

2023 CNY Invitational

12/8-10, 2023 @ Ithaca College

Held under the Sanction of USA Swimming
Sanctioned by Niagara swimming Sanction NI-2324-014

Ithaca College, Athletics & Events Center, Kelsey Partridge Bird Natatorium, 953 Danby Road, Ithaca, NY 14850.

Ithaca Pool is a 21 Lane pool complete with flow through lane lines and a Colorado Timing System VI. Ample team and spectator seating is available. The water depth at the start end is no less than 2.5m at a distance of 1m/5m. The competition course has not been certified in accordance with §104.2.2C(4). HR Smith starting blocks consist of, starting fins.

The competition courses has not been certified in accordance with 104.2.2C(4).

Friday

Deck Opens: 5pm

Warm ups: 5:30pm

Meet Starts: 6:30pm

Saturday & Sunday

Prelims

Deck Opens: 7:00am

Warm ups: 7:15am

Meet Starts: 8:15am

Finals

Deck Opens: 3:30pm

Warm ups: 4:00pm

Meet Starts: 5:00pm

Meet Director:

Courtney Christ

meetdirector@medleyaquatics.com

Meet Referee:

Paul Bartlett/Lindsay Anderson

officials@medleyaquatics.com

Meet Entry Coordinator:

Will Chidsey

(315)430-5481

meetentry@medleyaquatics.com

Warm up and start times for each session may be adjusted by the meet director to best accommodate entries. "Fly Over" starts will be used at the discretion of the meet director and Meet Referee.

Requirements:

1. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
2. Age of swimmer on the first day of the meet determines eligibility.
3. Any club who enters a swimmer that is not USA –Swimming registered or not transferred with the Niagara LSC guidelines will be fined \$100.
4. Swimmers without a coach need to advise the Meet director in advance. It is the responsibility of the club to have a coach for the swimmer(s) entered in the meet. It must be a registered coach and can be assigned from another team. This could be done in advance by contacting another coach attending the meet.

5. 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. 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
6. Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
7. Only swimmers, coaches, officials and meet personnel are allowed on deck. Coaches must wear their USAS ID pass, no exceptions. Only coaches with registered swimmers in the meet will be allowed deck access. Deck pass is acceptable proof. No exceptions.
8. Proper conduct is expected from all visitors. We are fortunate to have use of the facility. No glass is allowed on the pool deck or locker rooms. The meet is restricted to the pool and adjoining locker rooms, hallway surrounding the pool and spectator areas. Any swimmer found in unauthorized areas will be barred from participating in the remainder of the meet.
9. Deck changes are prohibited.
10. 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.
11. 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.

Entries:

All athletes can entry up to 3 entries per day. Entries must be submitted via Hy-Tek entry file. Those not having these capabilities contact the Meet Director. Entry times must be in Short Course yards only. NT's are allowed.

Entry Fee: \$7 per individual event. \$12 per relay.
\$10 per swimmer surcharge.

Make Checks payable to: Syracuse Chargers

Send entries to: Will Chidsey, meetentry@medleyaquatics.com

Send payment and waiver to: Syracuse Chargers, PO Box 369, Baldwinsville, NY 13027

Team entries must be received by the Meet Entry Coordinator by **11/29/23**.

Deck entries will be allowed in open lanes at Meet directors and Meet Referee's discretion.

By submission of the entry fees for all events a team enters, in consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against SYCH, Medley Aquatics, USA Swimming, Niagara Swimming and Ithaca College for injuries and/or expenses incurred by us at this meet or while

on the road to and from the meet. We are bona-fide amateur athletes eligible to participate in all events entered.

Entry Deadline:

Entries are due by Wednesday, November 29, 2023.

Format:

Meet Format: Meet will be run slow to fast for all events. All events will be prelim/finals. 13 & Over will have an A, B and C final, the C final will be 13-14 year olds only. The 12 & Under will have an A final in all events. Except the 400 IM, 500 Free will be Timed Final with the fastest heat for each gender swum in finals. 1000 Free and 1650 Free are timed finals. All relays are timed finals swimming in the morning session.

Entries:

Meet is open to all USA Swimming registered athletes. Each swimmer may enter up to 1 individual event on Friday and 3 individual events Saturday and 3 individual events Sunday. All events will be seeded with SCY times; non-conforming times are not accepted. Teams can enter an unlimited number of relays, relay swimmers must be entered in the meet in a individual event.

This meet is using Time Standards for entries. Please find cut times for events below.

Bonus Structure: Make 1 event; get Three bonus events. Make 2 events; get 2 bonus events. Make 3 events; get 1 bonus. The 400 IM, 500 Free, 1000 Free and 1650 Free are not eligible for bonus swims.

Scratches:

Friday:

Scratch deadline is 5:30pm for Friday events

Scratch deadline is 7pm for Saturday events

Saturday:

Scratch deadline is 7pm for Sunday events

Warm-Ups:

This meet will be conducted in accordance with the rules of USA Swimming and Niagara LSC applicable rule for a pre-seeded, non-championship meet format. Niagara LSC guidelines for warm up procedures in a 10-lane pool will apply and be posted on deck.

Timers:

Visiting teams will be expected to provide timers for Prelims. Meet staff will send a list to teams prior to meet.

Friday Distance, 500 Free, and 400 IM prelims will be supply your own timers and counters.

Services:

Concessions provided by Ithaca College.

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.

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 high point awards by age group (10&Under, 11-12, 13-14 and 15&O) based on power points.

Scoring: There will be no scoring at this meet.

Officials:

There will be an official's meeting conducted promptly 30 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in official's room before the start of officials meeting.

A Message From Ithaca College:

All individuals must have shirt, shoes, and pants on when outside the pool/locker room area.

Teams and individuals should not utilize the hallways as a stretching/warm-up area.

Ithaca College and the A&E building does not allow pets, this includes emotional support animals.

If you have any questions please contact the Meet Director or Meet Referee

Friday Distance

Standard	Girls		Boys	Standard
23:59.59	101	Mixed Open 1650 Free	101	23:59.59
14:59.99	103	Mixed Open 1000 Free	103	14:59.99

Saturday Prelims

Standard	Girls		Boys	Standard
	5	200 Fr Relay	6	
1:37.99	9	12 & U 100 Back	10	1:37.99
1:25.99	11	13 & O 100 Back	12	1:22.99
3:24.99	213	Mixed 12 & U 200 Breast	213	3:24.99
3:19.99	15	13 & O 200 Breast	16	3:15.99
1:24.99	17	12 & U 100 Free	18	1:24.99
1:14.99	19	13 & O 100 Free	20	1:11.99
48.99	21	12 & U 50 Breast	22	48.99
42.99	23	13 & O 50 Breast	24	42.99
1:52.99	25	12 & U 100 Fly	26	1:52.99
1:26.99	27	13 & O 100 Fly	28	1:24.99
3:09.99	229	Mixed 12 & U 200 IM	229	3:09.99
3:04.99	231	Mixed 13 & O 200 IM	231	2:59.99
7:09.99	207	Mixed 12 & U 500 Free	207	6:59.99
7:09.99	208	Mixed 13 & Over 500 Free	208	6:59.99

Saturday Finals

Girls		Boys
7	500 free	8
9	12 & U 100 Back	10
11	13 & O 100 Back	12
13	12 & U 200 Breast	14
15	13 & O 200 Breast	16
17	12 & U 100 Free	18
19	13 & O 100 Free	20
21	12 & U 50 Breast	22
23	13 & O 50 Breast	24
25	12 & U 100 Fly	26
27	13 & O 100 Fly	28
29	12 & U 200 IM	30
31	13 & O 200 IM	32

Sunday Prelims

Standard	Girls		Boys	Standard
	33	200 Med Relay	34	
46.99	37	12 & U 50 Fly	38	46.99
36.99	39	13 & O 50 Fly	40	36.99
1:53.99	41	12 & U 100 Breast	42	1:53.99
1:34.99	43	13 & O 100 Breast	44	1:33.99
2:59.99	345	Mixed 12 & U 200 Back	345	2:59.99
2:55.99	47	13 & O 200 Back	48	2:53.99
2:49.99	349	Mixed 12 & U 200 Free	349	2:49.99
2:44.99	51	13 & O 200 Free	52	2:39.99
46.99	53	12 & U 50 Back	54	46.99
36.99	55	13 & O 50 Back	56	36.99
3:04.99	257	12 & U 200 Fly	257	3:04.99
3:00.99	59	13 & O 200 Fly	60	2:59.99
1:39.99	61	12 & U 100 IM	62	1:39.99
1:25.99	63	13 & O 100 IM	64	1:22.99
45.99	65	12 & U 50 Free	66	45.99
36.99	67	13 & O 50 Free	68	36.99
6:29.99	35(Open)	400 IM	36(13&O)	6:14.99

Sunday Finals

Girls		Boys
35	400 IM	26
37	12 & U 50 Fly	38
39	13 & O 50 Fly	40
41	12 & U 100 Breast	42
43	13 & O 100 Breast	44
45	12 & U 200 Back	46
47	13 & O 200 Back	48
49	12 & U 200 Free	50
51	13 & O 200 Free	52
53	12 & U 50 Back	54
55	13 & O 50 Back	56
57	12 & U 200 Fly	58
59	13 & O 200 Fly	60
61	12 & U 100 IM	62
63	13 & O 100 IM	64
65	12 & U 50 Free	66
67	13 & O 50 Free	68

Syracuse Chargers

ENTRY FEE CALCULATION SHEET Gorges Invite, Ithaca College 12/8-10, 2023

TEAM NAME _____
CONTACT PERSON _____
PHONE NUMBER _____
E-Mail ADDRESS _____

Number of Individual Entries	_____	X \$7.00	= \$ _____
Number of Relay Entries	_____	X \$12.00	= \$ _____
Number of Swimmers	_____	X \$10.00	= \$ _____

Total Amount Due and Enclosed\$ _____

ENTRY DEADLINE... Friday 11/29/23

MAKE CHECKS PAYABLE TO Syracuse Chargers INC, PO Box 369 Baldwinsville, NY
13027

Email your entries to the Meet Entry Coordinator

**This form Must be returned with Entry Report and Check
to the Meet Entry Coordinator:**

Will Chidsey, PO Box 369 Baldwinsville, NY 13027
315-430-5481, meetentry@medleyaquatics.com

Enclosed is payment of the entry fees for all events we have entered. In consideration of the acceptance of this entry, we hereby, for ourselves, our heirs, administrators, and assigns, waive and release any and all claims against Syracuse Chargers Inc, Medley Aquatics Inc, Meet management personnel, USA Swimming, Niagara Swimming Inc, Ithaca College for injuries and/or expenses incurred by us at this meet or while on the road to and from the meet. We are bona-fide amateur athletes eligible to participate in all events entered. **YOUR SIGNATURE BELOW AFFIRMS ACCEPTANCE FO THESE CONDITIONS.**

**SIGNED CLUB
REPRESENTATIVE** _____

Niagara Swimming Inc.

Warm-up Procedures for all Sanctioned Meets in 10 Lane Pools

I. Pre-Meet warm-up period

A. Control/Supervise - Key words for safe warm-ups.

B. Marshals should be actively supervising the warm-ups to ensure that proper procedures are followed.

II. General warm-up period

A. B. C. D. E.

The first 30-45 minutes are for general warm-ups in all lanes.

There shall be **NO DIVING** off the blocks or the edge of the pool at this time. Outside Lanes - Kicking only.

Inside Lanes - Swimming and pulling only; no paddles.

No sprinting or pace work.

III. Specific warm-up period

A. B.

Last 30-45 minutes of pre-meet warm-up period.

In a six lane pool, each lane shall be scheduled as follows:

a. Lanes 1 & 10 push off one or two lengths & back, beginning at the starting end of the pool. Circle swimming only. b.

Lanes 2 & 9 racing start only. Swim one length only. All swimmers begin at the starting end of the pool.

c. Lanes 3-8 general warm-up only (as above) **NO DIVING**.

Important Points for Specific Warm-Up Period

1. No diving in lanes other than those designated for racing dives. The blocks should be marked to remind swimmers that they should not dive.
2. Start all swimmers in all lanes at the starting end of the pool.
3. Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.
4. Swimmers should be reminded by coaches that breaststrokers need more lead-time than freestylers or butterfly swimmers.
5. Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one should be allowed on the starting block until the backstroker has executed his/her start.
6. The announcer should announce lane changes and/or warm-up changes as per general and specific. The announcer can serve as the reminder of procedures.
7. Coaches should maintain as much contact with their swimmers as possible - verbal and visual - throughout the warm-up period.
8. The Coaches should understand that responsibility for supervision of their swimmers is the same at meets as when on deck at practice.
9. Marshals have the authority through the Meet Director over the warm-up. A swimmer and/or Coach may be removed from the deck for interfering with the Marshals.
10. When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm up sessions should be split to provide a safe and adequate warm-up time for all.
11. The meet Referee shall have responsibility to establish and enforce rules for safe conduct within the competitive pool during the duration of the swimming competition.
12. The meet Safety Committee shall have responsibility for safety rules in all other areas during competition and shall assist the meet Referee in the competition pool if necessary.
13. The meet Safety Committee shall have any person deliberately violating safety rules removed from the meet facility.
14. There shall be at least one Marshal at each end of the pool to ensure the warm-up procedures will be followed.
15. Warm-up procedures shall be enforced for any breaks scheduled during the competition.
16. Discretion and common sense must be used when establishing procedures. The above procedures may be modified by the meet Referee according to the needs of the meet.