

Cortland YMCA Stingers

1st Annual Snowman Classic

MEET ANNOUNCEMENT

About the Meet

Date: January 14, 2024

Location: SUNY Cortland

Entry Deadline: January 3, 2024

Hosted by: Cortland YMCA Stingers (CORY)

Meet Director: Adam Clifford, clipherd@gmail.com

Web Site: <https://www.teamunify.com/News.jsp?team=nicyst>

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ABOUT THE MEET

This meet is a sanctioned, closed, inter-association championship YMCA meet. This meet and all participants will adhere to the Rules that Govern YMCA Competitive Sports and the Swimming Addendum to the Rules that Govern YMCA Competitive Sports. USA Swimming technical rules will be followed. The meet is YMCA sanctioned and approved by the Niagara LSC of USA Swimming.

YMCA Sanction number: **CAQ-2023-NY11203301**

USA-S/Cortland Stingers (CORY/NI) Approval number: NI-2324-AP01

MEET FORMAT WAIVER

RESERVE THE RIGHT TO MAKE CHANGES: The host organization reserves the right to make any adjustments to the provisions of the meet announcement deemed necessary to ensure the fair and efficient running of the meet. Changes will be communicated as far in advance as possible. None of the required elements of a sanctioned meet may be changed.

LOCATION AND FACILITY

Location: SUNY Cortland

Emergency Phone Number: Jesse Adams, Facility Director, SUNY Cortland

607-753-4229, jesse.adams@cortland.edu

The SUNY Cortland pool is configured as a 6 lane, 25-yard course. Water depth at start is 5.5 feet deep and at turn end is 3.5+ feet. Colorado electronic timing system will be used. The competition course has been certified in accordance with 104.2.2C (4).

The facility provides spectator gallery seating for approximately 1,500 spectators and swimmers will be housed on deck. Wi-Fi is available.

WEB SITE

Meet Information can be found at: <https://www.teamunify.com/News.jsp?team=nicyst>

Online Meet Results: Meet Mobile

Merchandise Webstore: <https://www.storessimple.com/bernards/groups.php> (click 'snowman classic webstore' CLOSING 12-19-23)



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CONTACT INFORMATION

Meet Director: Adam Clifford, 607.227.3191

Administrative Official: Adam Clifford, 607.227.3191

Entry Chairperson: Kathy Lind, lindk74@gmail.com

Meet Referee: Pam Coombs

Officials Coordinator: Andrea Mott, ah45@cornell.edu

Safety Director: Todd Stone, tastoney@yahoo.com

MEET TIMELINE

Warm-up and start times for all sessions are subject to change depending on the size of the meet

Tentative:

Session 1:

10 & Under Session 1 – Warm-up 8 am, session will begin at 9 am

Session 2:

11 & Up Session 2 – Warm-up 12 pm, session will begin at 1 pm

Inclement Weather/Cancellation: We will make every effort to inform each team if there is a change in the meet schedule due to inclement weather.

ELIGIBILITY

ATHLETE

YMCA Membership: An athlete must be a YMCA member in good standing who holds an annual, full privilege membership at the YMCA.

Amateur Status: An athlete may not have represented a college, university or other post-high school institution in any competition and may not have accepted pay or compensation for competing as a swimmer.

Unattached Athletes: There is no unattached status in YMCA Swimming.

Age: Age is determined as of your age on 12-1-23.

YMCA Meet Participation: Be a current full privileged YMCA member for the team you are representing.



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Athletes with a Disability: Swimmers with a disability are welcome to enter this meet. The coach or team entry person must alert the meet director and the meet referee as to the need for any special accommodations or seeding arrangements at the time the entry is submitted. If modifications to USA Swimming rules are necessary, then the coach or athlete must notify the meet referee of any disability prior to competition.

COACH

Required Certifications: Coaches must hold current certifications in the following courses in order to receive a deck credential: Professional Rescuer CPR, First Aid, Safety Training for Swim Coaches (a Lifeguard certification may be used if accompanied by completion of the Safety Training for Swim Coaches online content) and Principles of YMCA Competitive Swimming and Diving. A list of the acceptable certifications can be found in the Swimming Addendum to the Rules That Govern Competitive Sport.

Coach Registration: Each coach must have completed the annual YMCA on-line team and coach registration process. Coaches who are not registered and approved will not be permitted on deck.

Teams without A Coach at the Meet: All athletes and teams must have at least one certified and credentialed YMCA coach designated as being responsible for their supervision during competition. When a YMCA team will not have a coach present, that YMCA may authorize an eligible coach from another YMCA attending the meet to be responsible for their athletes at the meet. The Meet Director and Meet Referee must be notified of this situation.

TEAM

Team Registration: Each team must have completed the annual YMCA on-line team registration and paid the annual registration fee.

Insurance: Each team that participates in the meet must have a current and correct Certificate of Liability Insurance, in effect through the last day of the meet.



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ENTRY INFORMATION

- ENTRY LIMITS:**
1. There are no restrictions on the number of entries per team in individual events.
 2. The host reserves the right to limit the number of heats in certain events as well as close entries at any time.
 3. There is no limitation to the number of mixed relays a team may enter in a relay event.
 4. Swimmers may swim up to 4 individual events and 1 relay.

USA-S IDs: Only USA-S registered athletes should have an ID number in the Meet Entry File.

ENTRY FEES:

- \$5.00 per individual event
- \$20.00 per relay event (\$5.00 per swimmer)
- \$5.00 deck fee (one-time fee per swimmer)

OTHER: T-shirts will be ordered through online store and programs will be available for sale.

ENTRY DEADLINE: January 3, 2024

ENTRY PROCEDURE: Entries are to be submitted electronically. An event file will be provided. Please email entries to lindk@gmail.com

Please contact meet manager **if you do not** receive confirmation within 24 hours.

PAYMENT: Appropriate fees and paperwork should be mailed to Cortland Stingers, c/o Adam Clifford, Cortland YMCA, 22 Tompkins Street, Cortland, NY 13045 and postmarked by **January 3, 2024.**

VOLUNTEERS/OFFICIALS/TIMERS

OFFICIALS AND TIMERS: Officials will be coordinated through **Andrea Mott**. Contact Andrea Mott at ah45@cornell.edu if you have officials that would like to participate. We will likely need some stroke and turn judges to run the meet.



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CHECK-IN PROCEDURE

MEET CHECK-IN PROCEDURE: Head coaches should check in at the coaches room on deck.



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COACHES MEETING/SCRATCH MEETING:

Coaches meeting will be announced prior to each session. Please provide courtesy scratches to the meet manager.

OFFICIALS AND TIMERS MEETING: Officials and timers meeting will be announced at the meet prior to each session.

PROCEDURES AND OPERATIONS

RULES:

The meet will run under YMCA Rules that Govern Competitive Sports, Addendum to the YMCA Rules that Govern Competitive Sports, CNY Swim League, USA-S Technical Rules.

MEET FORMAT:

The meet will be swum using a Timed finals format.

Swimmer's age will be determined as of December 1, 2023. ALL RELAYS WILL BE MIXED. (2 GIRLS AND 2 BOYS).

EVENT SEEDING: Events will be seeded Slowest to Fastest. The Meet Referee/Administrative Official reserve the right to combine heats.

SCRATCH PROCEDURES: An athlete is considered entered into an event unless he/she scratches from that event. If an athlete does not scratch from an event and does not swim the event, that event still counts toward the athlete's total number of events for the meet.

DECLARED FALSE START: An athlete may also withdraw from a heat or swim-off by electing to take a declared false start. Such declaration must be made known to the Deck Referee before the heat or swim off is announced. A declared false start counts as an event swum for the athlete and will be counted in the maximum number of events allowed for each athlete.

WARM-UP SAFETY PROCEDURES: Teams will be assigned lanes for warm-ups. During designated warm up sessions, athletes may only enter the competition pools feet first. The exception is during specific warm up periods when sprint lanes are designated for practicing racing starts.

Bull Pen: 10 & under swimmers and 11 & up will be bull penned at the diving well area



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STARTS:

'Fly-over' starts will be used at this meet. All swimmers (except for Backstroke starts) should remain in the water at the completion of their race until the next heat has begun. Protests against the judgment decisions of starters, stroke, turn, place and relay take-off judges can only be considered by the Referee and the Referee's decisions will be final USA-S Rule 102.23).

CONDUCT AND RESTRICTIONS:

The Meet Referee reserves the right to dismiss any swimmer, coach and/or spectator from the competition due to inappropriate conduct

- Deck access is limited to only registered and approved coaches, swimmers, and working officials.
- Deck Changes are prohibited.
- No Glass containers are allowed in the facility.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Massage tables are not permitted.
- Individuals are responsible for the security of their personal belongings and are encouraged not to bring valuables to the meet venue and not to leave items unattended.
- Swimmers are not permitted in the spectator stands
- Shaving is not permit in any areas of the facility.
- Folding chairs on the pool deck are for timers only.

AWARDS AND RECOGNITION

SCORING:

Individual events 1st – 12th place 1 – 3 medals; 4-12 ribbons

1,2,3 High Points

Relays: 1st – 12th Place (place awards only no points)

SPECTATORS

ADMISSION FEES & PROGRAMS:

Admission Fee: None

Programs will be available for purchase at the door

Parking at SUNY Cortland is free in designated areas.

Heat Sheets/Programs: Available for sale

CONCESSION STAND: Concessions provided by SUNY Cortland will be on site.



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T-Shirts: Apparel will be available for purchase online. Website coming.

Suit & Equipment Sales: None on site

Athletic Apparel: Swimmers must wear shirts and footwear outside the pool deck.

HANDICAP SEATING: Handicap seating is available at the venue on deck.

CONDUCT AND RESTRICTIONS:

- No Flash Photography at the start of competition races.
- Parents are responsible for the conduct of their children. Children are not allowed to roam the facility unattended.
- The use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- Deck access is restricted to athletes, coaches, officials and meet volunteers. All non-athlete members must have proof of registration or a credential while on deck and present them upon meet management request
- Spectators are not permitted on deck. Permission is granted via Meet Director for handicap accessibility.
- No smoking, drugs, or alcohol are permitted in the swimming complex.

LIABILITY, SAFETY AND EMERGENCY PROCEDURES

INSURANCE: Each Association participating in this meet must have insurance coverage for representative(s) including leadership and participants who will be in attendance for the period of travel from their Association to the meet, during the entire period of the meet and return to their Association. Appendix 3 must be signed by each association participating in the meet.

LIABILITY LIMITS:

- In granting of the USA-S/Niagara LSC approval, it is understood and agreed that USA Swimming and Niagara LSC 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 meet.
- In granting the YMCA Sanctioning, it is understood and agreed that YMCA of the USA 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 meet.

EMERGENCIES: the facility personnel will handle all emergencies at the meet. These individuals will provide CPR and first aid as needed and will ensure that



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individuals with serious injuries are transported immediately to the nearest hospital for further treatment. Defibrillators will be on site.

Any coach, athlete or official who recognizes an emergency situation should immediately inform the facility's personnel and then make sure the vicinity of the emergency is clear for the emergency personnel to do their job.

UNACCOMPANIED ATHLETE: Each athlete must have a certified coach responsible for him/her while on the pool deck. The coach of the athlete must authorize in writing a coach from another team to represent their team and be responsible for the swimmer(s).

CONCUSSION AWARENESS: This meet will follow the YMCA of USA Concussion procedure. Anyone who observes or has knowledge of a potential head injury should immediately notify lifeguards and/or hired medical personnel. Once the injury report is completed, the lifeguard and/or hired medical personnel will notify the Event Staff, the athlete's coaching staff, and the Meet Director.

If a head injury occurs, the action plan below will be followed:

1. Athlete is removed immediately from participation by the Meet Director
2. Athlete must be evaluated by a licensed health care professional experienced in identifying and treating concussions. In addition, the athlete must be in compliance with the laws that are in effect within the jurisdiction where the meet is held.
3. The coaching staff will inform the athlete's parents or guardians about the possible concussion and give or send them the fact sheet on concussion.
4. The athlete will not be allowed back to warm-up or compete until a health care professional, experienced in evaluating concussions determines that the athlete is symptom-free and is OK to return to participation.

LIGHTNING POLICY: The National Lightning Safety Institute, National Athletic Trainers Association, American College of Emergency Physicians, USA Swimming, and YMCA of the USA all recommend or require closing an indoor pool during an electrical storm. This policy will be followed at the meet.

EVACUATION PROCEDURE: If evacuation is deemed necessary, all persons shall evacuate the venue via the procedures posted on site at the facility and announced at the venue.



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DIRECTIONS

The swim meet is located on the SUNY Cortland Campus, Cortland, NY. Please visit <http://www2.cortland.edu/visitors-guide/>

LODGING & EATERIES IN THE CORTLAND AREA

Cortland Lodging and Restaurant Guide <http://www2.cortland.edu/visitors-guide/restaurants-and-lodging.dot>

PARKING

Parking is free at the venue outside of the Harriet Holsten Pool venue.



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APPENDIX 1: ORDER OF EVENTS

GIRLS & MIXED EVENT #	SESSION 1 EVENTS	BOYS EVENT #
1	MIXED 8 & UNDER 100 MEDLEY RELAY	-
2	MIXED 9-10 200 MEDLEY RELAY	-
3	8 & UNDER 100 FREESTYLE	4
5	9-10 200 FREESTYLE	6
7	8 & UNDER 100 INDIVIDUAL MEDLEY	8
9	9-10 100 INDIVIDUAL MEDLEY	10
11	8 & UNDER 25 FREESTYLE	12
13	9-10 50 FREESTYLE	14
15	8 & UNDER 25 BUTTERFLY	16
17	9-10 50 BUTTERFLY	18
19	8 & UNDER 50 FREESTYLE	20
21	9-10 100 FREESTYLE	22
23	8 & UNDER 25 BACKSTROKE	24
25	9-10 50 BACKSTROKE	26
27	8 & UNDER 25 BREASTSTROKE	28
29	9-10 50 BREASTSTROKE	30
31	9-10 100 BACKSTROKE	32
33	9-10 100 BREASTSTROKE	34
35	9-10 100 BUTTERFLY	36
37	11 AND OVER 400 IM	38



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GIRLS & MIXED EVENT #	SESSION 2 EVENTS	BOYS EVENT #
39	MIXED 11-12 200 MEDLEY RELAY	-
40	MIXED 13 & OVER 200 MEDLEY RELAY	-
41	11-12 200 FREESTYLE	42
43	13 & OVER 200 FREESTYLE	44
45	11-12 200 INDIVIDUAL MEDLEY	46
47	13 & OVER 200 INDIVIDUAL MEDLEY	48
49	11-12 50 FREESTYLE	50
51	13 & OVER 50 FREESTYLE	52
53	11-12 50 BUTTERFLY	54
55	13 & OVER 100 BUTTERFLY	56
57	11-12 100 FREESTYLE	58
59	13 & OVER 100 FREESTYLE	60
61	11 & OVER 500 FREESTYLE	62
63	11-12 50 BACKSTROKE	64
65	13 & OVER 100 BACKSTROKE	66
67	11-12 50 BREASTSTROKE	68
69	13 & OVER 100 BREASTSTROKE	70
71	MIXED 11-12 200 FREESTYLE RELAY	-
72	MIXED 13 & OVER 200 FREESTYLE RELAY	-
73	OPEN 11 & UP 200 BACKSTROKE	-
74	OPEN 11 & UP 200 BREASTSTROKE	-
75	OPEN 11 & UP 200 BUTTERFLY	-



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APPENDIX 2: YMCA SANCTIONED MEET DECLARATION FORM

(Note: Return signed Declaration form to the meet director)

Participating YMCA: _____

YMCA Address: _____

Meet Name: 1st Annual Snowman Classic

Meet Date(s): January 14, 2024

Meet Host: Cortland YMCA Stingers (CORY/NI)

Meet Location: SUNY Cortland Harriet Holsten Pool, Cortland, New York

We the undersigned attest to the following:

SWIMMERS - All swimmers representing the YMCA above are full privilege members of the YMCA and meet the eligibility requirements.

COACHES - All coaches representing the YMCA above hold current certifications in CPR, First Aid, Coaches Safety Training and Principles of YMCA Competitive Swimming and Diving.

INSURANCE - Our Association now has insurance coverage for representative(s) including leadership and participants who will be in attendance at the Snowman Classic for the period of travel from our Association to the meet, during the entire period of the meet and return to our Association. (We suggest you investigate trip insurance). I hereby certify that YMCA has a minimum of \$1,000,000/\$2,000,000 in liability insurance that covers our coaches and swimmers during their travel to and from and during their participation in the Snowman Classic. The YMCA of the USA must be named the Certificate Holder and also names the YMCA of the USA as an additional insured as it relates to this meet.

RELEASE - In consideration of your accepting this entry, I hereby, for myself, heirs, executor and administrators, waive and release any and all right and claim for damages I may have against the YMCA of the USA, Cortland YMCA Stingers (CORY/NI), their agents, representatives or assigns, and SUNY Cortland for any and all injuries which may be suffered by participants at the Snowman Classic 2024. Furthermore, we understand that the YMCA of the USA and Cortland YMCA Stingers (CORY/NI) are not responsible for any intended or unintended consequences related to removing an athlete from competition for a head injury. This includes, but is not limited to, any financial reimbursement associated with such removal.

Name and Signature of Head Coach

Name and Signature of YMCA Executive Director or Designee



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COACHES ATTENDING THE MEET

Team: _____

Team Acronym: _____

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

I attest to the fact that all coaches listed above have the proper credentials (Lifeguarding or safety training for swim coaches, CPR, First Aid, and required YMCA Credentials) to be on deck at the Snowman Classic invite held at SUNY Cortland on Sunday, January 14, 2024. All coaching certifications will be checked at the YMCA approved coaches list.

Head Coach: _____

Signature required: _____



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Entry Summary Sheet

Team Name: _____ Team Abbr. _____

Head Coach's Name: _____

Phone # Day: _____ Cell: _____

E-mail Address: _____

#Girls _____ #Boys _____ Total Entries _____ x Fee Total Due

Total number Of Swimmers _____ x \$5.00 = _____

Individual Entries _____ x \$5.00 = _____

Mixed (Total Relays)

Relay Entries _____ x \$20.00 = _____

Total Fee: _____

Coaches Signature: _____

After emailing entries, the following documents must be sent and postmarked no later than **January 3, 2024** the address listed below:

1. Entry summary sheet
2. Coaches attendance sheet
3. Release declaration
4. Enclosed check made payable to: Cortland YMCA Swim Team

Cortland YMCA Swim Team
c/o Adam Clifford
22 Tompkins Street
Cortland, NY 13045