

TO: [Blue Sharks Swim Team - Watertown, NY](#); [CFB Kingston Sharks Swim Club - Kingston, ON](#); [Lake Champlain Waves - Plattsburgh, NY](#); [Maryclaire Sherwin Greater Malone YMCA – Malone, NY](#); [Sea Lions Swimming - Cornwall, On](#); [Plattsburgh YMCA –Plattsburgh, NY](#); [Brockville and Area YMCA – Brockville, ON](#); [Turbine Swim Club -Lowville, NY](#); [Swim Strong Aquatic Club - Fort Drum, NY](#)

FROM: [Northern TRIBS Swimming – Potsdam, NY](#)

SUBJECT: Continuation of a League to provide greater local competitions for swimmers surrounding the Seaway Valley in Northern New York and Southern Ontario.

Members of nearby clubs and YMCAs, we have the ability to provide our swimmers the opportunity to compete on both sides of the USA and Canadian border if we work together. Our swimmers will be able to test their skills against other local teams, experience each others cultures, and participate in more local annual meets.

Please accept this invite to participate in the second invitational at [SUNY Potsdam's MAXCY Hall Pool; Potsdam, NY](#) on December 18th from 1 - 5pm with warm-up beginning at 12pm. Please forward a copy of insurance in order for any registered team or club members to participate. Please let me know if there are other clubs/YMCAs who would like to participate. [Directions](#) [Campus Map](#)

PLACE: MAXCY Pool on the campus of SUNY Potsdam, Potsdam, NY 13676
25-yard, 6-lane pool with continuous warm-up/warm-down area
Colorado automatic timing system with beeper start and scoreboard readouts
MAXCY Pool Depths, Start End 1 meter=4'0", 5 meters=4'10" ... Turn End 1 meter 6'10", 5 meters=6'7"

Potsdam Invitational

Northern TRIBS Swimming

Saturday December 18, 2010

SUNY Potsdam; Potsdam, NY 13676

WARM-UPS 12:00PM ...SESSION BEGINS 1:00PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION (YDS.)	BOYS EVENTS
1	Open	200 Free	2
3	10 & under	100 IM	4
5	11 & 12	100 IM	6
7	Open	200 IM	8
9	8 & Under	25 Freestyle	10
11	9 &10	50 Freestyle	12
13	11 & 12	50 Freestyle	14
15	Open	50 Freestyle	16
17	8&Under	25 Butterfly	18
19	9 & 10	50 Butterfly	20
21	11 & 12	100 Butterfly	22
23	Open	100 Butterfly	24
25	10 & Under	100 Freestyle	26
27	11 & 12	100 Freestyle	28
29	Open	100 Freestyle	30
31	8 & Under	25 Backstroke	32
33	9 &10	50 Backstroke	34
35	11 & 12	100 Backstroke	36
37	Open	100 Backstroke	38
39	8 & Under	25 Breaststroke	40
41	9 & 10	50 Breaststroke	42
43	11 & 12	100 Breaststroke	44
45	Open	100 Breaststroke	46
47	12 & Under	200 Freestyle Relay	48
49	Open	200 Freestyle Relay	50

Swimmer may enter 4 individual events and 1 relay

Event entry deadline will be December 7th. Please email entries to jockif@yahoo.com or phone 518-524-1295 for info.

Meet manager will be used to run invitational. Click for [Team Manager Event File](#) or go to www.goTRIBS.org.

Deck entries will be allowed until 12:30pm on race day. There are no entry fees.

If not using Team Manger to submit entries please use this format: Club, Athlete, & event numbers via email.

SUNY Potsdam's starting blocks are located in the shallow end of the pool where the water depths is 4'00" or 1.3 meters. The following rules will apply. (8 & under) will perform start from bulkhead. (9 & 10) will enter feet first and perform a push-off start. All swimmers (11 & up) performing a racing start off block must comply with the certification process. Coaches must print and bring Racing Start Certification Checklist with them to the competition. If not, swimmers must enter feet first and perform a push-off from wall to begin race.

[Racing Start Certification](#)

Effective May 1, 2009, USA Swimming's Board of Directors modified the racing start rule, 103.2.2 (which already provides that racing starts should only be taught in at least six feet of water) to further clarify that racing starts should only be taught under the direct supervision of a USA Swimming member coach, and to expand the definition of teaching racing starts to make clear that no swimmer who has not been certified as proficient by his or her coach should be performing racing starts into less than six feet of water.

All clubs must ensure that all team members are certified and that coaches understand and comply with the certification process. Failure to do so could jeopardize club and coach insurance coverage.

[Racing Start Certification Checklist](#)

[Racing Start Certification FAQ](#)

[Memo to Clubs and Coaches](#)

[Memo to Parents](#)

ORDER NOW!

**Event T-shirts with advance orders only (no extra shirts will be available on race day).
Only \$10. 00**

Sizing/Material: Unisex, pre-shrunk cotton Ultra-blend.

Front: "Potsdam Invitational" with design (last years color was a light blue ty-dye)

Back: Participating Clubs and YMCAs listed. Please submit all orders with entries for volunteers, parents, and Coaches too! Payment due on race day.

Sizes: XXL XL L M S Youth Large