

# **Albany Starfish Gold Cut Time Trials**

**Sanction:** Held under the sanction of USA Swimming Inc. and Adirondack Swimming Inc.  
Sanction # AD06-417TT, Kim Crouse, General Chairman.

**Sunday February 25, 2007  
Niskayuna High School Pool**

This is intended for Gold Championship Cuts Only  
500 Freestyle, 1650 Freestyle, 400 Individual Medley

Fee is \$10.00 per event.

Warm-ups at 9:00am  
Meet Starts 9:30am  
The pool is available until 11:30

As there is no pre-meet registration recon being done,  
All Swimmers **MUST** have their  
USA Swimming Membership Cards In hand to be entered

Please contact Coach Tom Steuer for more information

518-573-6775  
coachsteuer@hotmail.com