

Northern TRIBS Swimming, Inc.

North Country Invitational

Saturday and Sunday, December 6 & 7, 2025
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 #AD26-003
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: 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	<u>ALL</u>	12:00 PM	1:00 PM	<u>ALL</u> by 12:00 PM
Session 2	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 3	<u>ALL</u>	9:00 AM	10:00 AM	<u>ALL</u> by 9:00 AM

Meet Director and Entry Coordinator:

Joshua Jock

jjock@goTRIBS.org

(518) 524-1295

Meet Referee:

Stephen Plapp

seplapp@comcast.net

(904) 994-1110

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 6, 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 jjock@goTRIBS.org.

Team entries must be received by **Monday, December 1, 2025**. 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 3 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. Warm-up for Session 2 will follow directly after the conclusion of the previous session for 30 minutes, 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 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

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. **10 & 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 the starter side of the bulkhead and exit in the opposite direction of the starter. Only one heat will be allowed on the bulkhead at a time.

Session 2 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.

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 2 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.

Services:

A hospitality room will be available for officials and coaches. The host team will be selling t-shirts, sweatshirts and miscellaneous swim gear. 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:

A surprise will be awarded to ALL Heat Winners.

For all Age Group High-Point Winners (8 & Under, 9-10, 11-12, 13-14, 15-16, 17-18, and 19 & 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 45 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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 SUNY Potsdam, Maxcy Hall Pool
 4 Tupper Lake Drive, Potsdam, NY 13676

Session 1 – Saturday PM

WARM-UPS 12:00 PM...POSITIVE CHECK-IN BY 12:00 PM...SESSION BEGINS AT 1:00 PM

EVENTS	AGE GROUP	EVENT DESCRIPTION
1 Female 2 Male	Open	200 Medley Relay
3 Mixed	Open	200 Medley Relay Must have (2) Males and (2) Females
4 Mixed	Open	200 Free
5 Mixed	14 & Under	100 IM
6 Mixed	10 & Under	25 Free
7 Mixed	Open	50 Back
8 Mixed	Open	100 Breast
9 Mixed	Open	200 Fly
10 Mixed	10 & Under	25 Fly
11 Mixed	Open	50 Breast
12 Mixed	Open	100 Back
13 Female 14 Male	Open	400 Free Relay
15 Mixed	Open	400 Medley Relay Must have (2) Males and (2) Females

Session 2 – Saturday Distance

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

EVENTS	AGE GROUP	EVENT DESCRIPTION
16 Mixed	Open	500 Freestyle
17 Mixed	11 & Over	400 IM
18 Mixed	11 & Over	1650 Freestyle

Swimmers may enter a maximum of 6 individual events per day plus 2 relays.

Session 3 – Sunday AM

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

EVENTS	AGE GROUP	EVENT DESCRIPTION
19 Mixed	Open	50 Free
20 Mixed	Open	200 IM
21 Mixed	10 & Under	25 Breast
22 Mixed	Open	50 Fly
23 Mixed	Open	100 Free
24 Mixed	Open	200 Back
25 Mixed	10 & Under	25 Back
26 Mixed	Open	100 Fly
27 Mixed	Open	200 Breast
28 Female 29 Male	Open	200 Free Relay
30 Mixed	Open	200 Mixed Free Relay Must have (2) Males and (2) Females

**SWIMMERS MAY ENTER A MAXIMUM OF (6) INDIVIDUAL EVENTS PER DAY PLUS (2) RELAY
ALLOWING SOME SWIMMERS A MAXIMUM OF (15) COMBINED 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... Monday, Dec 1, 2025

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.**