

DECEMBER SUPER SPLASH

SUNDAY, DECEMBER 3, 2006 AT RPI POOL, TROY, NY

The Glens Falls YMCA Gators Swim Team is pleased to announce the 2006 December Super Splash to be held at RPI Swimming Pool. Besides being planned for fun, this meet is a **Partial Zone Qualifier** for the 2007 Winter Zones.

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc.
Sanction # **AD06-403** Kim Crouse, General Chairman

Host: Glens Falls YMCA Gators Swim Team

Place: RPI Robison Swimming Pool
Troy, NY
Short Course 25 Yard, 8 Lane Pool
Colorado Timing and Beeper System

Time:

<u>Session:</u>	<u>Age group</u>	<u>Warm ups</u>	<u>Positive Check-in</u>	<u>Start</u>
Session I: Invitational Zone Qualifier There are no cut-times	8 & Under and 9-10	7:30 a.m.- 8:20 a.m.	None-Session is pre-seeded	8:30 a.m.
Session II: Invitational Zone Qualifier (Middle Distance Events) Entry time must be <u>Faster</u> than cut-times	<u>OPEN AGE</u> Group	11:30 a.m.- 12:10 p.m.	YES Positive check-in By 11:15	12:15 p.m.
Session III: Partial Invitational Zone Qualifier. There are no cut-times	11-12 & 13 & Over	1:45 p.m. - 2:25 p.m.	None- Session is pre-seeded	2:30 p.m.

Meet Directors: Lynn Jones and Dick Jones Ph # 656-3439 e-mail rlcjones@adelphia.net

Meet Marshall: Roy Kline

Meet Referee: JoAnn Faucett 518-399-0494, faucettjm@aol.com

Entry Rules: Eligibility of a swimmer will be based on his or her age on December 3, 2006. **A swimmer may enter four (4) events plus Relays plus Zoomer Kick.** If this meet should be oversubscribed, entries will be returned on last-in first-back bases, as determined by the Meet Directors. The meet committee reserves the right to return entries whose inclusion would extend the meet. Rules from the current US Swimming Technical Rules will be in effect. Entries must be submitted on floppy diskette or CD or sent by e-mail using the Hy-Tek Meet Manager or Team Manager Software. Team entries must be received by **Wednesday, November 22, 2006**. Teams can e-mail their entries to: Gail Jeffords Ph # (518) 793-2257, e-mail: gmjeffor@aol.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 before their meet entries are sent. 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, Kathy Furman, 518-384-0223 or registrar@adirondackswimming.org.

Finals, Consolations and Scratches:

- All events will be swum as timed finals. Swimmers and coaches are responsible for knowing the events for which they are entered and for listening for any seeding announcements for all events, including relays.
- This is a PRESEEDED MEET for SESSIONS I (one) and SESSION III (three), SESSION II (two) will be deck seeded
- POSITIVE CHECK-IN REQUIRED for SESSION II (two). Swimmers must check in by 11:15 a.m. at the front entrance.
- SCRATCHES: Swimmers FOR SESSION II (two) who do not report for positive check-in WILL BE SCRATCHED from their session II events!
- Coaches need to listen for the relay announcements and promptly submit their relay teams when requested.

Warm-ups:

Because of the large number of injuries occurring across the country during warm-ups, USA Swimming allows no diving in any pool during warm-up period except in designated sprint lanes. We ask that you inform your swimmers of this rule and ask for full cooperation with USA Officials, club officials and Meet Marshall's in charge of deck areas.

Session I warm-ups are from 7:30 a.m. to 8:20 a.m. - There will be a 20 minute girls only and a 20 minute boys only warm up, followed by a 10 minute combined warm up.

Session II warm-ups are from 11:30 a.m. to 12:10 p.m. – There will be a 15 minute girls only and a 15 minute boys only warm up, followed by a 10 minute combined warm up.

Session III warm-ups are from 1:45 p.m. to 2:25 p.m. – There will be a 15 minute girls only warm up and a 15 minute boys only warm up, followed by a 10 minute combined warm up.

Continuous warm-up/warm down will be available after warm-ups.

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. Athletes must be USA-S Registered and show USA-S ID card (those already in meet have been confirmed as registered). **If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, in meets allowing Deck Entries, to UN-AD (unattached, Adirondack) only at a fee of \$100.**
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. Swimmers have to provide their own timers and counters for the 500's.

Services:

- Food and beverage will be on sale throughout the meet. No food or drink is to be consumed in the pool area.
- A meet program will be available for purchase that covers all sessions.
- Host Team will be selling meet t-shirts, sweatshirts and miscellaneous swimming supplies.
- Smoking is not permitted in the building.
- Parents, coaches and swimmers are not allowed to bring glass containers of any kind 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.

Qualifying Times:

This Meet consists of three specialized sessions. All entries require the inclusion of a seedtime or qualifying time, depending upon the session. **Adirondack does not except "No entry" times.**

- Session I is an invitational zone qualifier session for age groups 8 & U and 9-10. There are no qualifying times.
- Session II is an open age group distance zone qualifier; entry times must be faster than qualifying times.
- Session III is a partial zone qualifier for age groups 11-12 and 13 & over. There are no qualifying times.

Entries must be submitted:

Digitally using the Hy-Tek Meet Manager or Team Manager software. For the purpose of the deadline, a completed team entry will consist of all entry information using Hy-Tek to prepare the entries. A check in the amount of \$25 payable to Glens Falls YMCA Gators must accompany any Adirondack Team that chooses to submit entries in a different format than Hy-Tek. Glens Falls Gators are not responsible for any entry errors submitted by the teams. Entries must be received by **Wednesday November 22, 2007**. E-mail entries as an attachment to: gmjeffor@aol.com allowing time for entry fees to arrive at the following address before due date.

Gail Jeffords
 18 Staple Street
 Glens Falls, NY 12801
 Home phone #: (518) 793-2257

Entry Fees: An entry summary sheet is included for those teams not using Hy-Tek to calculate your team's entry fees. No team entries will be accepted without the required fees.

- * Individual Events: \$3.25 (includes the \$0.40 travel fund surcharge).
- * Relay Events: \$6.00
- * Per Swimmer surcharge: \$1.00
- * Zoomer Kick \$1.00

- **Checks made payable to Glens Falls YMCA Gators**

Awards:

- Individual Events Medals for 1st thru 8th places
 - Relay Event Medals 1st thru 3rd place teams.
- Results will be posted on www.adirondackswimming.org
 Heat ribbons awarded in session I only.

Supervision of Swimmers:

Respect for the facility is expected of everyone in attendance. Parents and coaches are responsible for ensuring that swimmers behave in an orderly manor. Everyone is responsible for cleaning his or her bullpen and deck areas of trash and disposing of the same. Bags and receptacles will be made available by the host team. Any swimmer found in an unauthorized area will be asked to leave. No exceptions! **No one will be allowed on deck except USA Swimming members, meet officials, marshals, registered coaches and timers. No parents, except those timing, are allowed on deck!**

Timers:

Teams will be required to provide timers for this meet, based upon the number of entries. Lane assignments for the day will be posted in the pool area and in the bullpen area.

SWIMMERS AND COACHES, LET'S HAVE SOME FUN!

To keep things loose, we will again have the 25 yd. Zoomer kick race starting off session III, and the Canadian Relay at the end of Session III. Again this year music will be played at the end of a few randomly chosen events. The winner of that heat will be given a prize. Descriptions of events as follows:

ZOOMER KICK

How it works: Each swimmer must enter the pool feet first, with zoomers on. The start will be a push off the wall start. No arm pulls may be used. Fastest to the other end wins.

CANADIAN FREESTYLE RELAY

From the officials: The event will be officiated as a freestyle event. The electronic timing system will not be used. Only one swimmer of each team will be allowed on the blocks at any one time.

How it works: All four swimmers of the relay team will swim 200 yds. A traditional block start will be used to begin the event. At no time can more than one swimmer be on the block at the same time. As soon as swimmer # 1 has left the blocks, Swimmer # 2 may step up on the blocks and enter the race, followed by swimmer # 3 and Swimmer # 4, in similar fashion, thus creating a circle swimming relay team, swimming in order as they left the blocks. At the end of the first 50 yds., swimmer # 1 stops, allowing swimmer # 2, # 3, and # 4 to pass. Swimmer # 1 will then follow, creating the order Swimmer # 2, # 3, # 4, and # 1. At the end of the second 50 yds, the same procedure is followed, creating Swimmer # 3, # 4, # 1, and # 2 to swim the third 50 yds. The final 50 yds. is started by Swimmer # 3 waiting for Swimmers # 4, # 1, and # 2 to pass, creating the final swim order of Swimmer # 4, # 1, #2, and # 3. Finishing touches must be made in that order, to qualify for a legal finish.

Strategy: What order should we swim?-How will drafting behind a certain swimmer, in what order, help or hurt the success of the team? Should we swim in a close pack, or spread out? How do we coordinate turning at the change? How do we coordinate the finish? It's your choice!

Remember that the most important thing is to have fun!

SESSION I: INVITATIONAL ZONE QUALIFIER

WARM-UPS: 7:30 TO 8:20 A.M.

<u>GIRLS EVENT #</u>	<u>EVENTS</u>	<u>BOYS EVENT #</u>
1	9-10 100 Y Individual Medley	2
3	8&U 100 Y Individual Medley	4
5	9-10 50 Y Backstroke	6
7	8&U 25 Y Backstroke	8
9	9-10 50 Y Butterfly	10
11	8&U 25 Y Butterfly	12
13	9-10 50 Y Freestyle	14
15	8&U 25 Y Freestyle	16
17	9-10 50 Y Breaststroke	18
19	8&U 25 Y Breaststroke	20
21	10& Under 200 Y Freestyle Relay	22

SESSION II: INVITATIONAL ZONE QUALIFIER (DISTANCE EVENTS)

ENTRY TIMES MUST BE FASTER THAN CUT-OFF TIMES

WARM-UPS: 11:30 A.M. TO 12:10 P.M. POSITIVE CHECK-IN until 11:15 AM

<u>GIRLS</u>	<u>GIRLS CUT</u>	<u>EVENT</u>	<u>BOYS CUT</u>	<u>BOYS</u>
<u>EVENT #</u>	<u>TIMES</u>		<u>TIMES</u>	<u>EVENT #</u>
23	5:35.39	(Open) 400 Y individual Medley	5:30.69	24
25	2:40.00	(Open) 200 Y Backstroke	2:35.00	26
27	2:40.99	(Open) 200 Y Butterfly	2:34.59	28
29	3:00.00	(Open) 200 Y breaststroke	2:49.00	30
31	6:10.00	Mixed (Open) 500 Y Freestyle	5:50.00	31

SESSION III: PARTIAL INVITATIONAL ZONE QUALIFIER

THERE ARE NO CUT TIMES

WARM-UPS: 1:45 P.M. TO 2:20 P.M.

<u>GIRLS EVENT #</u>	<u>EVENTS</u>	<u>BOYS EVENT #</u>
32	Mixed (Open) 25 Y Zoomer Kick	32
33	11-12 50 Y Freestyle	34
35	13&Over 50 Y Freestyle	36
37	11-12 50 Y Backstroke	38
39	13&Over 50 Y Backstroke	40
41	(Open) 100 IM	42
43	11-12 50 Y Butterfly	44
45	13&Over 50 Y Butterfly	46
47	11-12 50 Y Breaststroke	48
49	13&Over 50 Y Breaststroke	50
51	11-12 200 Y "Canadian" Freestyle Relay	52
53	13&Over 200 Y "Canadian" Freestyle Relay	54

**Swimmers must provide their own counters and timers for the 500 free.
It will be swum fastest to slowest.**

Glens Falls YMCA Gators
Entry Fee Calculation Sheet
December Super Splash, December 3, 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 GIRL RELAYS	_____	X \$6.00=	\$ _____
NUMBER OF BOYS INDIVIDUAL ENTRIES	_____	X \$3.25=	\$ _____
NUMBER OF BOY SWIMMERS	_____	X \$1.00=	\$ _____
NUMBER OF BOY RELAYS	_____	X \$6.00=	\$ _____
NUMBER OF ZOOMER KICKS	_____	X \$1.00=	\$ _____

TOTAL ENTRY FEE DUE.....\$ _____

TOTAL AMOUNT DUE AND ENCLOSED.....\$ _____

MAKE CHECKS PAYABLE TO “Glens Falls YMCA Gators”

E-MAIL ENTRIES TO: GMJEFFOR@AOL.COM

**ENTRIES WILL BE POSTED TO THE MEET PROGRAM UPON
RECEIPT OF CHECK
GLENS FALLS GATORS ASSUMES NO RESPONSIBILITY FOR
MEET CLOSE-OUT DUE TO LATE ENTRIES**

**ENTRY DEADLINE
WEDNESDAY, NOVEMBER 22, 2006**

MAIL ENTRIES, ENTRY REPORT, THIS FORM AND CHECK TO:
Gail Jeffords, 18 Staple Street, Glens Falls, NY 12801