

2007 STARFISH TROPHY INVITATIONAL
JANUARY 5, 6 & 7, 2007
Robison Pool, RPI
Troy, NY

Sanction: **Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc.,
Sanction # AD06-406, Kim Crouse, General Chairman.**

Host: **Albany Starfish Swim Club**

Place: **Robison Pool, RPI, Troy, NY**
Short Course 25 Yard Pool, 8 Lanes
Continuous Warm-up Pool
Colorado Automatic Timing System

Meet Directors: Mike Zebrowski (mzebrows@nycap.rr.com), Mike Grygiel
Meet Referee: JoAnn Faucett
Meet Marshall: Mark Smachlo (msmachlo@yahoo.com)
Entry Coordinator: Andrew Jesaitis (albanystarfish@hotmail.com)

Time:

<u>Session</u>	<u>Warm-Up Times*</u>	<u>Meet Start</u>
Session 1 - Friday PM	3:15-4:15 PM	4:15 PM
Session 2 - Saturday AM	7:00-8:00 AM	8:00 AM
Session 3 - Sat. Mid-Day	12:00-1:00 PM	1:00 PM**
Session 4 - Saturday PM	4:00-4:30 PM	4:30 PM***
Session 5 - Sunday AM	7:00-8:00 AM	8:00 AM
Session 6 – Sun. Mid-Day	12:00-1:00 PM	1:00 PM**
Session 7 – Sunday PM	4:00-4:30 PM	4:30 PM***

* **Warm-up groupings will be posted to the Adirondack Meet Schedule by January 1, 2007**
(www.adirondackswimming.org).

** **Estimated Start Time – These Sessions will start 60 minutes after the conclusion of the AM session, but not before 1:00 PM.**

*** **Estimated Start Time – These Sessions will start 30 minutes after the conclusion of the prior session, but not before the time shown above.**

Entry Rules: The eligibility of a swimmer will be determined by his or her age on January 5, 2007. **A swimmer may enter FOUR individual events and ONE relay per day.** Rules from the current USA Swimming Technical Rules will be in effect. Entries must be submitted on floppy diskette/CD or via e-mail using Hy-Tek software and must be received on or before 5:00 PM Thursday, December 21, 2006. Adirondack Swimming does not accept NT (no time) entries and these entries will not be imported. The Starfish Swim Club is not responsible for entry errors submitted by the teams. It is anticipated that this meet will fill up quickly and it is strongly recommended that you submit entries as soon as possible. Please check all entries carefully prior to submission. Entries received after the cutoff date will be returned.

See “Swimming Events” section for special provision for swimmers 19 years and older.

In case the meet is over subscribed, the Meet Directors reserve the right to limit the number of entries based on any or all of the following: postmark of entry; entry time; number of heats; and whether team is from outside the Adirondack LSC. In the event entries are returned, the respective team's coach will be notified by January 1, 2007 and entry fees will be refunded. The Starfish Swim Club reserves the right to enter all their swimmers.

USA-S Registrations: 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 www.adirondackswimming.org. Direct registration questions to the Adirondack Registrar, Kathleen Furman 518-384-0223 or registrar@adirondackswimming.org.

Swimming Events: All events except the 500 and 1650 freestyles will be pre-seeded. **Positive check-in is required for the 500 and 1650 freestyle events. All swimmers who do not positive check-in will be scratched.** The check-in area will be clearly marked. Please check-in no later than 4:00 PM on Saturday, January 6th for the 13-14 and 15-18 1650's and 4:00 PM on Sunday, January 7th for the 13-14 and 15-18 500's. Please check-in no later than 8:00 AM on Sunday, January 7 for the 11-12 500 free. All events will be swum as timed finals. All age groups need to obtain their heat and lane assignments from the heat sheets posted throughout the pool area.

Where applicable, entry times must be faster than the listed cutoff times. For the 1650's and 500's, boys and girls and age groups will be combined. For the 1650's, the order will be the fastest heat of girls, the fastest heat of boys with the remaining swimmers combined. For the 500's, the order will be the fastest heat of 13-14 girls, the fastest heat of 13-14 boys, the fastest heat of 15-18 girls, the fastest heat of 15-18 boys with the remaining swimmers combined. For the 11-12 500's, the order will be the fastest heat of girls, the fastest heat of boys with the remaining swimmers combined. The 11-12 500 free will be limited to 4 heats.

Note: Swimmers 19 years old and older will be entered as exhibition. Times for swimmers 19 years old and older are valid and will be entered into SWIMS. However, these swimmers will not be eligible for individual awards, high point awards and meet records.

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 (unless already in meet and 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 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.

Entry Fees: Entry fees are \$3.25 for each individual event (which includes \$0.40 travel fund surcharge), \$6.00 per relay (which includes a \$1.00 travel fund surcharge), and a \$1.00 per swimmer surcharge. Make your entry check payable to AV Starfish Swim Club, Inc. and mail your check and diskette or CD to:

Andrew Jesaitis
13 Thoroughbred Way
Clifton Park, NY 12065
Phone (518) 371-5457 e-mail: albanystarfish@hotmail.com

Warm-up Procedures: 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 designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to cooperate fully with club officials and marshals in charge of the area. A swimmer that fails to exit the pool immediately after the conclusion of warm-ups will not be allowed to swim at this meet.

Timers: Clubs will be required to provide timers based upon their number of entries. Lane assignments will be posted to the Adirondack Meet Schedule on or before January 1, 2007 (www.adirondackswimming.org) and will be posted in the program and pool area. **Swimmers are required to provide their own timers (and counters) for the 500's and 1650'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. Swimmers, parents and coaches are expected to dispose of all trash in proper receptacles, clean their respective areas of any debris prior to their departure and observe all posted rules and regulation while on the grounds. **No one will be allowed on the deck except USA-S Registered Officials, USA-S Registered Coaches with Current Certification, USA-S Registered Swimmers and Timers on Shift. All Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.**

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.

Awards: For individual events, medals will be awarded for first through third place and ribbons for fourth through eighth place. Relay awards will be given for first through third place. Heat ribbons will be awarded for individual heat winners for age groups 11-12 and younger. High Point awards will be given out for first, second and third places in each age group for both males and females, immediately following the last session for each age-group.

Scoring: This meet will be scored according to USA Swimming rules.

Food & Concessions: There will be a wide selection of food available from the Starfish kitchen. In addition, there will be high quality, well-priced items for sale (equipment, etc.).

Officials Meeting: There will be an officials meeting conducted 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.

Additional Information: Information such as directions and hotel recommendations can be found on the Starfish Website in early December.

If you have any questions, please contact Mike Zebrowski (mzebrows@nycap.rr.com) at (518) 383-6105.

2007 STARFISH TROPHY INVITATIONAL
JANUARY 5, 6 & 7, 2007
Robison Pool, RPI

Event # <u>Girls</u>	Cutoff Time	ORDER OF EVENTS	Cutoff Time	Event # <u>Boys</u>
Session 1 - Friday PM				
1		11-12 50 Butterfly		2
3		13-14 200 Breaststroke		4
5		15-18 100 Breaststroke		6
7		9-10 200 Individual Medley		8
9		11-12 200 Individual Medley		10
11		13-14 200 Backstroke		12
13		15-18 100 Backstroke		14
15		9-10 100 Freestyle		16
17		11-12 200 Freestyle		18
19		13-14 200 Freestyle		20
21		15-18 200 Freestyle		22
Session 2 - Saturday AM				
23		8&U 100 Individual Medley		24
25		9-10 100 Individual Medley		26
27		11-12 100 Individual Medley		28
29		8&U 50 Backstroke		30
31		9-10 50 Backstroke		32
33		11-12 50 Backstroke		34
35		8&U 50 Freestyle		36
37		9-10 100 Breaststroke		38
39		11-12 50 Freestyle		40
41		9-10 100 Butterfly		42
43		11-12 100 Breaststroke		44
45		8&U 100 Medley Relay		46
47		9-10 200 Medley Relay		48
49		11-12 200 Medley Relay		50
Session 3 - Saturday Mid-Day				
51		13-14 50 Freestyle		52
53		15-18 50 Freestyle		54
55	5:38.00	13-14 400 Individual Medley	5:19.00	56
57	5:33.00	15-18 400 Individual Medley	5:06.00	58
59		13-14 100 Butterfly		60
61		15-18 200 Butterfly		62
63		13-14 100 Breaststroke		64
65		15-18 200 Breaststroke		66
67		13-14 200 Medley Relay		68
69		15-18 200 Medley Relay		70
Session 4 - Saturday PM				
71	20:13.00	13-14 1650 Freestyle	19:40.00	72
73	19:59.00	15-18 1650 Freestyle	18:48.00	74

2007 STARFISH TROPHY INVITATIONAL
JANUARY 5, 6 & 7, 2007
Robison Pool, RPI

Event # <u>Girls</u>	Cutoff Time	ORDER OF EVENTS	Cutoff Time	Event # <u>Boys</u>
Session 5 - Sunday AM				
75		11-12 50 Breaststroke		76
77		8&U 50 Breaststroke		78
79		9-10 50 Breaststroke		80
81		11-12 100 Backstroke		82
83		8&U 50 Butterfly		84
85		9-10 50 Freestyle		86
87		11-12 100 Butterfly		88
89		8&U 100 Freestyle		90
91		9-10 100 Backstroke		92
93		11-12 100 Freestyle		94
95		9-10 50 Butterfly		96
97		8&U 100 Freestyle Relay		98
99		9-10 200 Freestyle Relay		100
101		11-12 200 Freestyle Relay		102
103		9-10 200 Freestyle		104
105	6:25.00	11-12 500 Freestyle	6:20.00	106
Session 6 - Sunday Mid-Day				
107		13-14 200 Butterfly		108
109		15-18 100 Butterfly		110
111		13-14 100 Backstroke		112
113		15-18 200 Backstroke		114
115		13-14 100 Freestyle		116
117		15-18 100 Freestyle		118
119		13-14 200 Individual Medley		120
121		15-18 200 Individual Medley		122
123		13-14 200 Freestyle Relay		124
125		15-18 200 Freestyle Relay		126
Session 7 - Sunday PM				
127	6:08.00	13-14 500 Freestyle	5:55.00	128
129	6:05.00	15-18 500 Freestyle	5:39.00	130

Swimmers May Enter Up To 4 Individual Events and 1 Relay Per Day
 Individual Entries: \$3.25 per event + \$1.00 Surcharge Per Swimmer
 Relay Entries: \$6.00 Per Relay

ALBANY STARFISH SWIM CLUB

ENTRY FEE CALCULATION SHEET

2007 Starfish Trophy Invitational,
Robison Pool, RPI, Troy, NY
January 5-7, 2007

MEET: 2007 Starfish Trophy Invitational
TEAM NAME: Albany Starfish Swim Club

CONTACT PERSON: Mike Zebrowski

PHONE NUMBER: (518) 383-6105

E-Mail ADDRESS: mzebrows@nycap.rr.com

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: **AV Starfish Swim Club, Inc.**

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

Entries will be posted to the meet program

upon RECEIPT OF CHECK ONLY

Albany Starfish Swim Club assumes no responsibility
for meet close-out due to late entries

ENTRY DEADLINE.... 5:00 pm / Thursday, Dec. 21, 2006

Mail Entries, Entry Report, This Form and Check to:
Andrew Jesaitis, 13 Thoroughbred Way, Clifton Park, NY 12065

**Entries May be sent E-mail to: albanystarfish@hotmail.com*

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