

Northern TRIBS Swimming, Inc.

NORTH COUNTRY INVITATIONAL

Saturday and Sunday, December 11 & 12, 2021
Ogdensburg Free Academy
1100 State Street, Ogdensburg, NY 13669

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD22-007
Don Lipkin, General Chairman.
It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Host: Northern TRIBS Swimming, Inc.

Place: Ogdensburg Free Academy; 1100 State Street, Ogdensburg, NY 13669
Short Course 25 Yard Pool, 6 Lanes... NO Continuous warm up pool... Colorado automatic timing, beeper and scoreboard.

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

Pool Depths: Depth of Pool at One (1) Meter 10'0" and Five (5) Meters 10'00" from Start End of Pool.
Depth of Pool at One (1) Meter 4'00" and Five (5) Meters 4'00" from Turn End of Pool.

Time:

Saturday

Session	Age Groups	Warm-up Time	Meet Start Time	Positive Check-In
Session 1	ALL	1:00 PM	2:00 PM	ALL by 1:30 PM

Sunday

Session	Age Groups	Warm-up Time	Meet Start Time	Positive Check-In
Session 2	ALL	9:30 AM	10:30 AM	ALL by 10:00 AM

Meet Director and Entry Coordinator: Joshua Jock jjock@goTRIBS.org (518) 524-1295
Meet Referee: JoAnn Faucett faucettjm@aol.com (518) 496-6136

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 11, 2021
Rules from the current USA Swimming Technical and Administrative Rules will be in effect.
Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software and emailed to jjock@goTRIBS.org.
Team entries must be received by **Tuesday, December 7, 2021. Custom times are preferable over NT entries.**
Please be certain you receive a reply confirming receipt of your entries; follow up if you do NOT receive a reply.

The host team reserves the right to enter its own swimmers in the meet at any time. If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. In the event the meet is oversubscribed, the Meet Director and Meet Referee will work together to determine how entries are removed, with the best interest of the swimmers in mind. **Attending teams will be notified of any changes via email and all changes will be posted to the AD Web Site.** Any fees paid for cut entries will be refunded. If you have any questions or need any help please contact Joshua Jock at (518) 524-1295.

This meet will have 2 Sessions. In a timed finals meet, such as this, a swimmer may compete in not more than six (6) individual events per day. There will be positive check in for ALL sessions. Swimmers in the 400 IM and 500 Free must be entered with a time that is faster than the cut-off time.

Events will be scored by the Hy-Tek Age Group Point System to determine High-Point Age Group Winners.

202.3.2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

202.3.4A 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 without the use of the backstroke ledge. 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.

USA Swimming Registration:

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302
Registrations may be obtained from your club registrar. All Adirondack Meets are reconciled for current USA Swimming Registration. Unregistered swimmers will be removed from the meet and a \$25.00 Fine Imposed. ([Click Here for More Information](#))
Unattached athletes may obtain forms and instructions from the Adirondack Swimming Web Site www.adirondackswimming.org
Direct registration questions to the Adirondack Registrar, Adam Hershberg, adregistrar12@gmail.com

Swimming Events:

Positive Check-in will be required for ALL EVENTS, as indicated in the meet schedule, by the deadline for each session.

Any swimmer not checked in by the Positive Check-in Deadline will be scratched. All events will be swum as timed finals. Fly-over starts will be in use; please inform your swimmers prior to the meet. **10 & Under swimmers are to line up in the bull pen area for 25 yard events only.** 400 IM and 500 Freestyle swimmers must provide their own timer, and 500 Freestylers must provide their own counters. If necessary, 5-minute breaks between events may be added into any session.

Cut Times for Distance events 43 and 83

Event 43 Girls 13-14 400 IM	6:05.79
Event 43 Girls 15&O 400 IM	6:05.79
Event 43 Boys 13-14 400 IM	5:41.79
Event 43 Boys 15&O 400 IM	5:41.79
Event 83 Girls 10&U 500 Free	8:26.09
Event 83 Girls 11-12 500 Free	7:09.09
Event 83 Girls 13-14 500 Free	6:49.39
Event 83 Girls 15&O 500 Free	6:49.39
Event 83 Boys 10&U 500 Free	8:16.69
Event 83 Boys 11-12 500 Free	6:57.29
Event 83 Boys 13-14 500 Free	6:26.59
Event 83 Boys 15&O 500 Free	6:26.59

Warm-Ups:

Because of the large number of injuries occurring across the country during warm-ups, USA Swimming allows no diving into the pool during the warm-up period except in the designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to fully cooperate with the club officials and marshals in charge of the area. A warm up schedule will be posted after 12/07/21 on the Adirondack website (www.adirondackswimming.org).

Timers:

Clubs will be required to provide timers based upon their number of entries. 400 IM and 500 Freestyle swimmers must provide their own timers. Lane assignments will be posted to the Adirondack Swimming website (www.adirondackswimming.org).

Deck Entries:

Adirondack Swimming has agreed to allow Deck Entries at AD Meets under the following conditions;

1. Deck Entries are NOT Allowed during Championship Meets
2. Athlete must be USA-S Registered and show Proof of Registration (those already in meet have been confirmed as registered). Acceptable forms of Proof of Registration are: USA-Swimming ID or USA-Swimming Club Portal Team Listing or Deck Pass.

If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, to UN-AD (unattached) at an LSC fee of \$60.00 plus the current USA Swimming Registration fee.

DECK REGISTRATIONS WILL NOT BE MADE WITH ANY TEAM ASSOCIATION, PLEASE DO NOT ASK.

3. Coach makes the request for the entry.
4. All Deck Entries will be allowed at the discretion of a combined decision of the Meet Director and the Meet Referee.
5. Deck Entries are Subject to a \$1.00 Surcharge, Per Entry, which applies to All Entries, Individual or Relays.

Meet Policy:

Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted behind the starting blocks, including any spectator area behind the starting blocks, in changing areas, rest rooms or locker rooms.

Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.

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.

No one will be allowed on the deck except USA-S Registered Officials and USA-S Registered Coaches with Current Certifications, USA-S Registered Swimmers and Meet Marshalls and Timers on Shift.

All Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.

If, at an AD Sanctioned Meet, an individual is found on deck, acting in any coaching capacity and is determined to be out of compliance with USA Swimming requirements for coaches, that individual will be removed from the deck and the represented club will be fined \$250.

Any swimmer found in an unauthorized area will be asked to immediately leave the premises. No exceptions.

Each team is responsible for supervising its members.

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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

This statement (Covid-19) shall also be included in heat sheets.

In applying for this sanction, the Host, Northern TRIBS Swimming (NTS) agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Adirondack Swimming (LSC), the State of New York and the City of Ogdensburg.

All Guests agree to ensure their own team(s) comply with all health safety mandates and guidelines of USA Swimming, Adirondack Swimming (LSC), the State of New York and the City of Ogdensburg.

COVID-19 Guidelines

General

- We are fortunate to be permitted to use the facilities at Ogdensburg Free Academy. Proper conduct on the part of all swimmers and spectators is expected at all times. The meet area is restricted to the pool and adjoining locker rooms, the adjacent hallway and balcony area. Any swimmer found in an area designated out-of-bounds will be barred from participating in the remainder of the meet.
- All individuals are expected to remain socially distant to the extent possible prior to, while in, and when exiting the facility.
- Only Meet personnel, volunteers, coaches and swimmers registered in the meet will be allowed on deck.
- All individuals entering the facility are expected to be masked prior to entry and wear the mask properly covering the nose and mouth.
No gaiter face coverings are permitted within OFA.
- **Spectators are allowed. No limitations on numbers other than a town fire code. Masks are required.**
- Swimmers are expected to arrive in their suits. Swimmers may change before they exit the facility within designated locker rooms.
- Locker rooms will be available for restroom purposes and changing out of swim attire at the end of the individual involvement of the meet. Monitors will be stationed at each locker room entrance to ensure limited individuals are inside at any given time.
- All meet personnel, volunteers, officials, coaches and **spectators** are required to wear a properly worn mask at all times while in the facility. The only exception to this is when the meet referee needs to blow the whistle.
- Swimmers are required to wear a mask at all times except when in the water.
- Swimmers are expected to put their mask back on immediately after exiting the water before moving around on deck.
- All personnel in the facility are expected to bring their own water bottle. Use of the water fountains is restricted to refilling bottles only.
- All swimmers must bring their own clear plastic bag with the athlete's name and team on it to secure and identify their mask when they are in the water.
- Entrance onto and from the pool deck will be through the shallow end doors.

Team seating:

- Each team will have ample room for their swimmers and coaches to place their bags and sit.
- Swimmers are expected to remain in their area except when racing, preparing to or completing a race or when needing to use the rest room.

Pre-meet warm-up:

- Each team may be assigned warm-up lanes. In the event of more teams than lane space, teams will be assigned warm-up lanes and timeslots.
- Swimmers are expected to minimize their time on the wall while warming up.
- Coaches are expected to oversee and monitor warm-ups to ensure proper distancing is maintained.

In-meet warm-up/warm-down:

- All swimmers asked to minimize their time on the wall during these times.

Swimmer Competition:

- A maximum of 3 heats will stage behind the blocks in each lane in designated locations.
- Swimmers are to stay in designated locations behind each lane and move forward once the heat before them moves.
- Swimmers in the completed heat will exit the water, put their masks on and leave the area before the next heat is called to the blocks.
- Swimmers should keep their mask on until their heat is called to the blocks, at which time they should place their masks in their bag and place it in the crate next to their lane.
- Timers are to step back from the edge of the pool once they have recorded the finish to allow the swimmer space to exit the water and place their mask on.
- If there are 25-yard events, volunteers will move crates to other end of pool where swimmers will retrieve their personal items. Volunteers will then move the empty crates back to the other end of the pool before the next heat/event is to start.

Meet personnel, volunteer, official, spectator, and coach Facility Use:

- Restrooms in the lobby are available for use.
- Face coverings are to be properly worn at all times.

Services:

Food will be on sale throughout the meet and should be eaten in the designated areas while masks are off. A meet program will be available which will cover all sessions. Smoking is NOT permitted in the building. Parents, coaches and swimmers are not to bring glass containers of any kind into the pool area. There will be swim apparel and gear available to purchase. An event T-shirt will be on sale. There will also be a gift basket raffle.

Disabled Athletes:

Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities are required to contact the Meet Director at least 2 weeks in advance of the meet so that provisions can be made for any special accommodations.

Entry Fees:

An entry summary sheet is included to compute your team entry fees. The entry fees are \$4.75 per individual event and there is a \$2.00 per swimmer surcharge. These fees include the travel fund assessment fee which is fifty cents (\$0.50) per individual entry, \$1.00 per relay entry, and \$2.00 per swimmer entered in the meet. **ALL MANUAL ENTRIES, INCLUDING DECK ENTRIES (NON-ELECTRONIC) ARE SUBJECT TO A SURCHARGE OF \$1.00 PER ENTRY, WHICH APPLIES TO INDIVIDUAL OR RELAY ENTRIES.**

Make your entry check payable to **Northern TRIBS Swimming, Inc.** and mail your check and entry summary sheet to the **Meet Entry Coordinator**. *Entries will be entered to the meet upon receipt of your check.*

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. A Photographer Registration form must be completed and submitted to the meet director for approval, prior to the meet. Forms are available on the Adirondack Swimming website as well as from the Meet Director.

[Click here for a direct link to the registration form.](#)

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 event ribbons will be awarded for 1st – 6th place.

A surprise will be awarded to ALL Heat Winners.

For all Age Group High-Point Winners (8 & Under, 9-10, 11-12, 13-14, and 15 & Over) a special prize will be awarded.

Time Trials:

Time Trials will be offered at the discretion of the meet director and the meet referee.

Officials:

There will be an official's meeting conducted promptly 30 minutes before each session. Attendance is MANDATORY to work the meet. Please speak with the meet referee before the start of officials meeting.

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Saturday and Sunday, December 11 & 12, 2021
 Ogdensburg Free Academy
 1100 State Street, Ogdensburg, NY 13669

Session 1 – Saturday PM

WARM-UPS 1:00 PM...POSITIVE CHECK-IN BY 1:30 PM...SESSION BEGINS 2:00 PM

GIRLS EVENTS	QUALIFYING TIMES	AGE GROUP	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
1		11 – 12	100 IM		2
3		13 & Over	200 Freestyle		4
5		10 & Under	100 Butterfly		6
7		10 & Under	25 Backstroke		8
9		11 & 12	50 Freestyle		10
11		13 & Over	200 Butterfly		12
13		9 – 10	50 Backstroke		14
15		10 & Under	25 Breaststroke		16
17		11 – 12	200 Breaststroke		18
19		13 & Over	100 Breaststroke		20
21		10 & Under	200 IM		22
23		8 & Under	50 Butterfly		24
25		11 – Over	100 Backstroke		26
27		9 – 10	50 Breaststroke		28
29		8 & Under	100 IM		30
31		11 – 12	100 Butterfly		32
33		9 – 10	100 Freestyle		34
35		13 & Over	50 Freestyle		36
37		11 – 12	50 Breaststroke		38
39		8 & Under	50 Freestyle		40
41		11 – 12	200 Freestyle		42
43	By age group	13 & Over	400 Mixed IM	By age group	43

Swimmers may enter a maximum of 6 individual events per day.

Session 2 – Sunday AM

WARM-UP 9:30 AM... POSITIVE CHECK-IN BY 10:00 AM... SESSION BEGINS 10:30 AM

GIRLS EVENTS	QUALIFYING TIMES	AGE GROUP	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
45		11 – Over	200 IM		46
47		10 & Under	100 Backstroke		48
49		8 & Under	50 Breaststroke		50
51		11 – 12	50 Butterfly		52
53		9 – 10	50 Freestyle		54
55		13 & Over	100 Butterfly		56
57		10 & Under	25 Butterfly		58
59		11 – Over	100 Freestyle		60
61		9 – 10	50 Butterfly		62
63		8 & Under	50 Backstroke		64
65		11 – Over	200 Backstroke		66
67		10 & Under	100 Breaststroke		68
69		8 & Under	100 Freestyle		70
71		11 – Over	100 Breaststroke		72
73		9 – 10	100 IM		74
75		10 & Under	25 Freestyle		76
77		11 – 12	50 Backstroke		78
79		10 & Under	200 Freestyle		80
81		11 – 12	200 Butterfly		82
83	By age group	Open	500 Mixed Freestyle	By age group	83

**SWIMMERS MAY ENTER A MAXIMUM OF (6) INDIVIDUAL EVENTS PER DAY
 \$4.75 PER INDIVIDUAL EVENT PER ATHLETE FOR ALL ATHLETES
 \$2.00 PER ATHLETE SURCHARGE.
 FOR MANUAL ENTRIES, ADD \$1.00 PER ENTRY**

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ENTRY FEE CALCULATION SHEET

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

Number of Positive Check-in Individual Entries _____ X \$4.75 = \$ _____
Number of Swimmers (Surcharge) _____ X \$2.00 = \$ _____
Number of Manual (non-electronic) Entries _____ X \$1.00 = \$ _____

Total Amount Due and Enclosed\$ _____

ENTRY DEADLINE... Tuesday Dec. 7, 2021

Email your entries to Joshua Jock: jjock@goTRIBS.org

MAKE CHECKS PAYABLE TO “Northern TRIBS Swimming, Inc.”

This form must be returned with Entry Report and check to:

Northern TRIBS Swimming, Inc.
c/o Joshua Jock
3 Garvin Ave Apt 4
Massena, NY 13662

**Entries will be posted to the meet program upon RECEIPT OF CHECK ONLY.
Northern TRIBS Swimming, Inc. assumes no responsibility
for meet close-out due to late entries.**