

# Sharks 2021 Icebreaker

## Schenectady HS Jan 30-31

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD21-006  
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:** Schenectady-Saratoga Sharks

**Place:** Schenectady High School - 25 YARDS, 8 lanes – Colorado Timing System  
Event may be seeded and raced in 5 or 6 lanes, with lanes used as warm-up/warm-down

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

**Pool Depths:** Depth of Pool at One (1) Meter 11 feet, and Five (5) Meters 11 feet from Start End of Pool.  
Depth of Pool at One (1) Meter 3.5 feet, and Five (5) Meters 4 feet from Turn End of Pool.

### Time:

Saturday Session 1	7:00 am warm-up/7:40 am start
Saturday Session 2	9:10 warm-up/9:40 am start
Sunday Session 3	7:00 am warm-up/7:40 am start
Sunday Session 4	9:10 warm-up/9:40 am start

**Meet Director:** Cynthia Fairbanks

**Meet Referee:** Ronaldo Hart

**Meet Entry Coordinator:** Gundula Gutjahr

### Entry Rules:

The eligibility of a swimmer will be determined by his or her age on January, 30, 2021  
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**.  
Meet is closed to Schenectady-Saratoga Swim Club or unattached swimmers training with The Sharks only

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](http://www.adirondackswimming.org)

Direct registration questions to the Adirondack Registrar, Adam Hershberg, [adregistrar12@gmail.com](mailto:adregistrar12@gmail.com)

### Swimming Events:

All events will be Time Finals. Time Trial events may be added to any session at discretion of Meet Director and Meet Referee

### Scratches:

There is no penalty for scratching or no-shows.

### 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:

Sharks will provide timers.

### Deck Entries:

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

1. 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.

**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.

**Special Procedures:**

**Due to the ongoing pandemic, the following special provisions will be in effect:**

1. **No concession sales, vendor services or in-person spectating will be allowed. Deck/ facility access will be limited to the minimum personnel necessary to affect the competition. Access questions or special needs should be arranged via the Meet Director or Meet Referee, in advance.**
2. **COVID health screening will be conducted in accordance with the team's published protocols and NY health department guidance.**
3. **Remote video streaming of the events, either live or recorded, will be attempted. Participants and guardians will be provided with internet access instructions for this service.**

**Services:**

None

**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:**

\$4 per swimmer entry fee

**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.

**Awards:**

There will be no awards

**Scoring:**

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 contact the Meet Referee if interested in working this meet.

**Sharks January Time Trial  
January 30-31 Schenectady HS**

**SESSION 1 ... DAY 1**

**WARM-UPS 7:00 AM**

**SESSION BEGINS 7:40 AM**

Mixed EVENTS	AGE GROUP	EVENT DESCRIPTION
1	OPEN	200 YD IM
2	OPEN	100 YD BACK
3	OPEN	200 YD BREAST
		<b>20 MIN BREAK</b>
4	OPEN	100 YD FLY
5	OPEN	200 YD FREE
		<b>10 MIN BREAK</b>
6	OPEN	50 YD FREE

**SESSION 2 ... DAY 1**

**WARM-UPS 9:10 AM**

**SESSION BEGINS 9:40 AM**

Mixed EVENTS		EVENT DESCRIPTION
7	OPEN	1000 Free
8	13-OVER	200 YD IM
9	12-UNDER	100 YD IM
10		100 YD BACK
11	12-UNDER	50 YD BACK
12	13-OVER	200 YD BREAST
13	12-UNDER	100 YD BREAST
		<b>10 MIN BREAK</b>
14	13-OVER	100 YD FLY
15	12-UNDER	50 YD FLY
16	13-OVER	200 YD FREE
17	12-UNDER	100 FREE
		<b>5 MIN BREAK</b>
18	13-OVER	50 YD FREE
19	12-UNDER	50 YD FREE

### SESSION 3 ... DAY 2

WARM-UPS 7:00 AM

SESSION BEGINS 7:40 AM

Mixed EVENTS	AGE GROUP	EVENT DESCRIPTION
20	OPEN	400 YD IM
21	OPEN	200 YD BACK
22	OPEN	100 FREE
		<b>20 MIN BREAK</b>
23	OPEN	200 YD FLY
24	OPEN	100 YD BREAST
25	OPEN	500 YD FREE

### SESSION 4 ... DAY 2

WARM-UPS 9:10 AM

SESSION BEGINS 9:40 AM

Mixed EVENTS	AGE GROUP	EVENT DESCRIPTION
26	13-OVER	400 YD IM
27	12-UNDER	200 YD IM
28	13-OVER	200 YD BACK
29	12-UNDER	100 YD BACK
30	13-OVER	100 FREE
		<b>20 MIN BREAK</b>
31	13-OVER	200 YD FLY
32	12-UNDER	100 FLY
33	13-OVER	100 YD BREAST
34	12-UNDER	50 YD BREAST
35	13-OVER	500 YD FREE

**Each Swimmer May Swim A Maximum of 3 Events Per Session**  
**\$4 per swimmer Entry Fee**