

Adirondack Long Course Championships July 17-20, 2025, SUNY Cortland, Cortland, NY

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD25-029
Marco Greico, 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: Sharks Swim Club

Place: Harriet Holsten Pool, SUNY Cortland. 6-lane, 50-Meter Pool. Colorado Timing System.

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

Pool Depths: Depth of Pool at One (1) Meter 15' 0" and Five (5) Meters 14' 0" from Start End of Pool.
Depth of Pool at One (1) Meter 3' 8" and Five (5) Meters 4' 0" from Turn End of Pool.

| Session | Warm-Up Start | Session Start | Positive Check-in |
|--|------------------|---------------|---------------------------------|
| Thursday, July 17 Distance Session | 3:30 pm Warm-Up | 4:30 pm Start | 7/17 – 3:30 pm |
| Friday, July 18 AM 13-Over Prelims Session | 8:00 am Warm-Up | 9:00 am Start | 7/18 – 8:20 am |
| Friday, July 18 12-Under Mid-Session | 1:00 pm Warm-Up | 1:50 pm Start | 7/18 – 1:00 pm |
| Friday, July 18 PM 13-Over Finals Session | 4:30 pm Warm-Up | 5:30 pm Start | 30 minutes after result posting |
| Sat-Sun, July 19-20 13-Over Prelims Sessions | 7:30 am Warm-Up | 8:30 am Start | 6:30 pm previous night |
| Sat-Sun, July 19-20 12-Under Mid-Sessions | 12:30 pm Warm-Up | 1:20 pm Start | 6:30 pm previous night |
| Sat, July 19 13-Over Finals Sessions | 4:30 pm Warm-Up | 5:20 pm Start | 30 minutes after result posting |
| Sun, July 20 13-Over Finals Session | 4:00 pm Warm-Up | 4:50 pm Start | |

Meet Director: Kathleen Sellnow (518) 466-0515 SharkMeetDirector518@gmail.com
Heather Swiecicki (518) 461-3327 heatherswiecicki@gmail.com
Meet Referee: JoAnn Faucett (518) 496-6136 faucettjm@aol.com
Meet Entry Coordinator: Jarrett O'Donnell (518) 231-9058 SharkMeetEntries518@gmail.com

Entry Rules:

- The eligibility of a swimmer will be determined by his or her age on July 17, 2025
- 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 Monday, July 7, 2025
- Entries can be made in SCY, SCM or LCM. Unless otherwise noted, all events will be seeded slow to fast with non-conforming (SCY and SCM) times seeded behind conforming times (LC).
- Swimmers must have a time in SWIMS and be equal to or faster than the qualifying time in order to enter.
- Each swimmer may compete in up to 9 events, not to exceed 3 in one day.
- In the event the meet is oversubscribed, meet management may cut relays in order to curb timeline. If after removing relays, the meet is still oversubscribed, the Meet Director and Meet Referee will work together to determine how to arrange the meet in order to fit in allotted timelines with the best interest of the swimmers in mind.
- Meet management reserves the right to combine events, add breaks, change start times, or make any changes or additions deemed necessary to achieve reasonable timelines. 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.

Bonus Events:

- Any swimmer that qualifies in events on only one or two of the days from Friday to Sunday may enter one bonus event on any day (Friday to Sunday) that they have not qualified, providing they have a time in those events in SWIMS. **400M events do have bonus qualifying standards that must be met in order to swim.**

Eligibility:

- The Adirondack Long Course Championships are open ONLY to athletes who are Adirondack-registered athletes at the time of entry who have reached qualifying times by entry due date.
- **Late entries:** Any swimmers who achieves a qualifying time for the first time between July 7 and July 16 can enter by emailing entry coordinator. Times swum in this period may not be used to update seed times.

CHECK IN:

- This is a positive check in meet. Scratch Sheets will be distributed to ALL Coaches. **Swimmers must check in for ALL events with their coaches.** Scratch Sheets must be turned in at the timing table by the listed deadlines. Swimmers who fail to show up for an event will be disqualified from their next individual event.

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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 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:

- For 13-14 and Senior prelim events, competition will be in 5 lanes, with 1 lane being used for continuous warm-up/warm-down.
- Unless otherwise noted, all preliminary and timed-final events will be seeded slow to fast with non-conforming times swimming first.
- Evening finals sessions will include a break following each GIRLS/BOYS event for athletes to warm-up/warm-down.

Relays:

- All relays will be swum at Prelims.
- Teams may enter up to 2 relays per event.
- There will be no relay-only swimmers allowed in this meet.
- Relays may be limited or removed if timeline necessitates.

Finals and Consolations:

- All 12-Under events will be swum as timed finals. All individual events under 400 meters will be swum slow to fast.
- All 13-14 and Senior events under 400 meters will be swum as trials and finals. The top 6 13-14 swimmers will race at finals. The top 12 Senior swimmers will race at finals – 6 in the Championship Final, 6 in the Consolation Final. If time allows, a consolation final may be added to the 13-14 events, and a 3rd bonus heat may be added to the Senior events.
- The 13-14 and Senior 400 Meter Freestyle and 400 Meter IM will be timed finals, with the top 6 swimmers will race during the Finals session. All others will swim slow to fast in the prelim session.
- Thursday Distance events: For seeding purposes, the 13-14's and Senior events may be combined. In all Thursday events, the heats will be swum fastest to slowest, starting with the fastest heat of girls, followed by the fastest heat of boys, then alternating girls' and boys' heats, and the last heat may be combined. All heats will be swum during Session 1.

Scratches:

- All events will be positive check-in
- Positive Check-In/Scratch sheets will be provided to each team at Meet Check-in. Swimmers who do not show up for an event in which they were seeded will be scratched from their next individual event.
- All timed finals and prelim events require positive check-in. Swimmers who do not check-in by the deadlines listed in the timetable attached will be scratched. Swimmers who positively check in for a timed final event and do not show up for the event, will be disqualified from that event and their next scheduled individual event.
- Swimmers who qualify for finals will have 30 minutes from the posting of the prelims result to scratch or declare their intent to scratch.
- For trial/finals events, this meet will follow the National Championship Scratch Rules as specified in rule 207.11.6 with exception of 207.11.6B and 207.11.6E.4. Specific procedures will be explained at the General Meeting.
- On Sunday evening, any swimmer who is initially announced as qualifying for a final event, excluding alternates, and does not show up to compete (without properly scratching or without being excused by the Referee) will be subjected to a \$50 fine.

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 for Session 2-10.
- Swimmers must provide their own timers for all Session 1 events and lap counters for the 1500 Freestyle.

Deck Entries:

- Deck Entries will NOT be accepted at this meet

Meet Policy:

- Use of Audio or Visual Recording Devices, Including cell phones, 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.

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- 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.

Services:

- Meet programs will be available for purchase. Finals heat sheets will be available prior to each final session.
- A variety of food and drinks will be available for purchase throughout the meet.
- There may be a number of vendors selling t-shirts, sweatshirts, and numerous miscellaneous swimming supplies.
- Food or drinks other than water are not to be consumed in the pool area. Please do not bring any glass containers to the meet facility

TIME TRIALS:

- If time allows, time trials may be held for swimmers attempting to qualify for any meet faster than Zones. Each trial will be \$ 20.00. Coaches must request a time trial from the meet director with the specific attempt to be held at the discretion of the meet director and meet referee. Only those meeting the Current USA-S AA Time Standards may be eligible. The meet director and meet referee reserve the right to refuse trial requests.

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 for 12-Under individual events are \$10 which includes the \$.50 AD travel fund surcharge. Events for 13-14 and Senior individual events are \$15 per individual event, which includes the \$.50 AD travel fund surcharge. Relays are \$20 per relay which includes the \$1.00 AD travel fund surcharge. There is a \$15.00 per swimmer surcharge which includes the \$2 AD travel fund surcharge and \$3 AD LSC Champ surcharge.
- 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.
- Make your entry check payable to Schenectady-Saratoga Swim Club and mail your check and entry summary sheet to the Sharks Business Manager at:
Sharks Business Manager
720 South Market Street
Johnstown, NY 12095
- You must include your check, the meet entry calculation form, and a hard copy of your entry report.
- Entries will be entered to the meet upon receipt of your check.
- Email entry file along with an electronic entry report to: SharkMeetEntries518@gmail.com

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 1st -12th place. Relay event ribbons will be awarded for 1st - 3rd place. Team awards will be given for the top 3 teams. Individual high point awards will be given to the top 3 individuals in each age group.

SCORING:

- Finals and consolations will be scored according to USA Swimming rules:
- **Individual** – 16 -13 -12 -11 -10 -9 -7- 5 - 4 – 3 - 2-1
- **Relays** - 32 -26 -24 -22 -20 -18 -14 -10 – 8 – 6 – 4 –2

Officials:

- There will be an official's meeting conducted promptly 45 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 Director or Meet Referee.

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**Session 1 Thursday, July 17, 2025
WARM-UPS 3:30 PM SESSION BEGINS 4:30 PM**

| GIRLS | Q-TIMES | | | AGE GROUP | EVENT | | Q-TIMES | | BOYS |
|-------|----------|----------|----------|-----------|---------------------------------|----------|----------|----------|------|
| | SCM | Y | LCM | | SCM | LCM | Y | SCM | |
| 1 | 19:57.99 | 19:47.99 | 20:49.99 | Senior | 1500 M Freestyle | 19:59.19 | 18:30.49 | 18:36.49 | 2 |
| | 10:02.99 | 11:28.99 | 11:15.99 | | 1000/800 for mile qualification | 9:59.99 | 11:09.99 | 9:46.99 | |
| 3 | 20:27.99 | 20:19.99 | 21:29.99 | 13-14 | 1500 M Freestyle | 20:41.99 | 19:29.99 | 19:36.99 | 4 |
| | 10:29.29 | 11:56.99 | 11:44.99 | | 1000/800 for mile qualification | 11:24.99 | 11:34.99 | 10:11.29 | |
| 5 | 6:33.99 | 7:29.99 | 7:09.99 | 10-U | 400 M Freestyle | 7:09.99 | 7:29.99 | 6:33.99 | 6 |
| 7 | 5:51.99 | 6:49.99 | 6:19.99 | 11-12 | 400 M Freestyle | 6:19.99 | 6:49.99 | 5:51.99 | 8 |

**Session 2 Friday, July 18, 2025
WARM-UPS 8:00 AM SESSION BEGINS 9:00 AM**

| GIRLS | Q-TIMES | | | AGE GROUP | EVENT | QTIMES | | | BOYS |
|-------|---------|----------------|---------|-----------|--------------------|---------|----------------|---------|------|
| | SCM | Y | LCM | | | LCM | Y | SCM | |
| 9 | 2:31.99 | 2:16.99 | 2:37.99 | 13-14 | 200 M Freestyle | 2:36.99 | 2:15.99 | 2:30.99 | 10 |
| 11 | 2:21.99 | 2:03.99 | 2:28.59 | Senior | 200 M Freestyle | 2:23.99 | 1:59.99 | 2:13.99 | 12 |
| 13 | 3:21.99 | 3:03.99 | 3:39.99 | 13-14 | 200 M Breaststroke | 3:39.99 | 3:03.99 | 3:21.99 | 14 |
| 15 | 3:08.99 | 2:51.99 | 3:27.99 | Senior | 200 M Breaststroke | 3:09.99 | 2:35.99 | 2:53.99 | 16 |
| 17 | 1:17.99 | 1:11.99 | 1:24.99 | 13-14 | 100 M Butterfly | 1:22.99 | 1:09.99 | 1:15.99 | 18 |
| 19 | 1:12.49 | 1:06.49 | 1:18.99 | Senior | 100 M Butterfly | 1:11.99 | 59.99 | 1:05.99 | 20 |
| 21 | 5:52.99 | 5:17.99 | 6:01.99 | 13-14 | 400 M IM | 5:54.99 | 5:17.99 | 5:52.99 | 22 |
| | 5:56.99 | 5:21.99 | 6:06.99 | | Bonus Qual Time | 5:59.99 | 5:21.99 | 5:56.99 | |
| 23 | 5:40.99 | 5:09.99 | 5:54.99 | Senior | 400 M IM | 5:39.99 | 4:49.99 | 5:20.99 | 24 |
| | 5:44.89 | 5:13.99 | 5:55.99 | | Bonus Qual Time | 5:44.99 | 4:53.99 | 5:24.99 | |
| 25 | | Max 2 per team | | 13-14 | 200 M Free Relay | | Max 2 per team | | 26 |
| 27 | | Max 2 per team | | Senior | 200 M Free Relay | | Max 2 per team | | 28 |

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**Session 3 Friday, July 18, 2025
WARM-UPS 1:00 PM SESSION BEGINS 1:50 PM**

| GIRLS | Q-TIMES | | | AGE GROUP | EVENT | Q-TIMES | | | BOYS |
|-------|---------|----------------|---------|-----------|--------------------|---------|----------------|---------|------|
| | SCM | Y | LCM | | | LCM | Y | SCM | |
| 29 | 36.49 | 32.59 | 38.39 | 11-12 | 50 M Freestyle | 37.49 | 32.59 | 36.49 | 30 |
| 31 | 44.89 | 39.99 | 45.99 | 10-Under | 50 M Freestyle | 45.99 | 39.99 | 44.89 | 32 |
| 33 | 1:46.99 | 1:39.99 | 1:52.99 | 11-12 | 100 M Breaststroke | 1:52.99 | 1:39.99 | 1:46.99 | 34 |
| 35 | 59.09 | 54.99 | 1:04.99 | 10-Under | 50 M Breaststroke | 1:04.99 | 54.99 | 59.09 | 36 |
| 37 | 3:24.99 | 2:53.99 | 3:29.49 | 11-12 | 200 M Backstroke | 3:19.99 | 2:48.99 | 3:19.49 | 38 |
| 39 | 1:56.99 | 1:49.99 | 2:06.99 | 10-Under | 100 M Backstroke | 2:06.99 | 1:49.99 | 1:56.99 | 40 |
| 41 | 41.99 | 37.99 | 45.99 | 11-12 | 50 M Butterfly | 45.99 | 37.99 | 41.99 | 42 |
| 43 | | Max 2 per team | | 10-Under | 400 Free Relay | | Max 2 per team | | 44 |
| 45 | | Max 2 per team | | 11-12 | 400 Free Relay | | Max 2 per team | | 46 |

**Session 5 Saturday, July 19, 2025
WARM-UPS 7:30 AM SESSION BEGINS 8:30 AM**

| GIRLS | Q-TIMES | | | AGE GROUP | EVENT | Q-TIMES | | | BOYS |
|-------|---------|----------------|---------|-----------|--------------------|---------|----------------|---------|------|
| | SCM | Y | LCM | | | LCM | Y | SCM | |
| 47 | 3:16.99 | 2:59.99 | 3:39.99 | 13-14 | 200 M Butterfly | 3:39.99 | 2:59.99 | 3:16.99 | 48 |
| 49 | 3:05.99 | 2:49.99 | 3:29.99 | Senior | 200 M Butterfly | 3:09.99 | 2:39.99 | 2:55.99 | 50 |
| 51 | 32.99 | 29.19 | 33.49 | 13-14 | 50 M Freestyle | 32.99 | 28.79 | 32.99 | 52 |
| 53 | 31.19 | 27.79 | 31.49 | Senior | 50 M Freestyle | 28.99 | 25.49 | 29.09 | 54 |
| 55 | 1:17.99 | 1:11.99 | 1:24.49 | 13-14 | 100 M Backstroke | 1:20.99 | 1:07.99 | 1:13.99 | 56 |
| 57 | 1:12.99 | 1:05.49 | 1:19.99 | Senior | 100 M Backstroke | 1:15.99 | 1:02.49 | 1:08.49 | 58 |
| 59 | 5:15.99 | 5:49.99 | 5:21.99 | 13-14 | 400 M Freestyle | 5:22.99 | 5:42.99 | 5:16.99 | 60 |
| | 5:19.99 | 5:53.99 | 5:26.99 | | Bonus Qual Time | 5:23.99 | 5:43.99 | 5:17.99 | |
| 61 | 5:03.99 | 5:36.99 | 5:09.99 | Senior | 400 M Freestyle | 4:51.99 | 5:19.99 | 4:45.99 | 62 |
| | 5:07.99 | 5:40.99 | 5:14.99 | | Bonus Qual Time | 4:56.99 | 5:23.99 | 5:03.99 | |
| 63 | | Max 2 per team | | Senior | 400 M Medley Relay | | Max 2 per team | | 64 |
| 65 | | Max 2 per team | | 13-14 | 400 M Medley Relay | | Max 2 per team | | 66 |

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**Session 6 Saturday, July 19, 2025
WARM-UPS 12:30 PM SESSION BEGINS 1:20 PM**

| GIRLS | Q-TIMES | | | AGE GROUP | EVENT | Q-TIMES | | | BOYS |
|-------|---------|----------------|---------|-----------|--------------------|---------|----------------|---------|------|
| | SCM | Y | LCM | | | LCM | Y | SCM | |
| 67 | 2:52.99 | 2:36.99 | 3:02.99 | 11-12 | 200 M Freestyle | 3:02.99 | 2:36.99 | 2:52.99 | 68 |
| 69 | 1:35.99 | 1:29.99 | 1:45.99 | 10-Under | 100 M Freestyle | 1:45.99 | 1:29.99 | 1:35.99 | 70 |
| 71 | 1:45.99 | 1:39.99 | 1:56.99 | 11-12 | 100 M Butterfly | 1:56.99 | 1:39.99 | 1:45.99 | 72 |
| 73 | 50.99 | 46.99 | 54.99 | 10-Under | 50 M Butterfly | 54.99 | 46.99 | 50.99 | 74 |
| 75 | 3:36.99 | 3:19.99 | 3:55.99 | 11-12 | 200 M Breaststroke | 3:55.99 | 3:19.99 | 3:36.99 | 76 |
| 77 | 2:04.49 | 1:57.99 | 2:14.79 | 10-Under | 100 M Breaststroke | 2:10.99 | 1:57.99 | 2:04.49 | 78 |
| 79 | 42.89 | 38.99 | 44.99 | 11-12 | 50 M Backstroke | 44.99 | 38.99 | 42.89 | 80 |
| 81 | 3:52.99 | 3:34.99 | 4:09.39 | 10-Under | 200 M IM | 4:06.19 | 3:34.99 | 3:52.99 | 82 |
| 83 | 3:21.09 | 2:50.99 | 3:26.09 | 11-12 | 200 M IM | 3:23.79 | 2:48.99 | 3:18.79 | 84 |
| 85 | | Max 2 per team | | 10-Under | 200 M Medley Relay | | Max 2 per team | | 86 |
| 87 | | Max 2 per team | | 11-12 | 200 M Medley Relay | | Max 2 per team | | 88 |

**Session 8 Sunday, July 20, 2025
WARM-UPS 7:30 AM SESSION BEGINS 8:30 AM**

| GIRLS | Q-TIMES | | | AGE GROUP | EVENT | Q-TIMES | | | BOYS |
|-------|---------|----------------|---------|-----------|--------------------|---------|----------------|---------|------|
| | SCM | Y | LCM | | | LCM | Y | SCM | |
| 89 | 2:53.99 | 2:37.99 | 3:00.99 | 13-14 | 200 M Backstroke | 2:52.99 | 2:29.99 | 2:45.99 | 90 |
| 91 | 2:40.99 | 2:24.99 | 2:50.99 | Senior | 200 M Backstroke | 2:38.99 | 2:14.99 | 2:30.99 | 92 |
| 93 | 1:29.99 | 1:23.99 | 1:37.99 | 13-14 | 100 M Breaststroke | 1:33.99 | 1:19.99 | 1:25.99 | 94 |
| 95 | 1:25.99 | 1:19.49 | 1:32.49 | Senior | 100 M Breaststroke | 1:25.49 | 1:12.49 | 1:18.49 | 96 |
| 97 | 1:08.99 | 1:02.99 | 1:12.99 | 13-14 | 100 M Freestyle | 1:10.99 | 59.99 | 1:05.99 | 98 |
| 99 | 1:04.99 | 58.99 | 1:09.99 | Senior | 100 M Freestyle | 1:04.59 | 53.99 | 59.99 | 100 |
| 101 | 2:48.99 | 2:32.99 | 3:04.99 | 13-14 | 200 M IM | 2:55.99 | 2:25.99 | 2:41.99 | 102 |
| 103 | 2:40.00 | 2:24.99 | 2:52.99 | Senior | 200 M IM | 2:40.99 | 2:13.99 | 2:30.99 | 104 |
| 105 | | Max 2 per team | | 13-14 | 400 M Free Relay | | Max 2 per team | | 106 |
| 107 | | Max 2 per team | | Senior | 400 M Free Relay | | Max 2 per team | | 108 |

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**Session 9 Sunday, July 20, 2025
WARM-UPS 12:30 PM SESSION BEGINS 1:20 PM**

| GIRLS | Q-TIMES | | | AGE GROUP | EVENT | Q-TIMES | | | BOYS |
|-------|---------|----------------|---------|-----------|-------------------|---------|----------------|---------|------|
| | SCM | Y | LCM | | | LCM | Y | SCM | |
| 109 | 1:17.49 | 1:11.49 | 1:24.09 | 11-12 | 100 M Freestyle | 1:23.99 | 1:11.49 | 1:17.49 | 110 |
| 111 | 3:25.99 | 3:09.99Y | 3:45.79 | 10-Under | 200 M Freestyle | 3:39.99 | 3:09.99 | 3:25.99 | 112 |
| 113 | 47.89 | 43.99 | 49.99 | 11-12 | 50 M Breaststroke | 49.99 | 43.99Y | 47.89 | 114 |
| 115 | 47.99 | 43.99 | 54.89 | 10-Under | 50 M Backstroke | 55.29 | 43.99 | 47.99 | 116 |
| 117 | 3:38.99 | 3:19.99 | 3:49.99 | 11-12 | 200 M Butterfly | 3:49.99 | 3:19.99 | 3:38.99 | 118 |
| 119 | 2:00.99 | 1:49.99 | 2:09.99 | 10-Under | 100 M Butterfly | 2:07.09 | 1:49.99 | 2:00.99 | 120 |
| 121 | 1:29.99 | 1:23.99 | 1:38.69 | 11-12 | 100 M Backstroke | 1:35.99 | 1:23.99 | 1:29.99 | 122 |
| 123 | | Max 2 per team | | 10-Under | 200 Free Relay | | Max 2 per team | | 124 |
| 125 | | Max 2 per team | | 11-12 | 200 Free Relay | | Max 2 per team | | 126 |

Each Swimmer May Swim A Maximum of 3 Events Per Day Plus 1 Relay, not to exceed 9 individual events for the meet

Sharks Swim Club

ENTRY FEE CALCULATION SHEET AD Long Course Championships, SUNY Cortland

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

| | | | |
|---|-------|----------------|-------|
| Number of Individual Entries 13 & Over | _____ | X \$15.00 = \$ | _____ |
| Number of Individual Entries 12 & Under | _____ | X \$10.00 = \$ | _____ |
| Number of Swimmers | _____ | X \$15.00 = \$ | _____ |
| Number of Relays | _____ | X \$20.00 = \$ | _____ |
| Number of Manual (non-electronic) Entries | _____ | X \$1.00 = \$ | _____ |

Total Amount Due and Enclosed\$ _____

ENTRY DEADLINE.. July 7, 2025

*MAKE CHECKS PAYABLE TO Sharks Swim Club
mail along with this form and a hard copy of entry report to:*

Sharks Business Manager
720 South Market Street
Johnstown, NY 12095

Email your entries along with electronic copy of entry report to the Meet
Entry Coordinator:

SharkMeetEntries518@gmail.com