

	2025 CNY Invitational 12/12-14, 2025 Sanction # NI-2526-031	 Hosted by: SYCH
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MEET DIRECTOR Will Chidsey Meetdirector@medleyaquatics.com (315)430-5481	MEET ENTRY CHAIR Will Chidsey & Courtney Christ Meetentry@medleyaquatics.com (315)4305481	MEET REFEREE Paul Bartlett pvbartlett56@gmail.com	CLUB OFFICIALS CHAIR Courtney Christ officials@medleyaquatics.com
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SANCTION	Held under the sanction of USA Swimming through Niagara Swimming: NI-2526-031 In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, Syracuse Chargers, Medley Aquatics, and SUNY Cortland shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.
FACILITY	Ithaca College Kelsey Partridge Bird Natatorium 953 Danby Rd Ithaca, NY 14850 The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i> , Article 104.2.2(C). 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.
HOST SITE	A Hosted Meet Page has been created for this meet. Please visit this site to access the event file, session reports, psych sheets, results, and other meet related updates.
ENTRY DEADLINE AND PROCEDURES	December 2, 2025 at 11:59pm IMPORTANT: The above date is the deadline for clubs to submit their entries to the Meet Director. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information. Entries should be submitted by email to the Meet entry Chair: meetentry@medleyaquatics.com. • Include in the subject of the email, "CNY Invite- XXXX (Club Code)". If your club submits multiple entry files include training site in the subject of the email. • Include in entry email: entry file. • In the body of your email provide contact information (email, phone, officials contact). Entries directly from individual team members will not be accepted. Entries by phone or fax will not be accepted. Hand entries will have a \$10.00 Surcharge. The Meet Director will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.

	Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by NI and no further entries will be accepted from that club until the said fine is paid.
SCHEDULE	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: 3:45pm Warm ups: 4:00pm Meet Starts: 5:00pm Meet Director reserves the right to adjust times/sessions after entries are received.
ELIGIBILITY	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; non-conforming times are not accepted. Teams can enter an unlimited number of relays; relay swimmers must be entered in the meet in an individual event. NT's are allowed. This meet is using Time Standards for entries. Please find cut times for events below. Bonus structure: Make one (1) event; get three (3) bonus events. Make two (2) events; get two (2) bonus events. Make three (3) events; get one (1) bonus. The 400 IM, 500 Free, 1000 Free, and 1650 Free are not eligible for bonus swims.
DISABILITY SWIMMERS	NI and host clubs along with their meet directors are committed to the Inclusion Policy as adopted by the NI BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.
TIMING SYSTEM	Automatic timing will be used.
RULES	Current USA Swimming rules shall govern this meet. 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. No on-deck USA-S registration is permitted. In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per NI policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods. Deck changes are prohibited. 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. Operation of a drone or any other flying devices 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. Dive-over starts will be used. The Meet Director and the NI Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 & U events per Rule 205.3.1F. Lifeguards, AED device will be available to athletes participating in the Meet

	There is no roaming the building outside of designated areas. Accessible areas are front lobby, hallway outside of pool, bathrooms, locker rooms, and pool area.
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 and B final for the following events- 50 fly, 50 back, 50 breast, 50 free, 100 back, 100 breast, 100 free, and 100 IM. All other 12 & Under events will have only an A final 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.
POSITIVE CHECK IN	All events will be pre-seeded except for the 400 IM, 500 Free and 1650 Free which will be positive check in. If you fail to positive check in you will not be seeded.
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-UP	The prescribed NI warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments.
SUPERVISION	Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.
SEEDING	Seeded slow to fast for all events.
SCORING	No Scoring
AWARDS	Individual High Point awards by age group (10 & Under, 11, 12, 13, 14, 15 & Over) based on Power Points.
PROGRAMS	Will be available at Meet Host Site
CREDENTIALS	Parents not working the meet as a deck official, volunteer timer or other position are not permitted on deck. Only athletes, USA Swimming certified coaches, and deck officials will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.
SPECTATOR ENTRY FEE	Free
OFFICIALS	Officials interested in volunteering should contact : officials@medleyaquatics.com Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.
TIMERS	Visiting teams will be expected to provide timers for this meet. Meet staff will send a list to teams prior to meet.
SERVICES	Concessions provided by Ithaca College
ENTRY FEES	Per Swimmer Surcharge: \$10.00 Relay event fee: \$12.00 Individual event fee: \$7.00 Make checks payable to Syracuse Chargers Swimming. Checks may be mailed to: Syracuse Chargers Swimming, 204 Blackberry Rd, Liverpool, NY 13090. Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check. Entry fees are due with meet entry. Unpaid fees will be reported to the NI Administrative Office at the conclusion of the meet.

2025 CNY Invitational

Friday Distance

Standard	Girls		Boys	Standard
23:59.99	1	Open 1650 Free	2	23:59.99
14:59.99	3	Open 1000 Free	4	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	13	12 & U 200 Breast	14	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	29	12 & U 200 IM	30	3:09.99
3:04.99	31	13 & O 200 IM	32	2:59.99
7:09.99	7	Open 500 Free	8	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	45	12 & U 200 Back	46	2:59.99
2:55.99	47	13 & O 200 Back	48	2:53.99
2:49.99	49	12 & U 200 Free	50	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	57	12 & U 200 Fly	58	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 400IM	36	6:14.99

Sunday Finals

Girls		Boys
35	400IM	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