



CNY Last Chance Meet

2/11/2024

Sanction # NI-2324-035

TT NI-2324-042TT



Hosted by:
SYCH

MEET DIRECTOR

Courtney Christ & Will Chidsey
Meetdirector@medleyaquatics.com
(315)430-5481

MEET ENTRY CHAIR

Will Chidsey & Courtney Christ
Meetentry@medleyaquatics.com
[m](https://www.instagram.com/medleyaquatics)
(315)4305481

MEET REFEREE

Paul Bartlett

CLUB OFFICIALS CHAIR

Courtney Christ
officials@medleyaquatics.com

SANCTION

- Held under the sanction of USA Swimming through Niagara Swimming: **NI-2324- NI-2223-TT**
- 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

Suny Cortland
Harriet Holsten Pool
Park Center
8 Former Dr
Cortland, NY 13045

- 6 lanes, 25 yards
- Water depth range of 15 ‘at the starting end and 4’ at the turning end.
- The competition course has not been certified in accordance with current *USA Swimming Rules and Regulations*, Article 104.2.2(C).

ENTRY DEADLINE

February 3, 2024 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.

SCHEDULE

Sunday

Session 1 : Warm ups 8:00am, Meet Starts 9am.

Session 2: Warm up: ~~12:00pm~~ **12:30 pm**, Meet starts ~~1:00pm~~ **1:30pm**

Meet Director reserves the right to adjust times/sessions after entries are received.

ELIGIBILITY

- Open to all registered USA Swimmers.
- No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in *USA Swimming Rules and Regulations*, Article 302.

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	<ul style="list-style-type: none"> • Automatic timing will be used.
RULES	<ul style="list-style-type: none"> • 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, Bathrooms, 2 designated gym courts, locker rooms and pool area.
EVENT RULES	<ul style="list-style-type: none"> • All events are timed finals.
POSITIVE CHECK IN	<ul style="list-style-type: none"> • 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.
WARM-UP	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas. •
SEEDING	<ul style="list-style-type: none"> • Seeded slow to fast for all events.
SCORING	<ul style="list-style-type: none"> • No Scoring
AWARDS	<ul style="list-style-type: none"> • Bag Tags for those who make a new Niagara Qualifier Cut.
PROGRAMS	<ul style="list-style-type: none"> • Will be available for sale.
CREDENTIALS	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Free
OFFICIALS	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Participating clubs are requested to provide timers.
ENTRY PROCEDURES	<ul style="list-style-type: none"> • Entries should be submitted by email to the Meet entry Chair: meetentry@medleyaquatics.com. • Include in the subject of the email, "CNY Last Chance- 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.
ENTRY FEES	<p style="text-align: center;">Per Swimmer Surcharge: \$5.00 Relay event fee: NA Individual event fee: \$5.00</p> <ul style="list-style-type: none"> • Make checks payable to Syracuse Chargers Swimming. • Checks may be mailed to: 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.

CNY Last Chance 2024

2/11/2024

Session 1

12 & Under		
GIRLS	EVENT	BOYS
1	200 IM	2
3	50 Butterfly	4
5	100 Backstroke	6
7	200 Freestyle	8
9	100 Breaststroke	10
11	50 Freestyle	12
13	100 Butterfly	14
15	50 Backstroke	16
17	100 IM	18
19	50 Breaststroke	20
21	100 Freestyle	22
23	Mixed 500 Freestyle	23

Session 2

Open		
GIRLS	EVENT	BOYS
25	200 IM	26
27	100 Backstroke	28
29	200 Freestyle	30
31	100 Breaststroke	32
33	50 Freestyle	34
35	100 Butterfly	36
37	200 Breaststroke	38
39	100 IM	40
41	200 Backstroke	42
43	100 Freestyle	44
45	200 Butterfly	46
47	Mixed 500 Freestyle	47
48	Mixed 400 IM	48
49	Mixed 1650 Freestyle	49