

STARFISH SPRING INTRASQUAD MEET

April 17th 2021

Kingston YMCA, Kingston, NY

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc. Sanction # AD21-018
Sean Caron, General Chair
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: Starfish Swim Club

Place: YMCA of Kingston & Ulster, 507 Broadway, Kingston, NY; 6 Lane Short Course, 25 Yard Pool.

IST electronic timing system using Hy-Tek Meet Manager software

**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 10'8" and Five (5) Meters 9'9" from Start End of Pool.
Depth of Pool at One (1) Meter 3' 4" and Five (5) Meters 4' 0" from Turn End of Pool.**

Time: Warm Up 7:00am, Meet Starts at 8:00am

Meet Director: Greg Antolick (518) 852-1217, gantolick@nycap.rr.com
Meet Referee: JoAnn Faucett (518) 496-6136, faucettjm@aol.com
Meet Entry Coordinator: Joel Richardson (518) 312-9192, entries@starfishswimclub.org

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on April 17
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, April 14
Meet is closed to Albany Starfish swimmers 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

Direct registration questions to the Adirondack Registrar, Adam Hershberg, adregistrar12@gmail.com

Swimming Events:

All events will be pre-seeded and swum as timed finals. All age groups need to obtain their heat and lane assignment from the heat sheets behind the starting blocks in the pool area.

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 designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to cooperate fully with club officials and meet marshals in charge of the area.

Timers:

Starfish 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).

2. 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.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

This statement (Covid-19) shall also be included in heat sheets.

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:

\$8 per individual event. \$5 Swimmer surcharge

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:

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.

STARFISH SPRING INTRASQUAD MEET

April 17th 2021 Kingston YMCA

WARM UP 7:00AM	STARTS 8:00AM
MIXED EVENTS	EVENT DESCRIPTION
1	OPEN 200 Yard Freestyle
2	OPEN 50 Yard Backstroke
3	OPEN 100 Yard Breaststroke
10 Minute Break	
4	OPEN 200 Yard Backstroke
5	OPEN 50 Yard Freestyle
6	OPEN 100 Yard Butterfly
10 Minute Break	
7	OPEN 200 Yard Breaststroke
8	OPEN 50 Yard Butterfly
9	OPEN 100 Yard Backstroke
10 Minute Break	
10	OPEN 200 Yard Individual Medley
11	OPEN 50 Yard Breaststroke
12	OPEN 100 Yard Freestyle
10 Minute Break	
13	OPEN 200 Yard Butterfly
14	OPEN 100 Yard Individual Medley
15	OPEN 1000 Yard Freestyle

Swimmers may Enter up to Four (4) Individual Events
Entry Fee is \$8.00 per individual entry plus a \$5.00 per swimmer surcharge