

Christopher Goody Sunday Mini-Meet

January 18, 2026 Union College

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD26-023
Sean Caron, 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: Union College, Alumni Gymnasium Pool, 807 Union Street Schenectady, NY 12308
25 Yard, 8 Lane Pool, and Continuous Warm Up Pool - with Colorado timing systems and displays.
Continuous warm-up warm-down time is provided.
This competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: From Start End of Pool, depth of Pool at One (1) Meter is 10'0" and at Five (5) Meters is 13'0"
From Turn End of Pool, depth of Pool at One (1) Meter is 6'6" and at Five (5) Meters is 6'9"

Time:

Sunday, January 18, 2026				
	Ages	Positive Check-In Deadline	Warm-Up	Meet Start
Session 1	ALL Ages	NA	1:00 pm	1:30 pm

Meet Directors: Kristina Matthews (518) 698-5504 - sharkregistrar518@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 **January 18, 2026**.
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 **January 16, 2026, at 5:00PM**.
Please be certain you receive a reply confirming receipt of your entries within 48 hours; follow up if you do NOT receive a reply.

If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. The meet may be rearranged into additional sessions. 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.

Entries will be accepted on a first come, first served basis. If the host team receives more entries than expected, it may be closed to further entries before the due date. Subscription may also result in meet and/or session start times being rescheduled, and sessions being split and/or added. Attending teams will be notified of any cuts or changes via email and all changes will be posted to the AD Web Site. 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.

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:

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.

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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.

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.

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:

\$7 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.

Spectators:

Spectators will be permitted in accordance with facility limitations

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SESSION 1 ... DAY 1 WARM-UPS 1:00 PM ... SESSION BEGINS 1:30 PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	10&Under	100 Freestyle	2
3	11&Over	100 Freestyle	4
5	8&Under	25 Freestyle	6
7	10&Under	50 Breaststroke	8
9	11&Over	50 Breaststroke	10
11	8&Under	25 Breaststroke	12
13	10&Under	50 Backstroke	14
15	11&Over	50 Backstroke	16
17	8&Under	25 Backstroke	18
19	10&Under	50 Butterfly	20
21	11&Over	50 Butterfly	22
23	8&Under	25 Butterfly	24
25	9-10	50 Freestyle	26
27	11&Over	50 Freestyle	28
29	8&Under	50 Freestyle	30
31	10&Under	100 IM	32
33	11&Over	100 IM	34

Each Swimmer May Swim A Maximum of 4 Events
\$7 Per Individual Event Per Athlete for ALL Athletes
\$2.00 Per Athlete Surcharge