

Shark Attack Sizzle

July 23-24, 2022

Union College

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD22-029
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: Schenectady-Saratoga Sharks

Place: Union College Alumni Gym
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 (Warmup and Session times are subject to change by Meet Director and Meet Referee)

Saturday Session 1	9:00 am warm-up/10:00 am start
Saturday Session 2	1:00 pm warmup/1:45 pm start
Saturday Session 3	3:00 pm warmup/3:30 pm start
Sunday Session 4	8:15 am warmup/9:00 am start
Sunday Session 5	12:00 pm warmup/12:45 pm start

Meet Director: Shoshanah Bewlay

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 July 23, 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 **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

Direct registration questions to the Adirondack Registrar, Bill Faucett office@adirondackswimming.org

Swimming Events:

All events will be Timed 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:

Host team 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.

Shark Attack Sizzle

July 23-24, 2022

Union College

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 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.

Host Assumption of Risk Disclaimer Statement:

Schenectady-Saratoga Swim Club has taken enhanced health and safety measures, in accordance with the overseeing government agencies, for our swimmers, volunteers, and spectators. You must follow all published, distributed, and posted instructions while attending a Schenectady-Saratoga Swim Club meet. 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 guests with underlying medical conditions are especially vulnerable. By participating in, volunteering to support, and/or attending a Schenectady-Saratoga Swim Club meet, you voluntarily assume all risks related to exposure to COVID-19.

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:

\$4.50 per event. \$2.00 per 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.

Shark Attack Sizzle
July 23-24, 2022
Union College

Spectators:

Spectators will be permitted in accordance with facility limitations. Host will make every effort to provide a live stream of the meet for remote spectators. Heat Sheets/Programs will be available on Meet Mobile at no charge.

Shark Attack Sizzle
July 23-24, 2022
Union College

Day 1, Session 1 – 9:00 am warm-up/10:00 am start

Event #	Event (Mixed)
1	13-14 200 IM
2	Open 200 IM
3	13-14 50 Free
4	Open 50 Free
5	13-14 200 Breast
6	Open 200 Breast
7	13-14 200 Back
8	Open 200 Back
9	13-14 100 Fly
10	Open 100 Fly
11	13-14 200 Free
12	Open 200 Free

Day 1, Session 2 – 1:00 warm-up/1:45 start

Event #	Event (Mixed)
13	11-12 200 Fly
14	10-Under 50 Free
15	11-12 200 Back
16	11-12 200 Free
17	10-Under 25 Back
18	10-Under 100 Back
19	11-12 50 Back
20	10-Under 100 IM
21	11-12 200 IM
22	10-Under 25 Fly
23	10-Under 100 Fly
24	11-12 50 Fly
25	10-Under 50 Breast
26	11-12 100 Breast
27	10-Under 500 Free
28	11-12 100 IM

Shark Attack Sizzle

July 23-24, 2022

Union College

Day 1, Session 3 – 3:00 pm warm-up/3:30 start

Event #	Event (Mixed)
29	Open 800 Free ** ** May be combined with 1650
30	Open 1650 Free ** ** May be combined with 800
31	Open 400 IM

Day 2, Session 4 – 8:30 warm-up/9:15 start

Event #	Event (Mixed)
32	13-14 500 Free
33	Open 500 Free
34	13-14 100 Breast
35	Open 100 Breast
36	13-14 100 Back
37	Open 100 Back
38	13-14 200 Fly
39	Open 200 Fly
40	13-14 100 Free
41	Open 100 Free
	Break
42	Open 100 IM

Session 5 – 12:00 warm-up/12:45 start

Event #	Event (Mixed)
43	11-12 100 Free
44	10-Under 200 IM
45	11-12 200 Breast
46	10-Under 25 Free
47	10-Under 100 Free
48	11-12 50 Free
49	10-under 50 Fly
50	11-12 100 Fly
51	10-Under 25 Breast
52	10-Under 100 Breast
53	11-12 50 Breast
54	10-Under 50 Back
55	11-12 100 Back
	Break
56	11-12 500 Free

Swimmers may swim up to 4 Events per day