



Long Course Splash

6/22-23,2024

Sanction # NI-2324-094



Hosted by:
SYCH

MEET DIRECTOR

Courtney Christ & Will Chidsey

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(315)430-5481

MEET ENTRY CHAIR

Will Chidsey & Courtney Christ

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MEET REFEREE

Paul Bartlett

CLUB OFFICIALS CHAIR

Courtney Christ

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SANCTION

- Held under the sanction of USA Swimming through Niagara Swimming: **NI-2324-094**
- 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, 50 Meters
- 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

June 12, 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

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

Session 2: Warm up: 1:00pm Meet starts: 2:00pm

Session 3: Warm ups: 8:00am Meet Starts 9:00am

Session 4: Warm ups: 1:00pm Meet Starts: 2:00pm

Session 1: Warm ups: 10:00am, Meet Starts: 11:00am

Session 2: Warm ups: 10:00am, Meet Starts: 11:00am

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	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, Bathrooms, 2 designated gym courts, locker rooms and pool area.
EVENT RULES	All events are timed finals. Max events per day is 5.
POSITIVE CHECK IN	All events will be pre-seeded except for the 400 IM, 400 Free and 1500 Free which will be positive check in. If you fail to positive check in you will not be seeded.
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	No Awards

PROGRAMS	Will be available for sale.
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	Participating clubs are requested to provide timers.
ENTRY PROCEDURES	- Entries should be submitted by email to the Meet entry Chair: meetentry@medleyaquatics.com. - Include in the subject of the email, "CNY Long Course Splash- 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	Per Swimmer Surcharge: \$7.00 Individual event fee: \$5.00 - 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.

Events:

Saturday Open Session 6/22			
1	Mixed	Open	400 Freestyle
2	Girls	12 U	100 Backstroke
3	Boys	12 U	100 Backstroke
4	Girls	Open	100 Backstroke
5	Boys	Open	100 Backstroke
6	Girls	12 U	200 Breaststroke
7	Boys	12 U	200 Breaststroke
8	Girls	Open	200 Breaststroke
9	Boys	Open	200 Breaststroke
10	Girls	12 U	100 Freestyle
11	Boys	12 U	100 Freestyle
12	Girls	Open	100 Freestyle
13	Boys	Open	100 Freestyle
14	Girls	12 U	50 Breaststroke
15	Boys	12 U	50 Breaststroke
16	Girls	Open	100 Butterfly
17	Boys	Open	100 Butterfly
18	Girls	12 U	100 Butterfly
19	Boys	12 U	100 Butterfly
20	Girls	Open	200 IM
21	Boys	Open	200 IM
22	Girls	12 U	200 IM
23	Boys	12 U	200IM
24	Mixed	Open	1500 Freestyle

Sunday Open Session 6/23			
25	Girls	12 U	50 Butterfly
26	Boys	12U	50 Butterfly
27	Girls	Open	100 Breaststroke
28	Boys	Open	100 Breaststroke
29	Girls	12 U	100 Breaststroke
30	Boys	12 U	100 Breaststroke
31	Girls	Open	200 Backstroke
32	Boys	Open	200 Backstroke
33	Girls	12 U	200 Backstroke
34	Boys	12U	200 Backstroke
35	Girls	Open	200 Freestyle
36	Boys	Open	200 Freestyle
37	Girls	12 U	200 Freestyle
38	Boys	12 U	200 Freestyle
39	Girls	Open	200 Butterfly
40	Boys	Open	200 Butterfly
41	Girls	12 U	50 Backstroke
42	Boys	12U	50 Backstoke
43	Girls	Open	50 Freestyle
44	Boys	Open	50 Freestyle
45	Girls	12 U	200 Butterfly
46	Boys	12 U	200 Butterfly
47	Girls	Open	200 IM
48	Boys	Open	200 IM
49	Girls	12 U	50 Freestyle
50	Boys	12U	50 Freestyle
51	Mixed	Open	400 Freestyle