing system with beeper start and scoreboard readouts

Depth of Pool at One (9'2") Meter and Five (9' 4") Meter Distances from Start End of Pool.

Depth of Pool at One (4'1") Meter and Five (4'5") Meter Distances from Turn End of Pool.

The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA-S

Meet Schedule:

Session	Age Groups	Warm-up Time	Meet Start Time	Positive Check In
Session 1	12 and Unders	7:30 – 7:55	8:00 AM	None
Session 2	Open	10:30 – 10:50	11:00 AM	For 500 Free by 10:15 AM
Session 3	13 and Overs	12:15 – 12:40	12:45 PM	For 400 IM by 12:15 PM

Meet Director:	Travis Nelson	518-265-3391	
Meet Marshall:	Jerry Lindecke	518-852-7913	
Meet Referee:	Walter Dixon	518-231-4058	wdixon@wildblue.net
Meet Entry Coordinator:	Wendy Nelson	518-229-3918	wtanelson@gmail.com

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on November 3, 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**.
Entries must be received by **October 26th, 2019 at 9pm**.
In the event the meet is oversubscribed, the meet director and meet referee will work together to determine the solution, in the best interest of the swimmers.
Custom Times are preferable over NT's
In order to compete for an IMX award, swimmers must enter and swim five events.
Events that are scored for IMX awards are listed on page 2 of this announcement.
Events will be scored by the Hy-tek single -age point system.
This meet will have 3 Sessions. There will be positive check in for the 500 Free and the 400 IM events.

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 will be swum as timed finals. Fly over starts will be in use.
A swimmer may enter and swim up to 5 individual events.
Positive Check in will be required for the 500 Free and 400 IM as indicated in the meet schedule above. Those not checked in by the deadline will be scratched.

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.
A warm up schedule will be posted after 10/28/19 on the Adirondack website (www.adirondackswimming.org).

Timers:

Clubs will be required to provide timers based upon their number of entries. Swimmers must provide their own timers for the 500 freestyle and 400IM. Swimmers must provide their own counters for the 500 freestyle. Lane assignments will be posted to the Adirondack Swimming website (www.adirondackswimming.org) and in the meet program.

Deck 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.

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.

Services:

Food will be on sale throughout the meet. A meet program will be available which will cover all sessions. Smoking is NOT permitted in the building. Parents, coaches and swimmers are not to bring glass containers of any kind into the pool area. There will be swim apparel and gear available to purchase.

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, and a \$2 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 **Duanesburg YMCA** and mail your check and entry summary sheet to:

Jennifer Dixon, 221 Victoria Dr., Delanson, NY 12053

Entries will be entered to the meet upon receipt of your check.

Awards/ Scoring:

All individuals will be scored on the Hy-Tek Single-Age Points System. The Top 3 in each Single Age will be awarded.

IMX Age Groups and Events: The following single age groups and event combinations will be scored:

9&under; 10-year olds:

200 IM, 200 Free, 100 Back, 100 Breast, 100 Fly

11-year olds; 12-year olds:

200 IM, 500 Free, 100 Back, 100 Breast, 100 Fly

13, 14, 15, 16, 17, and 18-year olds: In these age categories only 5 of the following 6 events will be scored.

200 IM, 400 IM, 500 Free, 200 Back, 200 Breast, 200 Fly.

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.

Hotel Accommodations:

Mariaville Lakeside Bed & Breakfast

<http://www.mariavillelakebb.com/>

If you have any questions please contact **Jenn Dixon, 518-895-9500, jdixon@cdymca.org**

IM-Xtremely Spooked
Sunday November 3, 2019
Duanesburg YMCA

Session 1

WARM-UPS 7:30AM ... SESSION BEGINS 8:00AM
Breaks will be added to give ample rest to swimmers

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	12 and under	200 IM	2
3	12 and under	100 Breast	4
5	12 and under	100 Back	6
7	12 and under	100 Fly	8
9	12 and under	200 Free	10

Session 2

Positive Check In by 10:15...

WARM-UPS start at the end of session 1 but not before 10:30am... SESSION BEGINS 11:00AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
11	Open	500 Free (positive check in by 10:15)	12

Session 3

Positive Check in for the 400 IM by 12:15pm

WARM-UPS at the end of Session 2 but not before 12:15pm... SESSION BEGINS 12:45PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
13	13 – 14	200 IM	14
15	15 and over	200 IM	16
17	13 – 14	200 Breast	18
19	15 and over	200 Breast	20
21	13 – 14	200 Back	22
23	15 and over	200 Back	24
25	13 – 14	200 Fly	26
27	15 and over	200 Fly	28
		15 Min Break and Warm up	
29	Open	400 IM (positive Check in by 12:15)	30

Each Swimmer May Swim A Maximum of 5 individual events.
\$4.50 Per Individual Event and \$4.75 Per Individual Positive Check IN Per Athlete for ALL Athletes
\$2.00 Per Athlete Surcharge
For Manual Entries , Add \$1.00 Per Entry (individual or relay)

“Duanesburg Electric Eels”
ENTRY FEE CALCULATION SHEET

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Duanesburg YMCA

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-Mail ADDRESS _____

Number of Individual Entries	_____	X \$4.50 = \$	_____
Number of Positive Check IN Entries	_____	X \$4.75 = \$	_____
Number of Swimmers	_____	X \$2.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____

Total Amount Due and Enclosed\$_____

MAKE CHECKS PAYABLE TO “Duanesburg YMCA”

This form Must be returned with Entry Report and Check
(and Hy-Tek Disk if unable to email entry file)

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

ENTRY DEADLINE...
”Saturday, October 26, 2019 9pm”

Mail Entries, Entry Report, This Form and Check to:
“Jenn Dixon, 221 Victoria Dr., Delanson, NY 12053”

*Entry File May be sent E-mail to: “wtanelson@gmail.com”

*Your Team Check Must be received to have entries added to the meet.