

OCEAN BLUE INVITATIONAL SWIM MEET

Sunday, November 5, 2006

Alumni Gym Pool, Union College, Schenectady, New York

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc.
Sanction # AD06-400
Kim Crouse, General Chairman

Host: Delmar Dolphins Swim Club, Inc.

Place: Alumni Gym Pool, Union College, Schenectady, New York
Short Course, 25-yard, 8-lane pool with continuous warm-up/warm-down area
Colorado automatic timing system with beeper start and scoreboard readouts

Session Information:

Session	Age Groups	Warm-up Time	Meet Start Time
Morning (Event 1-32)	10 & Under, 11 & 12 yrs.	10 & Under - 8:00 - 8:20 a.m. 11 & 12 - 8:20 - 8:40 a.m. Combined - 8:40 - 8:50 a.m.	9:00 a.m.
Mid-day (Event 33-34)	Open 500 yd. Freestyle	No Specific Warm-up. Use continuous warm-up area.	Immediately after event 32
Afternoon (Event 35-64)	Senior, 8 & Under	Not before 12:30 p.m. 8 & Under for 1 st 20 min. Senior for 2 nd 20 min. Combined for last 10 min.	Not before 1:30 p.m.

Please note: Any age group may swim Senior events.

Meet Director: Mark Lewis (mlewis11@nycap.rr.com or 475-9293)
Meet Marshall: Lance Howland
Meet Referee: JoAnn Faucett
Safety Officer: Paula O'Donnell

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on November 5, 2006. A swimmer may enter **FIVE** events plus relays. If the meet should be oversubscribed, entries will be returned on a last-in, first-back basis. Rules from the current USA Swimming Technical Rules will be in effect. Entries must be submitted on floppy diskette or CD using the Hy-Tek Meet Manager or Team Manager Software. **Entries must be received by Friday, October 27, 2006.** Adirondack Swimming does not accept NT (no time) entries and these entries will not be imported to the meet.
Teams can e-mail their entries to: dwightcheu@hotmail.com

USA Swimming Registration:

All swimmers must be currently registered with USA Swimming, Inc. Registrations may be obtained from your club registrar. ALL Adirondack Swimmers **MUST** be Registered with the AD Registrar by the Meet Entry Deadline.
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 at www.adirondackswimming.org.
Direct registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or registrar@adirondackswimming.org.

Swimming Events:

THIS IS A PRE-SEEDED MEET. All events will be timed finals, except the 400 and 500 yards events which require positive check-in. Swimmers in the open 500 yard freestyle (Events 33 & 34) must check-in by 11:00 a.m. The open 500 yard freestyle will be swum starting with the fastest heat of girls, fastest heat of boys, then combined. Swimmers in the 400 yard IM (Events 63 & 64) must check-in by 1:30 p.m.

Scratches:

Swimmers in events 33 & 34 and events 63 & 64 who do not positively check in by the deadlines will be scratched. Coaches – be sure your swimmers check-in.

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. Swimmers and coaches are expected to follow the Adirondack Safety Guidelines which have provided to all clubs and should be consulted for other warm-up procedures.

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 USA-S ID (those already in meet have been confirmed registered).
If an athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, in meets allowing Deck Entries, to UN-AD (unattached Adirondack) swimmers ONLY at a fee of \$100. 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.

Timers:

Clubs will be required to provide timers based upon their number of entries. Lane assignments will be posted at the pool and in the program. Swimmers must provide their own timers for the 400 IM's and 500's. Swimmers have to provide their own lap counters for the 500's.

Meet Policy:

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 and cleaning up the debris in their area. **No one will be allowed on the deck except USA-S Registered Officials, USA-S Registered Coaches with Current Certifications, USA-S Registered Swimmers and timers on shift.**

Services:

A meet program will be available for sale. A variety of breakfast, lunch and snack items will be available in the "Dolphin Café." Swimming supplies will be available in the lobby area. No food or drink is to be consumed in the pool area. **Glass containers are prohibited in the pool area.**

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 also included to compute your team entry fees. The entry fees are \$3.25 per individual event (including the \$.40 travel fund surcharge), and \$6.00 per relay event (including the \$1.00 travel fund surcharge). There is also a \$1.00 per swimmer surcharge. **Entries must be received by Friday, October 27, 2006.** Make your entry check payable to **Delmar Dolphins Swim Club, Inc.** and mail your check and floppy diskette to:

Dwight Cheu (e-mail: dwightcheu@hotmail.com)
69 Cambridge Drive
Glenmont, New York 12077
518-478-9225

To save mailing costs and avoid damage, Entries may be emailed and will be entered to the meet upon receipt of your check

Awards:

Individual events ribbons will be awarded for 1st – 8th Place. Relay events ribbons will be awarded for 1st – 3rd Place.

Officials:

There will be an official's meeting conducted promptly 30 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in official's room before the start of officials meeting. New officials are welcome to shadow at this meet.

If you have any questions please contact: Mark Lewis: 518-475-9293 or Dwight Cheu: 518-478-9225

DELMAR DOLPHINS "THE OCEAN BLUE" INVITATIONAL - EVENTS

MORNING SESSION

Warm-ups: 10 & under - 8:00-8:20 A.M./11 & 12 - 8:20-8:40 A.M./Combined 8:40-8:50 A.M.

Meet Start - 9:00 A.M.

<u>Girls' Event Number</u>	<u>Event</u>	<u>Boys' Event Number</u>
1	11-12 200 Yd. IM	2
3	10 & Under 100 Yd. IM	4
5	11-12 50 Yd. Backstroke	6
7	10 & Under 50 Yd. Backstroke	8
9	11-12 100 Yd. Freestyle	10
11	10 & Under 100 Yd. Freestyle	12
13	11-12 50 Yd. Breaststroke	14
15	10 & Under 50 Yd. Breaststroke	16
17	11-12 100 Yd. Butterfly	18
19	10 & Under 50 Yd. Butterfly	20
21	11-12 50 Yd. Freestyle	22
23	10 & Under 50 Yd. Freestyle	24
25	11-12 100 Yd. Backstroke	26
27	10 & Under 100 Yd. Backstroke	28
29	11-12 200 Yd. Freestyle Relay	30
31	10 & Under 200 Yd. Freestyle Relay	32

MID-DAY SESSION

There will be no specific warm-up time set aside for this session. Swimmers should use the separate warm-up area. Event 33 will start immediately after event 32.

<u>Girls' Event Number</u>	<u>Event</u>	<u>Boys' Event Number</u>
Event 33	Open 500 Yd. Freestyle	Event 34

AFTERNOON SESSION

Warm-ups: Not before 12:30 P.M. 8 & under for 1st 20 min./Senior for 2nd 20 min./Combined last 10 min.

Meet Start: Not Before 1:30 P.M.

<u>Girls' Events Number</u>	<u>Event</u>	<u>Boys' Events Number</u>
35	Senior 200 Yd. IM	36
37	8 & Under 100 Yd. IM	38
39	Senior 100 Yd. Freestyle	40
41	8 & Under 50 Yd. Freestyle	42
43	Senior 100 Yd. Backstroke	44
45	8 & Under 25 Yd. Backstroke	46
47	Senior 100 Yd. Butterfly	48
49	8 & Under 25 Yd. Butterfly	50
51	Senior 100 Yd. Breaststroke	52
53	8 & Under 25 Yd. Breaststroke	54
55	Senior 50 Yd. Freestyle	56
57	8 & Under 25 Yd. Freestyle	58
59	Senior 200 Yd. Medley Relay	60
61	8 & Under 100 Yd. Medley Relay	62
63	Open 400 Yd. IM	64

**Entry Fee: \$3.25 Per Event + \$1.00 per Swimmer Surcharge
May Swim a Maximum of 5 Individual Events plus Relays**

DELMAR DOLFIN'S SWIM CLUB, INC.

ENTRY FEE CALCULATION SHEET

"OCEAN BLUE INVITATIONAL SWIM MEET"

ALUMNI GYM POOL, UNION COLLEGE, SCHENECTADY, NY

SUNDAY, NOVEMBER 5, 2006

MEET _____

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-Mail ADDRESS _____

Number of Girls Individual Entries	_____	X \$3.25 = \$	_____
Number of Girl Swimmers	_____	X \$1.00 = \$	_____
Number of Girls Relays	_____	X \$6.00 = \$	_____
Number of Boys Individual Entries	_____	X \$3.25 = \$	_____
Number of Boy Swimmers	_____	X \$1.00 = \$	_____
Number of Boys Relays	_____	X \$6.00 = \$	_____

Total Entry Fee Due\$ _____

Master Entry Sheet Fee (if applicable)\$ _____

Total Amount Due and Enclosed\$ _____

MAKE CHECKS PAYABLE TO: DELMAR DOLFIN'S SWIM CLUB, INC.

This form Must be returned with Entry Report, Check and Hy-Tek Disk.

Entries will be posted to the meet program upon RECEIPT OF CHECK ONLY. The Delmar Dolphins assumes no responsibility for meet close-out due to late entries.

Entry deadline is Friday, October 27, 2006.

Mail Entries, Entry Report, This Form and Check to: Dwight Cheu
69 Cambridge Drive
Glenmont, NY 12077

*Entries May be sent by e-mail to: Dwightcheu@hotmail.com

**This form and Your Team Check Must be received to have entries added to the meet.*