

**BALLSTON SPA SWIM CLUB
CABIN FEVER INVITATIONAL
SATURDAY, FEBRUARY 17, 2007
BALLSTON SPA HIGH SCHOOL**

Sanction: Held under the sanction of USA Swimming Inc. and Adirondack Swimming Inc.
Sanction # AD06-414, Kim Crouse, General Chairman.

Host: Ballston Spa Swim Club

Place: Ballston Spa High School
220 Ballston Avenue
Ballston Spa, NY 12020

Short Course 25 Yard Pool, 6 lanes
IST Automatic Timing and Beeper System

Time: Session 1 Warm-ups: 7:00-7:55 am Meet Starts: 8:00 am
Session 2* Warm-ups: 12:00 pm Meet Starts: 1:00pm
Session 3** 20 minute warm-up at close of Session 2

**Warm-up for Session 2 will begin one half hour after completion of Session 1, not earlier than 12:00pm
**Warm-up for Session 3 is immediately after the close of session 2. Positive check in for the 500 freestyle is by 2:00 pm.*

Meet Director: Nancy Smith 884-2955 rsmith48@nycap.rr.com
Matt Glogowski 859-0542 mtglogowski@nycap.rr.com

Meet Marshall: John Kaczanowicz

Registrar: Julie Bablin 885-3795 swordfish@nycap.rr.com

Meet Referee: JoAnn Faucett 399-0494/ Kim Crouse 899-4397

Safety Officer: Mary Fogg

Entry Rules:

A swimmer may enter FIVE events per day plus relays. The eligibility of a swimmer will be determined by his or her age on February 17, 2007. Rules from the current USA Swimming Technical Rules will be in effect. Entries must be submitted using Hy-Tek Team Manager Software via e-mail to: swordfish@nycap.rr.com. Team entries must be received by February 7, 2007. Adirondack Swimming does not accept NT (no time) Entries and these entries will not be imported to the meet. The Meet Directors reserves the right to return entries whose inclusion would prolong the meet.

Entries must be emailed to Julie Bablin at swordfish@nycap.rr.com
Mail your hard copies and entry check, payable to Ballston Spa Swim Club, to:

Julie Bablin
4 Milton Heights Blvd.
Ballston Spa, NY 12020

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 those in Session 3, which will require positive check in. Swimmers in Session 3 (Events 65 and 66) must check-in by 2:00 p.m.

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 marshalls in charge of the area.

Session 1 warm-ups:	Ages 8&under:	7:00 am – 7:20 am
	Ages 9-10:	7:20 am – 7:40 am
	All Swimmers / Sprints:	7:40 am – 7:55 am
Session 2 warm-ups:	Ages 11-12:	12:00 pm – 12:20 pm
	Open:	12:20 pm – 12:40 pm
	All Swimmers / Sprints:	12:40 pm – 12:55 pm
Session 3 warm-ups:	All Swimmers:	20 minutes at close of Session 2.

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 for the meet based upon their number of entries. Swimmers in the 500 freestyle will provide their own timers and lap counters. Lane assignments will be posted in the pool and program. Lane assignment will also be posted on the AD Swimming Website and Ballston Spa Swordfish Website:

www.ballstonspaswimclub.org.

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.**

Services:

Food 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 which will cover all sessions. A swimming equipment vendor will be selling equipment during the meet. Smoking is NOT permitted in the school grounds. Parents, coaches and swimmers are not to bring glass containers of any kind into the pool area.

Awards:

Medals will be awarded for 1st-6th place in individual events and 1st place in relay events. Ribbons will be awarded for 7th-12th place in individual events and 2nd-6th in relays. Heat ribbons will be awarded for individual events.

Entry Fees:

An entry summary sheet is included to compute your team entry fees. The entry fees are \$3.25 per individual event (which includes a \$.40 travel fund surcharge), and \$6.00 per relay (which includes a \$1.00 travel fund surcharge). There is also a \$1 per swimmer surcharge. All Adirondack Meet Entries are required to be submitted using Hy-Tek Software.

Entries must be emailed to Julie Bablin at swordfish@nycap.rr.com
Mail your hard copies and entry check, payable to Ballston Spa Swim Club, to:
Julie Bablin
4 Milton Heights Blvd.
Ballston Spa, NY 12020

NO ENTRIES WILL BE ACCEPTED WITHOUT THE REQUIRED FEES.

If you have any questions please call Julie at 885-3795 or Matt Glogowski at 859-0542 .

Officials: There will be an Officials Meeting 30 minutes before each session.
New officials are welcome to shadow this meet. Please sign in before the meeting.

Ballston Spa Swim Club
 Cabin Fever Invitational
 Saturday, February 17, 2007
 Ballston Spa High School

SESSION 1

Warm-ups: 7:00am - 7:55am

Meet Starts: 8:00am

Girls Event	Age	Distance	Stroke	Boys Event
1	9-10	100	Freestyle	2
3	8&Under	100	IM	4
5	9-10	100	IM	6
7	8&Under	25	Backstroke	8
9	9-10	50	Backstroke	10
11	8&Under	25	Freestyle	12
13	9-10	50	Freestyle	14
15	8&Under	25	Butterfly	16
17	9-10	50	Butterfly	18
19	8&Under	25	Breaststroke	20
21	9-10	50	Breaststroke	22
23	8&Under	50	Backstroke	24
25	9-10	100	Backstroke	26
27	8&Under	50	Freestyle	28
29	9-10	100	Breaststroke	30
31	10&Under	200	Freestyle Relay	32

SESSION 2

Hour long warmup begins one-half hour after completion of Sesion 1, not earlier than 12:00 pm

Girls Event	Age	Distance	Stroke	Boys Event
33	11-12	200	Freestyle	34
35	13&Over	200	Freestyle	36
37	11-12	100	IM	38
39	Open	200	IM	40
41	11-12	50	Backstroke	42
43	Open	100	Backstroke	44
45	11-12	50	Freestyle	46
47	13&Over	50	Freestyle	48
49	11-12	50	Butterfly	50
51	Open	100	Butterfly	52
53	11-12	50	Breaststroke	54
55	Open	100	Breaststroke	56
57	11-12	100	Freestyle	58
59	13&Over	100	Freestyle	60
61	11-12	200	Freestyle Relay	62
63	13&Over	200	Freestyle Relay	64

SESSION 3

20 Minute warmup begins immediately after Session 2

Girls Event	Age	Distance	Stroke	Boys Event
65	Open	500	Freestyle	66

*Event #65 and #66 will be swum mixed boys and girls (fastest to slowest).
 Swimmers must provide their own counters and timers.
 Positive check in by 2:00 pm.*

Any Swimmer may swim an OPEN Event

Entry Fee: \$3.25 per individual event and \$6.00 per relay + \$1.00 per swimmer surcharge
 Each swimmer can swim a maximum of 5 individual events

BALLSTON SPA SWIM CLUB ENTRY FEE CALCULATION SHEET

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		\$ _____
Total Amount Due and Enclosed		\$ _____

MAKE CHECKS PAYABLE TO "BALLSTON SPA SWIM CLUB"

The form must be returned with Check and Hard Copies of Entries

Julie Bablin
4 Milton Heights Blvd.
Ballston Spa, NY 12020

Entries must be emailed to
swordfish@nycap.rr.com