

2022 Adirondack Championships

Silver Championships

- March 4-6, 2022
- 1 single meet (All teams will be in 1 location)
- Hosted by Schenectady Sharks
- Site: Union College
- No spectators will be allowed per Union College requirements
- Distance events on Friday
- Saturday and Sunday will have 3 sessions each day
- Swimmers may swim 4 individual events and 1 relay per day

Gold Championships

- March 10-13, 2022
- Hosted by Clifton Park Pirrahans
- Site: Shendahowa High School
- Distance events (12 and under 500 and 13 and over 1650) will be Thursday night (maybe at an alternate site)
- Prelim/Finals meet as with past Gold meets
- Same event format at the 2020 Gold Championships
- Limited spectators will be allowed per Shendahowa requirements
- Swimmers may swim 3 individual events and 1 relay per day

Additional Information

- Cut times for each meet will be from the adopted October 2019 time standards. Here is a link to the time standards:
<https://www.adirondackswimming.org/Championships/Championships%20SC%20Qualifying%20Times.pdf>
- Qualifying Gold swims from Silver Championships will be allowed entry into Golds. There will be two entry dates, initial team entry and then one for only times achieved at Silvers.
- Number of meets in order to attend: 1 USA Swimming meet for Silvers and 2 USA Swimming meets for Golds (Silvers may count as one of the meets). A USA Swimming meet does not have to be in Adirondack. Participation in meets must be after September 1, 2021.
- Swimmers must have a qualifying time since January 1, 2019.
- Swimmers must have a valid time in SWIMS or proof from an observed meet (including High School observed meets) to compete in a given race.
- Meet announcements will be posted on the Adirondack website once available.

The above meets and conditions may change in the event state, county, or host sites regulations change. Technical Planning Committee reserves the right to make any changes necessary to Silver and Gold Championships to facilitate the meets. All teams will be notified of any changes.