

Loon Lake “Into the Woods” Open Water Swim
Glens Falls YMCA
August 9th 2025 Loon Lake, NY

SANCTION – AD25-025	This meet is held under the sanction of USA Swimming and Adirondack LSC	
HOSTED BY	Glens Falls Gators GLFY	
LOCATION	Loon Lake Public Beach 6307 State Route 9 Chestertown, NY 12817	
SPECTATOR ADMISSION	NA	
MEET DIRECTOR	Dennie Wilson	
ENTRY CHAIR	Dennie Wilson	
MEET REFEREE	Bob Singer	
SAFETY MONITOR	Gary Slusher	
TIMING SYSTEM	Web scorer	
ELIGIBILITY	Swimmer(s) must be registered with USA Swimming or USMS to be accepted into this meet. Age as of 08/09/25 shall determine the swimmer's age for the Open Water Championships.	
INDIVIDUAL COMPETITION	AGE	DISTANCE
	Open	1.5 KM , .8 KM & .4 KM
	15-16	1.5 KM , .8 KM & .4 KM
	13-14	1.5 KM , .8 KM & .4 KM
	11-12	1.5 KM , .8 KM & .4 KM
	10&U	1.5 KM , .8 KM & .4 KM
	Individual Events - Swimmers will compete as individuals.	
INDIVIDUAL EVENTS	DATE	
.4 KM	Check-in 8:30AM Pre-race Briefing 8:45AM Inspection and Roll Call 8:45AM Start 9:00AM	
.8 KM	Check-in 8:30AM Pre-race Briefing 9:15AM Inspection and Roll Call 9:15AM Start 9:30AM	
1. KM	Check-in 8:30AM Pre-race Briefing 10:15AM Inspection and Roll Call 10:15AM Start 10:30AM	

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CHECK-IN	Swimmers must report to the check-in table appropriate for their age and sex and report to the Meet Volunteer that they are present and prepared to swim. At that time, the swimmers will regard instructions for the competition deemed necessary.
MARKING	Marking will take place during check in on arm and caps.
WARM-UP PROCEDURE	An area adjacent to the competition will be available for continuous warm-up and warm-down during competition. Swimmers found in the water outside of the designated area and not engaged in competition will be scratched from the meet regardless of whether or not they have completed their events.
START/FINISH	The start and Finish will be from the beach with zero depth entry.
TIME LIMITS	Swimmers not completing the racecourse within 30 minutes of the first athlete to cross the line will be notified that the race is over and that they must leave the water at that time. Results will show their time as Did Not Finish (DNF) and will not be eligible for awards.

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SAFETY CONDITIONS	If the swimming conditions are not deemed safe (too much bacteria, debris, etc.), the meet will be canceled. This decision will be made by August 8th 2025 at 9:00AM and will be posted to the Glens Falls YMCA website https://www.glensfallsymca.org.
ESCORT SAFETY CRAFT	Coaches, or designated personnel by a swimmer, are not allowed on the lake with any escort safety craft. The Meet Referee, Meet Director, Entry Chair or Lifeguards can only designate who is on the course at any given time.
SAFETY PROCEDURES	There will be a mandatory Pre-Race Briefing held 15 minutes before competition begins to discuss the course, rules and safety procedures. The Referee will remove any swimmer from competition who does not attend the pre-race briefing or is found to be inattentive during the briefing. Course will be patrolled by qualified safety personnel. For safety reasons, participants should be adequately trained for open water competition. The safety patrol or lifeguards reserve the right to remove any swimmer from the course. Previous open water experience is recommended. Safety watercrafts and lifeguards on paddleboards will monitor the entire course. Swimmers must wear body-marked race numbers on arms for identification. The safety of swimmers is our primary concern. Therefore, this event may be delayed or canceled due to poor conditions. The following have the authority to independently pull the sanction (stop the meet) at any time for safety reasons: Gary Slusher US Coast Guard Auxilliary, Bob Singer Referee and Dennie Wilson Event Director.
MEDICAL FACILITY	Glens Falls Hospital 100 Park Street Glens Falls NY 12801
SAFE SPORT	
MAAPP Option 1:	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.
MAAPP Option 2:	Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.
RECORDING DEVICES	Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.
CHANGING AREAS	Except where venue facilities require otherwise, changing into or out of swimsuits other than changing facilities, or other designated areas, is not appropriate and is strongly discourages/prohibited. DECK CHANGING IS PROHIBITED.
DRONES	Operation of a drone, or any other flying apparatus, is prohibited over the venue (beach, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present
SCORING AND AWARDS	
SCORING	Individual events Will be conducted with Webscorer and a portable tablet.

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AWARDS	Individual Events	
ENTRIES		
ENTRY FEES	\$40 for fist individual event \$10 for each additional event	
	All Registration will be made on line via our website.	
If any team has unpaid fees at the start of competition, the entire team will be scratched		
DECK ENTRIES	No deck entries accepted	
ENTRY PROCEDURES & DEADLINE	Entries and Fees must be received on or before August 9th 2025.	
	An Entry Report and Exception report (if any) back to entering club/unattached swimmer by Wednesday, September 20 at 8:00 p.m. via e-mail.	
	The e-mailed Entry Report sent to you confirming your entry, along with all subsequent Entry Reports notifying you of changed or updated entries, shall be the official record of your entry. No other information will be considered if there is an entry error or discrepancy.	
	IMPORTANT REMINDER Entering clubs/swimmers need to check all data BEFORE submitting. Entering club with unattached swimmer also needs to check all entry reports (and any exception reports) that the host returns. It is the responsibility of the entering club/unattached swimmer to heed deadlines and be responsible for the accuracy of entries.	
ATHLETE ATTITUDE	Athlete conduct will be governed by Part Seven of the USA Swimming Rules and Regulations Handbook. Intentional obstruction, interference or intentional contact with another swimmer may be deemed "Unsporting Impedance" and lead to disqualification. Swimmers shall maintain clearance from other swimmers except at the start, turn, and the finish or where the course or race conditions dictate otherwise. Parents and swimmers should be advised there are a significant number of entrants, open water swimming may be expected to involve inadvertent contact with other swimmers. It is important that swimmers keep a cool head while in the water	
DISABILITY ATHLETES	We welcome registered athletes with cognitive or physical disabilities, and the Referee will make reasonable accommodations to facilitate participation. Please notify the Meet Director or the Meet Referee in advance, to allow us to understand the nature of any accommodation being requested.	
RULES	The current USA Swimming open water rules will govern the Meet as outlined in Part Seven of the USA Swimming Rules and Regulations Handbook. <i>USA Swimming Rules 202.3.2 - At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a</i>	

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	<i>USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee shall assist the athlete in making arrangements for such supervision.</i>
SWIMWEAR	Swimwear must comply with section 701.4 of the 2025 USA Swimming Rule book.
FINAL RESULTS	Final results file will be posted www.glensfallsymca.org
PARKING	Parking will be available at the Loon Lake public beach.

OPEN WATER EVENTS

BOYS EVENT #	AGE	DISTANCE	TYPE	GIRLS EVENT #
1	Open	1.5 KM, .8 KM, .4 KM	Individual	2
3	15-16	1.5 KM, .8 KM, .4 KM	Individual	4
5	13-14	1.5 KM, .8 KM, .4 KM	Individual	6
7	11-12	1.5 KM, .8 KM, .4 KM	Individual	8
9	10&U	1.5 KM, .8 KM, .4 KM	Individual	10

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ENTRY SUMMARY and WAIVER

Please fill out the information requested below and submit with your payment.

Make checks payable to Saratoga Regional YMCA. Thank you.

Send to: Dennie Wilson
 600 Glen Street
 Glens Falls NY 12801

NAME OF CLUB _____ **CODE** _____

Number of individual entries _____ **X** **\$40.00 for 1st event** **=**
+\$10.00 each additional
event per person _____

TOTAL AMOUNT ENCLOSED: _____

NAME of Participant _____

ADDRESS _____

CITY - STATE - ZIP _____

Parent Names _____

Parent Phone Number _____

Parent Email _____

Participant Birthday _____

Release and Hold Harmless Agreement

In consideration of being permitted to participate in this swim meet, and for other good and valuable consideration, the undersigned, for himself, his successors and assigns, hereby releases and forever discharges **Saratoga Regional YMCA, Adirondack Swimming**, and its Board of Directors, USA Swimming Inc., **Town of Chester** and each of their respective officers, agents, employees, members, successors, and any other persons in any way connected with this meet, from any and all liabilities, claims, demands, actions, or causes of action of whatever kind of character arising out of or in connection with said event.

Further, the undersigned shall indemnify and hold harmless **Saratoga Regional YMCA** and **Adirondack Swimming**, USA Swimming Inc., **Town of Chester** and the officers, trustees, agents, employees, and members of the foregoing and all other persons in any way and claims arising out of or in connection with any injury, including death, or alleged injury of damage to property sustained or alleged to have sustained in connection with or to have arisen out of said event.

Signature of Club Official/Coach _____

Date _____

Did you include?

- ☐ Entries Printed
☐ Check for entries
☐ This completed form and membership meet entry form

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USA SWIMMING MEMBERSHIP MEET ENTRY FORM

Meet Name: **Loon Lake Into the Woods Open Water Swim**
Location: **Loon Lake Public Beach Chestertown, NY**
Date: **August 9th 2025**

PLEASE RETURN THIS FORM WITH YOUR ENTRY FORMS

The undersigned team representative certifies by his/her signature that all athletes participating for or entered by the team in this sanctioned swim meet are currently member athletes of USA Swimming, Inc. The undersigned further certifies that any person appearing on deck in this meet in the capacity of coach is currently a coach member of USA Swimming, Inc.

TEAM: _____ **DATE:** _____

Parent PRINTED NAME: _____

Parent SIGNATURE: _____

**No entrant will be permitted to compete unless the entrant is a member as provided in Article 302
Held under the sanction of USA Swimming**