

# FOOTHILLS INVITATIONAL

## February 4, 2007 Gloversville, NY

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction #AD06-411  
Kim Crouse, General Chairman

**Host:** Gloversville YMCA Laser Swim Team

**Place:** Gloversville Middle School, Gloversville, NY  
6 Lane, 25 yard pool with Colorado Automatic Timing System and Display

**Time:** Morning Session Warm-ups 7:30 – 8:25 AM. Meet will start promptly at 8:30 AM  
Mid-Session Positive Check-in by 11:00 AM  
Afternoon Session Warm-ups to start 20 to 30 minutes prior to the start of the session but not before 11:00 AM  
Warm-ups 12:30 – 1:25 PM. The Afternoon Session will start promptly at 1:30 PM

**Meet Director:** Mark Mosconi PHONE 725-5010 EMAIL: [garfieldrest@earthlink.net](mailto:garfieldrest@earthlink.net)

**Meet Marshall:** Tom Komp

**Meet Referee:** JoAnn Faucett

### Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **February 4, 2007**.

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: **Mark Mosconi, at [garfieldrest@earthlink.net](mailto:garfieldrest@earthlink.net)**

Team entries must be received by **Friday January 28, 2007**

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

**MEET ENTRY CONTACT: Mark Mosconi PO Box 414 Gloversville, NY 12078, 518-725-5010, [garfieldrest@earthlink.net](mailto:garfieldrest@earthlink.net)**

Swimmers may enter 5 individual events and 1 relay event.

If the meet should be oversubscribed, entries will be returned on a last in first back basis.

Any swimmer may swim in the Open 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 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](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. The morning and afternoon sessions will be pre-seeded.**

**Positive check-in for the Mid-session only. This will be deck seeded.**

**The 500s may be swum fastest heat girls, fastest heat boys, combined**

### 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.

**Morning Session Warm-ups 7:30 – 7:50 AM 11-12 age group, 7:50 – 8:10 AM 9-10 age group, 8:10 – 8:25 AM Combined and Sprints.**

**Mid-Session Positive Check-in by 11:00 AM.  
Warm-ups to start 20 – 30 minutes prior to the start of the session but not before 11:00 AM**

**Afternoon Session Warm-ups 12:30 – 12:50 PM 13-18 age groups, 12:50 – 1:10 PM 8 and Under, 1:10 – 1:25 PM Combined Sprints**

### 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. Swimmers have to provide their own lap counters and timers 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. **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 Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.**

**Services:**

Food will be available through out the meet in the school cafeteria. No food or drink is allowed outside the cafeteria. No glass containers in the facility at all. There is NO SMOKING in the building or on school grounds. Meet programs will be available for purchase.

**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, (this includes the \$.40 travel fund surcharge), and \$6.00 per relay (including the \$1.00 travel fund surcharge). There is also a \$1 per swimmer surcharge.

Make your entry check payable to Laser Swim Team and mail your check and entry summary sheet to;

*Mark Mosconi, PO Box 414, Gloversville, NY 12078 email [garfieldrest@earthlink.net](mailto:garfieldrest@earthlink.net)*

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

**Awards:**

For individual events ribbons will be awarded for 1st - 6th place. For relays, ribbons 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 officials meeting.

**Hotel Accommodations (Suggestions)**

Holiday Inn ~ Johnstown, NY      518-762-4686  
Super 8 Motel ~ Johnstown, NY      518-736-1800

**If you have any questions please contact: Mark Mosconi, 518-725-5010, [garfieldrest@earthlink.net](mailto:garfieldrest@earthlink.net)**

# FOOTHILLS INVITATIONAL

FEBRUARY 4 2007, GLOVERSVILLE, NY

## MORNING SESSION

WARM-UPS 7:30 – 8:25 AM MEET BEGINS 8:30AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	11-12	100 Individual Medley	2
3	9-10	100 Individual Medley	4
5	11-12	50 Freestyle	6
7	9-10	50 Freestyle	8
9	11-12	50 Butterfly	10
11	9-10	50 Butterfly	12
13	11-12	200 Freestyle	14
15	9-10	50 Breaststroke	16
17	11-12	50 Breaststroke	18
19	9-10	100 Freestyle	20
21	11-12	100 Freestyle	22
23	9-10	50 Backstroke	24
25	11-12	50 Backstroke	26
27	9-10	200 Freestyle	28
29	11-12	100 Breaststroke	30
31	9-10	200 Freestyle Relay	32
33	11-12	200 Freestyle Relay	34

## MID-SESSION

WARM-UPS TO START 20 TO 30 MINUTES PRIOR TO THE START OF THE SESSION BUT NOT BEFORE 11:00 AM.

POSITIVE CHECK-IN BY 11:00 AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
35	OPEN	500 Freestyle	36

## AFTERNOON SESSION

WARM-UPS 12:30 - 1:25 PM. THE AFTERNOON SESSION WILL START PROMPTLY AT 1:30 PM.

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
37	13-14	200 Individual Medley	38
39	15-18	200 Individual Medley	40
41	8&Under	100 Individual Medley	42
43	13-14	50 Freestyle	44
45	15-18	50 Freestyle	46
47	8&Under	25 Freestyle	48
49	13-14	100 Butterfly	50
51	15-18	100 Butterfly	52
53	8&Under	25 Butterfly	54
55	13-14	200 Freestyle	56
57	15-18	200 Freestyle	58
59	8&Under	50 Freestyle	60
61	13-14	100 Breaststroke	62
63	15-18	100 Breaststroke	64
65	8&Under	25 Breaststroke	66
67	13-14	100 Freestyle	68
69	15-18	100 Freestyle	70
71	8&Under	100 Freestyle	72
73	13-14	100 Backstroke	74
75	15-18	100 Backstroke	76
77	8&Under	25 Backstroke	78
79	13-14	200 Freestyle Relay	80
81	15-18	200 Freestyle Relay	82
83	8&Under	100 Freestyle Relay	84

**Swimmers may enter up to 5 individual events and 1 relay.  
Any age swimmer may enter Open events**

# "Gloversville YMCA Laser Swim Team"

ENTRY FEE CALCULATION SHEET Foothills Invitational, Gloversville Middle School, February 4, 2007

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 Laser Swim Team*

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  
Gloversville YMCA Laser Swim Team assumes no  
responsibility for meet close-out due to late entries**

**ENTRY DEADLINE..  
FRIDAY JANUARY 26, 2007**

Mail Entries, Entry Report, This Form and Check to:  
Mark Mosconi, PO Box 414, Gloversville, NY 12078

**\*Entries May be sent E-mail to: [garfieldrest@earthlink.net](mailto:garfieldrest@earthlink.net)**

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

## Directions to Gloversville Middle School

From the Saratoga area: Take route 29 West to Route 29A. Route 29A is approximately 2 miles west of the Route 29 and Route 30 intersection. Turn right onto Route 29A and stay on Route 29A through the city of Gloversville. Once inside the city limits Rt. 29A is also known as East Fulton St. until you pass through the middle of downtown when it becomes West Fulton St. Continuing on West Fulton St. (Rt. 29A) you will pass an elementary school on your right then cross over a creek. The city limits will end. Look for the Middle School entrance on your right. Proceed up the hill and enter parking lot on your left. Use the pool entrance to gain access and not the main entrance.

From Thruway Exit 27, Amsterdam: Take Route 30 North to Route 29. Turn left onto Route 29 West to Route 29A. Route 29A is approximately 2 miles west of the Route 29 and Route 30 intersection. Turn right onto Route 29A and stay on Route 29A through the city of Gloversville. Once inside the city limits Rt. 29A is also known as East Fulton St. until you pass through the middle of downtown when it becomes West Fulton St. Continuing on West Fulton St. (Rt. 29A) you will pass an elementary school on your right then cross over a creek. The city limits will end. Look for the Middle School entrance on your right. Proceed up the hill and enter parking lot on your left. Use the pool entrance to gain access and not the main entrance.

From Thruway Exit 28, Fonda-Fultonville, Take Route 30A North through Johnstown heading north to Gloversville. At the intersection of Rt. 30A and Rt. 29A turn left onto Rt. 29A West and stay on Route 29A through the city of Gloversville. Once inside the city limits Rt. 29A is also known as East Fulton St. until you pass through the middle of downtown when it becomes West Fulton St. Continuing on West Fulton St. (Rt. 29A) you will pass an elementary school on your right then cross over a creek. The city limits will end. Look for the Middle School entrance on your right. Proceed up the hill and enter parking lot on your left. Use the pool entrance to gain access and not the main entrance.