

# Adirondack Long Course Championships

## July 17-19, 2026, Brookfield, CT

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD26-034  
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:** Greenknoll Youth Development and Aquatic Center, Brookfield, CT. 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 6' 0" and Five (5) Meters 6' 0" from Start End of Pool.  
Depth of Pool at One (1) Meter 3' 6" and Five (5) Meters 4' 0" from Turn End of Pool.

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

**Meet Director:** Kristina Matthews (518) 698-5504 [SharkMeetDirector518@gmail.com](mailto:SharkMeetDirector518@gmail.com)  
Abby Moynihan (347) 489-8353 [sharktreasurer518@gmail.com](mailto:sharktreasurer518@gmail.com)  
**Meet Referee:** JoAnn Faucett (518) 496-6136 [faucettjm@aol.com](mailto:faucettjm@aol.com)  
**Meet Entry Coordinator:** Jarrett O'Donnell (518) 231-9058 [SharkMeetEntries518@gmail.com](mailto:SharkMeetEntries518@gmail.com)

### Entry Rules:

- The eligibility of a swimmer will be determined by his or her age on July 17, 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 Tuesday, July 7 2026
- 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.
- Swimmers racing in 13-14 and/or Senior events may compete in up to 7 events, not to exceed 3 in one day. Swimmers racing in 12-Under events may compete in up to 9 events, not to exceed 4 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:

- Swimmers may enter 1 bonus event for every event that they have qualified in, up to 4 bonus events, providing they have a time in those bonus events in SWIMS. 1500 M and 12-U 400 M cannot be added as a bonus event. **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.
- Flex registered swimmers may not swim in LSC Championship meets, must upgrade to Premium before entering.
- **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](mailto:office@adirondackswimming.org)

### Swimming Events:

- For 13-14 and Senior prelim events, competition **may** 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 when appropriate for athletes to warm-up/warm-down.
- Breaks and warm-up lanes are dependent on timeline availability. Swimmers are not guaranteed warm-up/warm-down time and/or an appropriate amount of rest between events. Plan accordingly

### 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 3<sup>rd</sup> bonus heat will be added to Senior events, then a consolation final may be added to the 13-14 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.
- Friday Distance events: For seeding purposes, the 13-14's and Senior events may be combined. In all Friday 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 may be available for purchase. Finals heat sheets may 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.
- 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 \$25 per relay which includes the \$1.00 AD travel fund surcharge. There is a \$20.00 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  
30 Skyview Drive  
Cohoes, NY 12047
- 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](mailto:SharkMeetEntries518@gmail.com)
- Please provide in the email a PDF copy of entries and the name and cell number for in meet coordination and urgent communications.

### **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 1<sup>st</sup> -12<sup>th</sup> place. Relay event ribbons will be awarded for 1<sup>st</sup> - 3<sup>rd</sup> 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 Friday, July 17, 2026  
WARM-UPS 4:00 PM      SESSION BEGINS 4:50 PM**

GIRLS	Q-TIMES			AGE GROUP	EVENT	Q-TIMES			BOYS
	SCM	Y	LCM			LCM	Y	SCM	
1	6:33.99	7:29.99	7:09.99	10-U	400 M Freestyle	7:09.99	7:29.99	6:33.99	2
3	5:51.99	6:49.99	6:19.99	11-12	400 M Freestyle	6:19.99	6:49.99	5:51.99	4
5	19:57.99	19:47.99	20:49.99	Senior	1500 M Freestyle	19:59.19	18:30.49	18:36.49	6
	10:02.99	11:28.99	11:15.99		1000/800 for mile qualification	9:59.99	11:09.99	9:46.99	
7	20:27.99	20:19.99	21:29.99	13-14	1500 M Freestyle	20:41.99	19:29.99	19:36.99	8
	10:29.29	11:56.99	11:44.99		1000/800 for mile qualification	11:24.99	11:34.99	10:11.29	
9	3:21.09	2:50.99	3:26.09	11-12	200 M IM	3:23.79	2:48.99	3:18.79	10

**Session 2 Saturday, July 18, 2026  
WARM-UPS 7:00 AM      SESSION BEGINS 8:00 AM**

GIRLS	Q-TIMES			AGE GROUP	EVENT	QTIMES			BOYS
	SCM	Y	LCM			LCM	Y	SCM	
11	2:48.99	2:32.99	3:04.99	13-14	200 M IM	2:55.99	2:25.99	2:41.99	12
13	2:40.99	2:24.99	2:52.99	Senior	200 M IM	2:40.99	2:13.99	2:30.99	14
15	1:08.99	1:02.99	1:12.99	13-14	100 M Free	1:10.00	59.99	1:05.99	16
17	1:04.99	58.99	1:09.99	Sr	100 M Free	1:04.59	53.99	59.99	18
19	3:21.99	3:03.99	3:39.99	13-14	200 M Breaststroke	3:39.99	3:03.99	3:21.99	20
21	3:08.99	2:51.99	3:27.99	Senior	200 M Breaststroke	3:09.99	2:35.99	2:53.99	22
23	1:17.99	1:11.99	1:24.99	13-14	100 M Butterfly	1:22.99	1:09.99	1:15.99	24
25	1:12.49	1:06.49	1:18.99	Senior	100 M Butterfly	1:11.99	59.99	1:05.99	26
27	5:15.99	5:49.99	5:21.99	13-14	400 M Free	5:12.99	5:42.99	5:16.99	28
	5:19.99	5:53.99	5:26.99		Bonus Qual Time	5:22.99	5:46.99	5:20.99	
29	5:03.99	5:36.99	5:09.99	Senior	400 M Free	4:51.99	5:19.99	4:45.99	30
	5:07.99	5:40.99	5:14.99		Bonus Qual Time	4:56.99	5:23.99	4:50.99	
31	1:17.99	1:11.99	1:24.99	13-14	100 M Backstroke	1:20.99	1:07.99	1:13.99	32
33	1:12.99	1:05.49	1:19.99	Sr	100 M Backstroke	1:15.99	1:02.49	1:08.49	34
35		Max 2 per team		13-14	200 M Medley Relay		Max 2 per team		36
37		Max 2 per team		Senior	200 M Medley Relay		Max 2 per team		38

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**Session 3 Saturday, July 18, 2026  
WARM-UPS 12:00 PM SESSION BEGINS 12:50 PM**

GIRLS	Q-TIMES			AGE GROUP	EVENT	Q-TIMES			BOYS
	SCM	Y	LCM			LCM	Y	SCM	
39	36.49	32.59	38.39	11-12	50 M Freestyle	37.49	32.59	36.49	40
41	59.09	54.99	1:04.99	10-Under	50 M Breast	1:04.99	54.99	59.09	42
43	3:24.99	2:53.99	3:29.49	11-12	200 M Backstroke	3:19.99	2:48.99	3:19.49	44
45	1:56.99	1:49.99	2:06.99	10-Under	100 M Backstroke	2:06.99	1:49.99	1:56.99	46
47	1:46.99	1:39.99	1:52.99	11-12	100 M Breaststroke	1:52.99	1:39.99	1:46.99	48
49	1:35.99	1:29.99	1:45.99	10-Under	100 M Freestyle	1:45.99	1:29.99	1:35.99	50
51	42.89	38.99	44.99	11-12	50 M Backstroke	44.99	38.99	42.89	52
53	50.99	46.99	54.99	10-Under	50 M Butterfly	54.99	46.99	50.99	54
55	1:45.99	1:39.99	1:56.99	11-12	100 M Butterfly	1:56.99	1:39.99	1:45.99	56
57	3:52.99	3:34.99	4:06.19	10-Under	200 M IM	4:06.19	3:34.99	3:52.99	58
59	2:52.99	2:36.99	3:02.99	11-12	200 M Free	3:02.99	2:36.99	2:52.99	60
61		Max 2 per team		10-Under	200 Medley Relay		Max 2 per team		62
63		Max 2 per team		11-12	200 Medley Relay		Max 2 per team		64

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**Session 5 Sunday, July 19, 2026  
WARM-UPS 7:00 AM SESSION BEGINS 8:00 AM**

GIRLS	Q-TIMES			AGE GROUP	EVENT	Q-TIMES			BOYS
	SCM	Y	LCM			LCM	Y	SCM	
65	2:31.99	2:16.99	2:37.99	13-14	200 M Freestyle	2:36.99	2:15.99	2:30.99	66
67	2:21.99	2:03.99	2:28.59	Senior	200 M Freestyle	2:23.99	1:59.99	2:13.99	68
69	1:29.99	1:23.99	1:37.99	13-14	100 M Breaststroke	1:33.99	1:19.99	1:25.99	70
71	1:25.99	1:19.49	1:32.49	Senior	100 M Breaststroke	1:25.49	1:12.49	1:18.49	72
73	3:16.99	2:59.99	3:39.99	13-14	200 M Butterfly	3:39.99	2:59.99	3:16.99	74
75	3:05.99	2:49.99	3:29.99	Senior	200 M Butterfly	3:09.99	2:39.99	2:55.99	76
77	32.99	29.19	33.49	13-14	50 M Freestyle	32.99	28.79	32.99	78
79	31.19	27.79	31.49	Sr	50 M Freestyle	28.99	25.49	29.09	80
81	2:53.99	2:37.99	3:00.99	13-14	200 M Backstroke	2:52.99	2:29.99	2:45.99	82
83	2:40.99	2:24.99	2:50.99	Sr	200 M Backstroke	2:38.99	2:14.99	2:30.99	84
85	5:52.99	5:17.99	6:01.99	13-14	400 M IM	5:54.99	5:17.99	5:52.99	86
	<a href="#">5:56.99</a>	<a href="#">5:21.99</a>	<a href="#">6:06.99</a>		Bonus Qual Time	<a href="#">5:59.99</a>	<a href="#">5:21.99</a>	<a href="#">5:56.99</a>	
87	5:40.99	5:09.99	5:54.99	Senior	400 M IM	5:39.99	4:49.99	5:20.99	88
	<a href="#">5:44.89</a>	<a href="#">5:13.99</a>	<a href="#">5:55.99</a>		Bonus Qual Time	<a href="#">5:44.99</a>	<a href="#">4:53.99</a>	<a href="#">5:24.99</a>	
89		Max 2 per team		13-14	200 M Free Relay		Max 2 per team		90
91		Max 2 per team		Senior	200 M Free Relay		Max 2 per team		92

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**Session 6 Sunday, July 19, 2026**  
**WARM-UPS 12:00 PM SESSION BEGINS 12:50 PM**

GIRLS	Q-TIMES			AGE GROUP	EVENT	Q-TIMES			BOYS
	SCM	Y	LCM			LCM	Y	SCM	
93	1:17.49	1:11.49	1:24.09	11-12	100 M Freestyle	1:23.99	1:11.49	1:17.49	94
95	2:04.49	1:57.99	2:14.79	10-Under	100 M Breaststroke	2:10.99	1:57.99	2:04.49	96
97	47.89	43.99	49.99	11-12	50 M Breaststroke	49.99	43.99	47.89	98
99	44.89	39.99	45.99	10-Under	50 M Freestyle	45.99	39.99	44.89	100
101	41.99	37.99	45.99	11-12	50 M Butterfly	45.99	37.99	41.99	102
103	47.99	43.99	54.89	10-Under	50 M Backstroke	55.29	43.99	47.99	104
105	1:29.99	1:23.99	1:38.69	11-12	100 M Backstroke	1:35.99	1:23.99	1:29.99	106
107	2:00.99	1:49.99	2:09.99	10-Under	100 M Butterfly	2:07.09	1:49.99	2:00.99	108
109	3:36.99	3:19.99	3:55.99	11-12	200 M Breaststroke	3:55.99	3:19.99	3:36.99	110
111	3:25.99	3:09.99	3:45.79	10-Under	200 M Freestyle	3:39.99	3:09.99	3:25.99	112
113	3:38.99	3:19.99	3:49.99	11-12	200 M Butterfly	3:49.99	3:19.99	3:38.99	114
115		Max 2 per team		10-Under	200 M Free Relay		Max 2 per team		116
117		Max 2 per team		11-12	200 M Free Relay		Max 2 per team		118

**Each Swimmer May Swim A Maximum of 3 Events Per Day Plus 1 Relay, not to exceed 7 individual events for the meet 13-Over/Senior swimmers may swim 3 individual events per day, not to exceed 7 individual events. 12-Under Swimmers May Swim A Maximum of 4 Events Per Day Plus 1 Relay, not to exceed 9 individual events for the meet**

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# Sharks Swim Club

ENTRY FEE CALCULATION SHEET AD Long Course Championships, Brookfield, CT

Please provide in the email a PDF copy of entries and the name and cell number for in meet coordination and urgent communications.

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 \$20.00 = \$	_____
Number of Relays	_____	X \$25.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____

Total Amount Due and Enclosed .....\$ \_\_\_\_\_

## ENTRY DEADLINE.. July 7, 2026

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

Sharks Business Manager  
30 Skyview Drive  
Cohoes, NY, 12047

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

**SharkMeetEntries518@gmail.com**