

DELMAR DOLPHINS FEBRUARY FREEZE INVITATIONAL

Saturday, February 10, 2007

RPI's Robison Pool, Troy, New York

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc.
 Sanction # AD06-412
 Kim Crouse, General Chairman

Host: Delmar Dolphins Swim Club

Place: Robison Pool on the campus of Rensselaer Polytechnic Institute, Troy, NY 12180
 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 (events 1-32)	10 & Under, 11-12	10 & Under: 7:00-7:20 a.m. 11&12: 7:20-7:40 a.m. Combined: 7:40-7:50 a.m	8:00 a.m.
Mid-day (event 33 & 34)	Senior 500 yd. Freestyle	No Specific Warm-up. Use continuous warm-up area.	Immediately after event no. 32
Afternoon (events 35-84)	13-14, Senior, 8 & Under	13-14: 12:30-12:50 p.m. 8 & Under & Senior: 12:50-1:10 p.m. Combined: 1:10-1:20 p.m.	Not before 1:30 p.m.

Please note: Any age group may swim Senior events.

Meet Director: Anne Matera 518-439-6084 or anneeditor@aol.com
Meet Referee: JoAnn Faucett
Meet Marshal: Lance Howland
Meet Safety Official: Paula O'Donnell

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on February 10, 2007. Rules from the current USA Swimming Technical Rules will be in effect. A swimmer may enter **FIVE (5)** events per day plus ONE relay. **Team entries must be received by February 1, 2007.** If the meet is oversubscribed, entries will be returned on a last-in, first-back basis. Entries must be submitted on floppy diskette or CD using the Hy-Tek Meet Manager or Team Manager Software. 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: 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-yard events, which require positive check-in. **Swimmers in the 500-yd. freestyle (events 33 and 34) must check in by 11:00 a.m.** Events 33 and 34, 500-yard Freestyle, will be swum starting with the fastest girls heat, fastest boys heat, then combined; the event is limited to a maximum of 5 heats. If necessary, cuts for this event will be made on the basis of seed times. Teams will be notified of any cuts by 2/8/2007. **All swimmers in the Senior 400-yd. IM (events 83 and 84) must check in by 1:30 p.m. Swimmers of any age may swim Senior events.**

Scratches:

Swimmers in events 33 and 34 and events 83 and 84 who do not positively check in by the deadlines will be scratched. Coaches—be sure your swimmers check in.

Warm-Ups:

Due to 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. Please inform your swimmers of this rule and ask them to cooperate with club officials and marshals in charge of the area.

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 the meet have been confirmed as 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.**
3. Coach makes the request for the entry.
4. All Deck Entries are at the discretion of a combined decision of Meet Director and Meet Referee.

Timers:

Clubs will be required to provide timers for the meet based upon their number of entries. Lane assignments will be posted in the pool and in the meet program. **Swimmers in the open 500-yd. free (events 33 and 34), and open 400-yd. IM (events 83 and 84) must furnish their own back-up timer (1 per lane). Swimmers in the 500-yd. free must also furnish their own lap counter.**

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 debris in its 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. Breakfast, lunch, and snacks will be available in the Dolfin Café. Swimming supplies will be available in the lobby area. No glass containers in the pool area please.

Disabled Athletes:

Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities must contact the Meet Director 2 weeks in advance of the meet so 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 \$0.40 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. Please make your entry check payable to **Delmar Dolphins Swim Club Inc.**, and mail your check and floppy diskette to:

Dwight Cheu
69 Cambridge Drive
Glenmont, NY 12077

Awards: Individual events ribbons will be awarded for 1st–8th place. Relay event ribbons will be awarded for 1st–3rd place. Heat winners will receive ribbons.

Officials: There will be an officials' meeting 30 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in the officials' room before the start of the officials' meeting.

Seating: Seating at RPI is limited. Procedures will be posted on the AD web site before the meet.

**If you have any questions, please contact Anne Matera at (518) 439-6084
(anneeditor@aol.com).**

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MORNING SESSION

Meet Start – 8:00 AM

GIRLS	EVENT	BOYS
1	11-12 100 Yd. IM	2
3	10 & U 100 Yd. IM	4
5	11-12 50 Yd. Backstroke	6
7	10 & U 50 Yd. Backstroke	8
9	11-12 100 Yd. Freestyle	10
11	10 & U 100 Yd. Freestyle	12
13	11-12 50 Yd Breaststroke	14
15	10 & U 50 Yd Breaststroke	16
17	11-12 100 Yd. Butterfly	18
19	10 & U 50 Yd. Butterfly	20
21	11-12 50 Yd. Freestyle	22
23	10 & U 50 Yd. Freestyle	24
25	11-12 100 Yd Backstroke	26
27	10 & U 100 Yd Backstroke	28
29	11-12 200 Yd. Medley Relay	30
31	10 & U 200 Yd. Medley Relay	32

MID-DAY SESSION

Event 33 will start immediately after event 32

GIRLS	EVENT	BOYS
33	Senior 500 Yd. Freestyle	34

AFTERNOON SESSION

Meet Start – Not Before 1:30 PM

GIRLS	EVENT	BOYS
35	Senior 200 Yd. Breaststroke	36
37	8 & U 50 Yd. Breaststroke	38
39	13-14 200 Yd. IM	40
41	Senior 200 Yd. IM	42
43	8 & U 100 Yd. IM	44
45	13-14 100 Yd. Freestyle	46
47	Senior 100 Yd. Freestyle	48
49	8 & U 50 Yd. Freestyle	50
51	13-14 100 Yd. Backstroke	52
53	Senior 100 Yd. Backstroke	54
55	8 & U 25 Yd. Backstroke	56
57	13-14 100 Yd. Butterfly	58
59	Senior 200 Yd. Butterfly	60
61	8 & U 25 Yd. Butterfly	62
63	13-14 100 Yd Breaststroke	64
65	Senior 100 Yd Breaststroke	66
67	8 & U 25 Yd. Breaststroke	68
69	13-14 50 Yd. Freestyle	70
71	Senior 50 Yd. Freestyle	72
73	8 & U 25 Yd. Freestyle	74
75	Senior 200 Yd Backstroke	76
77	13-14 200 Yd. Medley Relay	78
79	Senior 200 Yd. Medley Relay	80
81	8 & U 100 Yd. Medley Relay	82
83	Senior 400 Yd. IM	84

Delmar Dolphins Swim Club

ENTRY FEE CALCULATION SHEET

February Freeze Invitational

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 Dolphins Swim Club*

This form must be returned with check and entry report by **February 1, 2007**.

Entries will be posted to the meet program upon receipt of check only.

DELMAR DOLPHINS assumes no responsibility for meet close-out due to late entries.

Mail Entry Reports and Check to: Dwight Cheu
69 Cambridge Drive
Glenmont, NY 12077

E-mail Entry File to: dwightcheu@hotmail.com