

Lake Champlain Waves Swim Team
2022 Winter Blast
Saturday, February 5, 2022
Ausable Valley CSD
1490 Route 9N, Clintonville, NY 12924

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD22-011
Don Lipkin, 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: Lake Champlain Waves Swim Team

Place: Ausable Valley CSD, 1490 Route 9N, Clintonville, NY 12924
Short Course 25 Yard Pool, 6 Lanes... NO Continuous warm up pool. Daktronics timing system, beeper and scoreboard

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

Pool Depths: Depth of Pool at One (1) Meter 10' and Five (5) Meters 10' from Start End of Pool.
Depth of Pool at One (1) Meter 3'6" and Five (5) Meters 3'6" from Turn End of Pool.

Time:

Session	Age Groups	Warm-up Time	Meet Start Time	Positive Check-In
Session 1	All	9:00 AM	10:00 AM	All by 9:30 AM
Session 2	All	1:00 PM	2:00 PM	All by 1:30PM

Meet Director and Entry Coordinator: Jessika Perras
Meet Referee: JoAnn Faucett

perras24@hotmail.com
faucettjm@aol.com

(518) 569-7273
(518) 496-6136

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **February 5, 2022**
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 perras24@hotmail.com
Team entries must be received by the Meet Entry Coordinator by **Friday, January 28, 2022** Custom times are preferable over NT Entries.

Participation in this meet is by invitation only.

This meet will have 2 Sessions. In a timed finals meet, such as this, a swimmer may compete in not more than six (6) individual events per day. There will be positive check in for ALL sessions. Swimmers swimming the 500 Free must be entered with a time that is faster than the cut-off time.

Events will be scored by the Hy-Tek Age Group Point System.

In the event the meet is 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, Adam Hershberg, adregistrar12@gmail.com

Swimming Events:

Positive Check-in will be required for ALL EVENTS, as indicated in the meet schedule, by the deadline for each session.
Any Swimmer not checked in by the Positive Check-in Deadline will be scratched. All events will be swum as timed finals. 500 Freestyle swimmers must provide their own timer, and 500 Freestylers must provide their own counters. If necessary, 5 minute breaks between events may be added to any session.

Cut Times for Distance Events		
Event 33 Girls 13-14	500 Free	6:49.39
Event 33 Girls 15&O	500 Free	6:49.39
Event 33 Boys 13-14	500 Free	6:26.59
Event 33 Boys 15&O	500 Free	6:26.59

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:

Clubs will be required to provide timers based upon their number of entries. . 500 Freestyle swimmers must provide their own timers. Lane assignments will be posted to the Adirondack Swimming website (www.adirondackswimming.org).

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.

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.

COVID-19 Guidelines

General

- We are fortunate to be permitted to use the facilities at Ausable Valley Central School District. Proper conduct on the part of all swimmers and spectators is expected at all times. The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway and eating area. Any swimmer found in an area designated out-of-bounds will be barred from participating in the remainder of the meet.
- All individuals are expected to remain socially distant to the extent possible prior to, while in, and when exiting the facility.
- Only Meet personnel, volunteers, coaches and swimmers registered in the meet will be allowed on deck.
- All individuals entering the facility are expected to be masked prior to entry and wear the mask properly covering the nose and mouth. No gaiter face coverings are permitted within AVCSD.
- Spectators are allowed. No limitations on numbers other than a town fire code. Masks are required.
- Swimmers are expected to arrive in their suits. Swimmers may change before they exit the facility within designated locker rooms.
- Locker rooms will be available for restroom purposes and changing out of swim attire at the end of the individual involvement of the meet. Monitors will be stationed at each locker room entrance to ensure limited individuals are inside at any given time.
- All meet personnel, volunteers, officials, coaches and spectators are required to wear a properly worn mask at all times while in the facility. The only exception to this is when the meet referee needs to blow the whistle.
- Swimmers are required to wear a mask at all times except when in the water.
- Swimmers are expected to put their mask back on immediately after exiting the water before moving around on deck.
- All personnel in the facility are expected to bring their own water bottle. Use of the water fountains is restricted to refilling bottles only.
- All swimmers must bring their own clear plastic bag with the athlete's name and team on it to secure and identify their mask when they are in the water.
- Entrance onto and from the pool deck will be through the locker room doors.

Team seating:

- Each team will have ample room for their swimmers and coaches to place their bags and sit.
- Swimmers are expected to remain in their area except when racing, preparing to or completing a race or when needing to use the rest room.

Pre-meet warm-up:

- Each team may be assigned warm-up lanes. In the event of more teams than lane space, teams will be assigned warm-up lanes and timeslots.
- Swimmers are expected to minimize their time on the wall while warming up.
- Coaches are expected to oversee and monitor warm-ups to ensure proper distancing is maintained.

In-meet warm-up/warm-down:

- All swimmers asked to minimize their time on the wall during these times.

Swimmer Competition:

- A maximum of 3 heats will stage behind the blocks in each lane in designated locations.
- Swimmers are to stay in designated locations behind each lane and move forward once the heat before them moves.
- Swimmers in the completed heat will exit the water, put their masks on and leave the area before the next heat is called to the blocks.
- Swimmers should keep their mask on until their heat is called to the blocks, at which time they should place their masks in their bag and place it next to the lane.
- Timers are to step back from the edge of the pool once they have recorded the finish to allow the swimmer space to exit the water and place their mask on.

Meet personnel, volunteer, official, spectator, and coach Facility Use:

- Restrooms in the lobby are available for use.
- Face coverings are to be properly worn at all times

Services:

Food will be on sale throughout the meet and should be eaten in the designated areas while masks are off. 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.

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 \$4.75 per individual event and there is a \$2.00 per swimmer surcharge. These fees include the travel fund assessment fee which is fifty cents (\$.50) per individual entry and \$2.00 per swimmer entered in the meet.

ALL MANUAL ENTRIES(NON-ELECTRONIC) ARE SUBJECT TO A SURCHARGE OF \$1.00 PER ENTRY, WHICH APPLIES TO INDIVIDUAL ENTRIES.

Make your entry check payable to **Lake Champlain Waves Swim Team** and mail your check and entry summary sheet to the **Meet Entry Coordinator** at PO Box 2452, Plattsburgh, NY 12901 and entry summary sheet

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:

Individual event ribbons will be awarded to 1st-6th place.

A surprise will be awarded to **ALL** Heat Winners

Time Trials:

Time Trials will be offered at the discretion of the meet director and the meet referee.

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 manager Jessika Perras by email at perras24@hotmail.com

**2022 Winter Blast
Saturday, February 5, 2022
Ausable Valley CSD**

SESSION 1

WARM-UPS 9:00AM ... POSITIVE CHECK-IN BY 9:30AM ... SESSION BEGINS 10:00AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	13-14	100 Freestyle	2
3	15 & O	100 Freestyle	4
5	13-14	100 Backstroke	6
7	15 & O	100 Backstroke	8
9	13-14	200 Individual Medley	10
11	15 & O	200 Individual Medley	12
13	13-14	100 Breaststroke	14
15	15 & O	100 Breaststroke	16
17	13-14	200 Freestyle	18
19	15 & O	200 Freestyle	20
21	13-14	100 Butterfly	22
23	15 & O	100 Butterfly	24
25	13-14	50 Freestyle	26
27	15 & O	50 Freestyle	28
29	13-14	200 Backstroke	30
31	15 & O	200 Backstroke	32
33	13 & O	Mixed 500 Freestyle	33

SESSION 2

WARM-UPS 1:00PM ... POSITIVE CHECK-IN BY 1:30PM ... SESSION BEGINS 2:00PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
35	11-12	100 Individual Medley	36
37	10 & Under	100 Individual Medley	38
39	11-12	50 Freestyle	40
41	10 & Under	50 Freestyle	42
43	11-12	100 Backstroke	44
45	10 & Under	100 Backstroke	46
47	11-12	50 Breaststroke	48
49	10 & Under	50 Breaststroke	50
51	11-12	100 Freestyle	52
53	10 & Under	100 Freestyle	54
55	11-12	50 Backstroke	56
57	10 & Under	50 Backstroke	58
59	11-12	100 Breaststroke	60
61	10 & Under	100 Breaststroke	62
63	11-12	50 Butterfly	64
65	10 & Under	50 Butterfly	66

Each Swimmer May Swim A Maximum of 6 Events per Day
\$4.75 per Individual Event per Athlete for ALL Athletes
\$2.00 per Athlete Surcharge
For Manual Entries, Add \$1.00 Per Entry (individual)

**Entries will be posted to the meet program
Upon RECEIPT OF CHECK ONLY
Lake Champlain Waves Swim Team assumes no responsibility
For meet close-out due to late entries**

Lake Champlain Waves Swim Team

ENTRY FEE CALCULATION SHEET 2022 Winter Blast, Ausable Valley CSD, Saturday, February 5th, 2022

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-Mail ADDRESS _____

Number of Individual Entries Positive Check-in _____ X \$4.75 = \$ _____

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

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

Total Amount Due and Enclosed\$ _____

ENTRY DEADLINE... Friday, January 28, 2022

Email your entries to Jessika Perras: perras24@hotmail.com

MAKE CHECKS PAYABLE TO Lake Champlain Waves Swim Team

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

Lake Champlain Waves Swim Team

C/o Jessika Perras

PO Box 2452

Plattsburgh, NY 12901

Entries will be posted to the meet program upon Receipt of Check Only. Lake Champlain Waves Swim Team assumes no responsibility for meet close-out due to late entries.