

**Amsterdam Sea Rams "Frosty" Invitational**  
**Saturday, December 9, 2006**  
**Amsterdam Wilbur H. Lynch Middle School**

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc.,  
**Sanction # AD06-404**  
Kim Crouse, General Chairman

**Hosts:** Amsterdam Sea Rams Swim Club

**Place:** Wilbur H. Lynch Middle School Pool, 55 Brandt Place, Amsterdam, NY 12010  
**Directions:** <http://gasd.neric.org/Lynch/crockwell/directionslynch.htm>  
**8-lane** short course pool with Colorado Automatic Timing and Beeper System

**Time:** **Morning Session** - Warm-ups: 7:30 – 8:20 am **Meet Start: 8:30 am**  
**Mid-Session – Positive Check-in before 10:30 am**  
Warm-up not before 11:00 a.m. and lasting 30 minutes  
**Afternoon Session** - Warm-ups: Not Before 1:00 pm – 1:50 pm **Meet Start: 2:00 pm**

**Meet Director:** Kelli McCoski - (518) 843-4355 – [kmccoski@nycap.rr.com](mailto:kmccoski@nycap.rr.com)  
**Meet Marshall:** Bill McCoski  
**Meet Referee:** Kim Crouse - (518) 899-4397

**Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on Saturday, December 9th, 2006

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

Teams can also e-mail their entries to: [kmccoski@nycap.rr.com](mailto:kmccoski@nycap.rr.com)

Team entries must be received by: **November 29, 2006**

**Adirondack Swimming does not accept NT (no time) entries and these entries will not be imported to the meet.**

**Swimmers can enter 4 individual events**

**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 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

[www.adirondackswimming.org](http://www.adirondackswimming.org)

Direct registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or

[registrar@adirondackswimming.org](mailto:registrar@adirondackswimming.org)

**Swimming Events:**

All events will be swum as timed finals. All morning & afternoon sessions will be pre-seeded.

**POSITIVE CHECK-IN FOR MID-SESSION ONLY – THIS SESSION WILL BE DECK-SEEDED**

**The 400 IM's may be combined to insure that the heats are full.**

**There will be a bullpen for the 8 & unders in the hall outside the locker rooms on the pool level.**

**All 25 yard events will be swum from the bulkhead into the touch pads.**

**Scratches:**

Any swimmer who does not check in for the Mid-Session will be scratched. No exceptions.

**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 specific warm-up schedule will be posted to the Adirondack Meet Schedule by December 6<sup>th</sup>.

### **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 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.**

**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. Club timing assignments will be posted on the Adirondack website. **Swimmers have to provide their own timers for the 400 IM'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. **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. All Coaches and Officials Must Display their USA Swimming Member ID Cards while on deck.**

### **Services:**

Food will be on sale throughout the meet in the school cafeteria.

No food or drink will be allowed to be consumed on the pool deck.

No glass containers allowed in the facility at all. Smoking is NOT permitted in the building or on the school grounds.

A meet program will be available to purchase for all sessions.

Swim merchandise will be for sale at this meet in the cafeteria 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 and \$6.00 per relay. There is also a \$1 per swimmer surcharge.

Make your entry check payable to **AMST Sea Rams**.

**Entries must be e-mailed to Kelli McCoski @ [kmccoski@nycap.rr.com](mailto:kmccoski@nycap.rr.com)**

No entries will be accepted without the required fees. Mail your hard copies and entry checks payable to AMST Sea Rams, to:

**Kelli McCoski, Amsterdam Sea Rams, 250 Snooks Corners Road, Amsterdam, NY 12010**

If you have any questions, please call Kelli McCoski at (518) 843-4355

### **Awards:**

For individual events, medals will be awarded for 1st – 3rd place, ribbons for 4<sup>th</sup> – 8th place.

For relays, medals will be awarded to the 1st - 3rd place teams.

### **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 the officials meeting.

New officials are welcome to shadow this meet

**Amsterdam Sea Rams Invitational  
Saturday, December 9th**

**Morning Session**

***Warm-ups: 7:30 to 8:20 am... Meet Start: 8:30 am***

<b>Girls Events</b>	<b>Event</b>	<b>Boys Events</b>
1	10 & Under 100 yd Individual Medley	2
3	11-12 100 yd Individual Medley	4
5	10 & Under 50 yd Freestyle	6
7	11-12 50 yd Freestyle	8
9	10 & Under 50 yd Backstroke	10
11	11-12 50 yd Backstroke	12
13	10 & Under 50 yd Breaststroke	14
15	11-12 50 yd Breaststroke	16
17	10 & Under 50 yd Butterfly	18
19	11-12 50 yd Butterfly	20
21	10 & Under 100 yd Freestyle	22
23	11-12 100 yd Freestyle	24
25	10 & Under 100 yd Backstroke	26
27	11-12 100 yd Backstroke	28
29	10 & Under 200 yd Freestyle RELAY	30
31	11-12 200 yd Freestyle RELAY	32

**Mid Session**

***Warm-up not before 11:00 a.m. and lasting 30 minutes***

<b>Girls Events</b>	<b>Event</b>	<b>Boys Events</b>
33	Open *400 yd Individual Medley	34
35	Open 200 yd Freestyle	36
37	Open 200 yd Butterfly	38
39	Open 200 yd Backstroke	40
41	Open 200 yd Breaststroke	42

\* no more than 24 entries (3 heats) will be accepted based on seed times.

**Afternoon Session**

***Warm-ups: Not Before 1:00 pm to 1:50 pm Meet Start 2:00 pm***

<b>Girls Events</b>	<b>Events</b>	<b>Boys Events</b>
43	Senior 200 yd Individual Medley	44
45	8 & Under 100 yd Individual Medley	46
47	Senior 50 yd Freestyle	48
49	8 & Under 50 yd Freestyle	50
51	Senior 100 yd Breaststroke	52
53	8 & Under 25 yd Breaststroke	54
55	Senior 100 yd Backstroke	56
57	8 & Under 25 yd Backstroke	58
59	Senior 100 yd Butterfly	60
61	8 & Under 25 yd Freestyle	62
63	Senior 100 yd Freestyle	64
65	8 & Under 25 yd Butterfly	66
67	Senior 400 yd Freestyle RELAY	68
69	8 & Under 100 yd Freestyle RELAY	70

**Swimmers may enter up to 4 Individual Events  
Any age group may enter the SENIOR events**

**Amsterdam Sea Rams Invitational  
ENTRY FEE CALCULATION SHEET  
Wilbur H. Lynch Middle School Pool, Amsterdam, NY**

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 "Amsterdam Sea Rams"*

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  
Amsterdam Sea Rams assumes no responsibility  
 for meet close-out due to late entries**

**ENTRY DEADLINE.. November 29<sup>th</sup>, 2006**

*Mail Entries, Entry Report, This Form and Check to: Kelli McCoski, 250 Snooks Corners Road, Amsterdam, NY 12010*

\*Entries May be sent E-mail to: [kmccoski@nycap.rr.com](mailto:kmccoski@nycap.rr.com)

*\*Your Team Check Must be received to have entries added to the meet*