Capital Area YMCA Meet
December 12, 2026 at Saratoga Regional YMCA West Ave

Held under the Approval of Adirondack Swimming, Inc. Approval # APP27-002

In granting this Approval it is understood and agreed that USA Swimming and Adirondack Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Host: Saratoga Regional YMCA Stingrays

Place: Mary Lou Whitney Pool, 8 Lanes, Colorado Timing System

The competition course has not been certified in accordance with 104.2.2C(4). The host will ensure the required course dimensions.

Pool Depths: Start End 1 meter= 8' 8" … 5 meters= 8' 8" Turn End 1 meter= 3' 6" … 5 meters= 3' 9"

Time: WARM UP at 1:00 pm, EVENTS BEGIN 2:00 pm

Meet Director: Erin Freeh, stingrayparent@gmail.com, (518) 421-7744
Meet Referee: Edward Holcomb, ejinthesky@hotmail.com, (518) 935-5612
Admin Official: Pat Bonga, stingrays@srymca.org, (518) 583-9622

Attending Teams:

Saratoga Regional YMCA Stingrays, Capital District YMCA Waves

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 1, 2026
Rules from the current USA Swimming Technical Rules will be in effect.
Swimmers may enter **4 events**
Entries must be received by Dec 8, 2026.Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software.
Entries must be submitted via e-mail to: carl.hatt@srymca.org

USA Swimming Registration:

USA Swimming Registration: USA Swimming Registration is available through OMR by self registration or Bulk Registration if your club is opted in. Direct registration questions to the Adirondack Registrar, Bill Faucett, office@adirondackswimming.org

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.

Meet Policy:

Use of Audio or Visual Recording Devices, including a Cell Phone, is not permitted in changing areas, rest rooms or locker rooms. Deck changes are 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.

Officials:

There will be an officials' meeting conducted promptly 45 min before each session. Attendance is MANDATORY to work the meet.

Timers:

Clubs will be required to provide timers based upon their number of entries.

Swimmers have to provide their own timers and counters for the 500's, 1000s, 1650's and 400 IM's.

Awards:

Event Ribbons will be awarded for 1-8 Place
Relay Ribbons will be awarded for 1-3 Place.

Meet Notes:

This meet is an Adirondack Swimming Approved Meet. When all conditions of Approval are met, all times achieved by USA Swimming, Inc. Registered Athletes will be loaded to the USA Swimming National Database, SWIMS. **For times to be used, all swims must be observed by a minimum of 2, USA Swimming Registered and Certified Stroke and Turn Officials, one located at each end of the pool, at all times during the meet. The meet must also be overseen by a current USA Swimming Admin Official.**
As this is Not a Sanctioned Meet, it may Not be used to satisfy the Adirondack Swimming Minimum Meet Requirement for Championship Eligibility. However, All legal times achieved May be used for entry qualification purposes in any USA Swimming Sanctioned Meet.

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SESSION 1 … DAY 1
WARM-UPS 1:00PM … SESSION BEGINS 2:00PM

EVENTS	AGE GROUP	EVENT DESCRIPTION
1	Mixed 8U	25 Breast
2	Mixed 9-12	50 Breast
3	Mixed 13-19	100 Breast
4	Mixed Open	200 Breast
5	Mixed Open	25 Back
6	Mixed 9-12	50 Back
7	Mixed 13-19	100 Back
8	Mixed Open	200 Back
9	Mixed Open	500 Free
10	Mixed 8U	50 Free
11	Mixed 9/10	100 Free
12	Mixed 11-12	100 Free
13	Mixed 13-19	100 Free
14	Mixed 8U	25 Fly
15	Mixed 9-12	50 Fly
16	Mixed 13-19	100 Fly
17	Mixed Open	200 Fly
18	Mixed Open	25 Free
19	Mixed 9/10	50 Free
20	Mixed 11/12	50 Free
21	Mixed 13-19	50 Free
22	Mixed 10U	100 IM
23	Mixed 11-12	200 IM
24	Mixed 13-19	200 IM
25	Mixed 8U	100 Free
26	Mixed 9-12	200 Free
27	Mixed 13-19	200 Free
28	Mixed Open	1000.Free

Each Swimmer May Swim A Maximum of 4 Events Per Day

Note: Entry Limits are governed by USA Swimming Rules 102.2.2 and 102.2.3