

Northern TRIBS Swimming, Inc.

2023 NORTH COUNTRY INVITATIONAL

Saturday and Sunday, December 2-3, 2023

SUNY Potsdam, Maxcy Hall Pool
4 Tupper Lake Drive, Potsdam, NY 13676

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction #AD24-002
Don Lipkin, General Chairman.
In granting this sanction 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: Northern TRIBS Swimming, Inc.

Place: SUNY Potsdam, Maxcy Hall Pool; Tupper Lake Drive; Potsdam, NY 13676
Short Course 25 Yard Pool, 6 Lanes... Continuous warm up pool... Colorado automatic timing, 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 10'0" and Five (5) Meters 7'00" from Start End of Pool.
Depth of Pool at One (1) Meter 4'00" and Five (5) Meters 4'00" from Turn End of Pool.

Time:

Saturday

Session	Age Groups	Warm-up Time	Meet Start Time	Positive Check-In
Session 1	12 & Under	10:00 AM	11:00 AM	<u>ALL</u> by 10:00 AM
Session 2	13 & Over	2:00 PM	2:30 PM	<u>ALL</u> by 2:00 PM
Session 3	Open 500 13 & Over 400 IM and 1650	4:30 PM	5:00 PM	<u>ALL</u> by 4:30 PM

Sunday

Session	Age Groups	Warm-up Time	Meet Start Time	Positive Check-In
Session 4	12 & Under	8:00 AM	9:00 AM	<u>ALL</u> by 8:00 AM
Session 5	13 & Over	12:00 PM	12:30 PM	<u>ALL</u> by 12:00 PM

Meet Director and Entry Coordinator:

Joshua Jock

jjock@goTRIBS.org

(518) 524-1295

Meet Referee:

JoAnn Faucett

faucettim@aol.com

(518) 496-6136

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 2, 2023

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 jjock@goTRIBS.org.

Team entries must be received by **Wednesday, November 28, 2023. Custom times are preferable over NT entries.**

Please be certain you receive a reply confirming receipt of your entries; follow up if you do NOT receive a reply.

The host team reserves the right to enter its own swimmers in the meet at any time. If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. 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. **Attending teams will be notified of any changes via email and all changes will be posted to the AD Web Site.** Any fees paid for cut entries will be refunded. If you have any questions or need any help, please contact Joshua Jock at (518) 524-1295.

This meet will have 5 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. Mixed Gender Relays must consist of two (2) males and two (2) females. Swimmers in Session 3 must be entered with a time that is faster than the cut-off time. Warm-up for Session 2, 3 and 5 will follow directly after the conclusion of their previous session, starting no later than the times listed above.

Events will be scored by the Hy-Tek Age Group Point System to determine High-Point Age Group Winners.

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 arrangement 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

All registrations are completed using the USA Swimming Online Member Registration (OMR) system.

Refer to the AD web site, "USA-S Registrations" page for information.

Adirondack Meets are reconciled for current USA Swimming Registration. Unregistered or expired swimmers will be removed from the meet.

Athletes 18 or older MUST have completed the APT to be compliant and allowed to swim in meet.

AD swimmers must have Confirmed Birthdates to swim age specific events.

Legal ID must be sent to the LSC Registrar for new members or members new to AD.

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

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. Fly-over starts will be in use; please inform your swimmers prior to the meet. **8 & Under swimmers are to line up in the bull pen area for 25-yard events only. The starting blocks are on a narrow bulkhead therefore bulkhead traffic is one-way. Swimmers will line up in heats on one side of the bulkhead and exit in the direction of the starter. Only one heat will be allowed on the bulkhead at a time.** Session 3 events: 500 Freestyle, 400 IM and 1650 swimmers must provide their own timer. Swimmers in the 500 Freestyle and the 1650 must provide their own counters. If necessary 5-minute breaks between events may be added into any session.

Cut Times for Distance events 54-56

Event 54 Girls 10&U 500 Free	8:26.09
Event 54 Girls 11-12 500 Free	7:09.09
Event 54 Girls 13-14 500 Free	6:49.39
Event 54 Girls 15&O 500 Free	6:49.39
Event 54 Boys 10&U 500 Free	8:16.69
Event 54 Boys 11-12 500 Free	6:57.29
Event 54 Boys 13-14 500 Free	6:26.59
Event 54 Boys 15&O 500 Free	6:26.59
Event 55 Girls 13-14 400 IM	6:05.79
Event 55 Girls 15&O 400 IM	6:05.79
Event 55 Boys 13-14 400 IM	5:41.79
Event 55 Boys 15&O 400 IM	5:41.79
Event 56 Girls 13-14 1650 Free	23:23.49
Event 56 Girls 15&O 1650 Free	23:23.49
Event 56 Boys 13-14 1650 Free	22:18.89
Event 56 Boys 15&O 1650 Free	22:18.89

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. A warmup schedule will be posted after 11/28/23 on the Adirondack website (www.adirondackswimming.org).

Timers:

Clubs will be required to provide timers based upon their number of entries. All Session 3 swimmers must provide their own timers for the 500 Freestyle, 400 IM and 1650 Freestyle. Lane assignments will be posted to the Adirondack Swimming website (www.adirondackswimming.org) and in the meet program.

Deck Entries:

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

1. Deck Entries are NOT Allowed during Championship Meets
2. The Athlete must be USA-S Registered and show Proof of Registration (those already in the meet have been confirmed as registered).
Acceptable form of Proof of Registration is: Member Card from USA Swimming app.
3. Coach makes the request for entry.
4. All Deck Entries will be allowed at the discretion of a combined decision of the Meet Director and the Meet Referee.
5. Deck Entries are Subject to a \$1.00 Surcharge, Per Entry, which applies to All Entries, Individual or Relays.

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 ADIRONDACK SWIMMING 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.

Host Assumption of Risk Disclaimer Statement:

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.

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Services:

A concession stand will be available throughout the meet. No food is to be consumed on the pool deck. A hospitality room will be available for officials and coaches only in the office off of the pool deck. The host team will be selling meet t-shirts, sweatshirts and miscellaneous swimming supplies. Smoking is not permitted in the building. No glass containers allowed in 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, relays are \$7.00 and there is a \$2.00 per swimmer surcharge. These fees include the travel fund assessment fee which is fifty cents (\$0.50) per individual entry, \$1.00 per relay entry, and \$2.00 per swimmer entered in the meet. **ALL MANUAL ENTRIES, INCLUDING DECK ENTRIES (NON-ELECTRONIC) ARE SUBJECT TO A SURCHARGE OF \$1.00 PER ENTRY, WHICH APPLIES TO INDIVIDUAL OR RELAY ENTRIES.**

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 for 1st – 6th place.

A surprise will be awarded to ALL Heat Winners.

For all Age Group High-Point Winners (8 & Under, 9-10, 11-12, 13-14, and 15 & Over) a special prize will be awarded.

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 the Official's room (Coach Lounge) before the start of the official's meeting.

If you have any questions, please contact Joshua Jock by phone (518) 524-1295 or email jjock@goTRIBS.org.

Hotel Accommodations:

1. [Clarkson Inn](#)
1 Main Street
Potsdam, NY 13676
(315) 265-3050
2. [Hampton Inn Potsdam](#)
169 Market Street
Potsdam, NY 13676
(315) 265-0100
3. [Northern Family Motel](#)
6775 State Highway 56
Potsdam, NY 13676
(315) 265-4640
4. [Potsdam Inn](#)
7518 Us Highway 11
Potsdam, NY 13676
(315) 265-0709
5. [Scottish Inns Potsdam](#)
7575 Us Highway 11
Potsdam, NY 13676
(315) 265-6700

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 4 Tupper Lake Drive, Potsdam, NY 13676

Session 1 – Saturday AM

WARM-UPS 10:00 AM...POSITIVE CHECK-IN BY 10:00 AM...SESSION BEGINS 11:00 AM

GIRLS EVENTS	QUALIFING TIMES	AGE GROUP	EVENT DESCRIPTION	QUALIFING TIMES	BOYS EVENTS
1		11 – 12	100 IM		2
3		10 & Under	100 Butterfly		4
5		8 & Under	25 Backstroke		6
7		11 – 12	50 Freestyle		8
9		9 – 10	50 Backstroke		10
11		8 & Under	25 Breaststroke		12
13		11 – 12	200 Breaststroke		14
15		10 & Under	200 IM		16
17		8 & Under	50 Butterfly		18
19		11 – 12	100 Backstroke		20
21		9 – 10	50 Breaststroke		22
23		8 & Under	100 IM		24
25		11 – 12	100 Butterfly		26
27		9 – 10	100 Freestyle		28
29		11 – 12	50 Breaststroke		30
31		8 & Under	50 Freestyle		32
33		11 – 12	200 Freestyle		34
35		10 & Under	200 Medley Relay		36
37	Must have (2) Males and (2) Females	10 & Under	200 Mixed Medley Relay	Must have (2) Males and (2) Females	37
38		11 – 12	200 Medley Relay		39
40	Must have (2) Males and (2) Females	11 – 12	200 Mixed Medley Relay	Must have (2) Males and (2) Females	40

Session 2 – Saturday PM

WARM-UP APPROX 2:00 PM...POSITIVE CHECK-IN BY 2:00 PM...SESSION BEGINS NO LATER THAN 2:30 PM

GIRLS EVENTS	QUALIFING TIMES	AGE GROUP	EVENT DESCRIPTION	QUALIFING TIMES	BOYS EVENTS
41		13 & Over	200 Freestyle		42
43		13 & Over	100 Breaststroke		44
45		13 & Over	200 Butterfly		46
47		13 & Over	50 Freestyle		48
49		13 & Over	100 Backstroke		50
51		13 & Over	200 Medley Relay		52
53	Must have (2) Males and (2) Females	13 & Over	200 Mixed Medley Relay	Must have (2) Males and (2) Females	53

Session 3 – Saturday Distance

WARM-UP APPROX 4:30 PM...POSITIVE CHECK-IN BY 4:30 PM...SESSION BEGINS NO LATER THAN 5:00 PM

GIRLS EVENTS	QUALIFING TIMES	AGE GROUP	EVENT DESCRIPTION	QUALIFING TIMES	BOYS EVENTS
54	By age group	Open	500 Mixed Freestyle	By age group	54
55	By age group	13 & Over	400 Mixed IM	By age group	55
56	By age group	13 & Over	1650 Mixed Freestyle	By age group	56

Swimmers may enter a maximum of 6 individual events per day plus 1 relay.

Session 4 – Sunday AM

WARM-UP 8:00 AM... POSITIVE CHECK-IN BY 8:00 AM... SESSION BEGINS 9:00 AM

GIRLS EVENTS	QUALIFYING TIMES	AGE GROUP	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
57		11 – 12	200 IM		58
59		10 & Under	100 Backstroke		60
61		8 & Under	50 Breaststroke		62
63		11 – 12	50 Butterfly		64
65		9 – 10	50 Freestyle		66
67		8 & Under	25 Butterfly		68
69		11 – 12	100 Freestyle		70
71		9 – 10	50 Butterfly		72
73		8 & Under	50 Backstroke		74
75		11 – 12	200 Backstroke		76
77		10 & Under	100 Breaststroke		78
79		8 & Under	100 Freestyle		80
81		11 – 12	100 Breaststroke		82
83		9 – 10	100 IM		84
85		8 & Under	25 Freestyle		86
87		11 – 12	50 Backstroke		88
89		10 & Under	200 Freestyle		90
91		11 – 12	200 Butterfly		92
93		10 & Under	200 Free Relay		94
95	Must have (2) Males and (2) Females	10 & Under	200 Mixed Free Relay	Must have (2) Males and (2) Females	95
96		11 – 12	200 Free Relay		97
98	Must have (2) Males and (2) Females	11 – 12	200 Mixed Free Relay	Must have (2) Males and (2) Females	98

Session 5 – Sunday PM

WARM-UP 12:00 PM... POSITIVE CHECK-IN BY 12:00 PM... SESSION BEGINS 12:30 PM

GIRLS EVENTS	QUALIFYING TIMES	AGE GROUP	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
99		13 & Over	200 IM		100
101		13 & Over	100 Butterfly		102
103		13 & Over	200 Backstroke		104
105		13 & Over	100 Freestyle		106
107		13 & Over	200 Breaststroke		108
109		13 & Over	400 Free Relay		110
111	Must have (2) Males and (2) Females	13 & Over	400 Mixed Free Relay	Must have (2) Males and (2) Females	111

**SWIMMERS MAY ENTER A MAXIMUM OF (6) INDIVIDUAL EVENTS PER DAY PLUS (1) RELAY ALLOWING SOME SWIMMERS A MAXIMUM OF (14) EVENTS DURING THIS INVITATIONAL.
 \$4.75 PER INDIVIDUAL EVENT PER ATHLETE FOR ALL ATHLETES
 \$2.00 PER ATHLETE SURCHARGE AND \$7.00 EACH RELAY
 FOR MANUAL ENTRIES, ADD \$1.00 PER ENTRY (INDIVIDUAL OR RELAY)**

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ENTRY FEE CALCULATION SHEET

TEAM NAME _____
CONTACT PERSON _____
PHONE NUMBER _____
E-Mail ADDRESS _____

Number of Positive Check-in Individual Entries	_____	X \$4.75 = \$	_____
Number of Swimmers (Surcharge)	_____	X \$2.00 = \$	_____
Number of Relays	_____	X \$7.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____

Total Amount Due and Enclosed\$ _____

ENTRY DEADLINE... Wednesday, Nov 28, 2023

Email your entries to Joshua Jock: jjock@goTRIBS.org

MAKE CHECKS PAYABLE TO “Northern TRIBS Swimming, Inc.”

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

Northern TRIBS Swimming, Inc.
c/o Joshua Jock
3 Garvin Ave Apt 4
Massena, NY 13662

**Entries will be posted to the meet program upon RECEIPT OF CHECK ONLY.
Northern TRIBS Swimming, Inc. assumes no responsibility
for meet close-out due to late entries.**