

# 2007 Adirondack

## SILVER SHORT COURSE CHAMPIONSHIPS

### Friday, March 2<sup>nd</sup>; Saturday, March 3<sup>rd</sup>; and Sunday, March 4<sup>th</sup>, 2007

### Hosted By Albany Starfish Swim Club

**Sanction:** Held under the sanction of USA Swimming, Inc., and Adirondack Swimming, Inc. Sanction # AD06-415, Kim Crouse, General Chairman.

**Meet Director:** Mike Zebrowski, [mzebrows@nycap.rr.com](mailto:mzebrows@nycap.rr.com)

**Referee:** JoAnn Faucett

**Meet Marshall:** Mark Smachlo, [msmachlo@yahoo.com](mailto:msmachlo@yahoo.com)

**Location:** Robison Pool, Rensselaer Polytechnic Institute, Troy, New York

**Facility:** 8 lane, 25 yard pool with complete Colorado Timing and Start System

	<b>Warm-ups (Combined Girls/Boys)</b>	<b>Meet Start</b>
Session 1 – Friday PM	3:00 PM All Groups	4:00 PM
Session 2 – Saturday AM	7:00 – 7:20 AM 9-10 7:20 – 7:40 AM 8 & U 7:40 – 7:55 AM All Groups	8:00 AM
Session 3 – Saturday PM	11:30 – 11:50 AM 11-12 11:50 – 12:10 PM 13 & Over 12:10 – 12:25 PM All Groups	12:30 PM
Session 4 – Sunday AM	7:00 – 7:20 AM 9-10 7:20 – 7:40 AM 8 & U 7:40 – 7:55 AM All Groups	8:00 AM
Session 5 – Sunday PM	11:30 – 11:50 AM 11-12 11:50 – 12:10 PM 13 & Over 12:10 – 12:25 PM All Groups	12:30 PM

**Eligibility:** Rules from the current USA Swimming Technical Rules will be in effect. Only swimmers with current USA-S registrations are eligible to compete. This meet is open to Adirondack (AD) Registered Swimmers Only. The swimmer's age on March 2, 2007 will determine the age group of competition. Swimmers must have competed in at least 1 Sanctioned Adirondack Short Course Meet in the 2006-2007 Meet Season. All entry times will be verified through the results database in SWIMS.

**\*\* Detailed Adirondack Swimming Championship Meet Requirements Follow Below.**

**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 questions to the AD Registrar, Kathleen Furman, 518-384-0223 or [registrar@adirondackswimming.org](mailto:registrar@adirondackswimming.org)

**Events:** All events, except the 500 Freestyle and the 400 IM, will be pre-seeded and swum as timed finals. Entries to the 500 Freestyle and the 400 IM will be limited to the fastest 16 boys and 16 girls from each age group, and each swimmer entering either of these events must have previously swam the event and have a recorded time in SWIMS since January 1, 2006. These events will be seeded after positive check-in and will be swum fastest heat of girls, fastest heat of boys, then combined. All age groups need to obtain their heat and lane assignments from the heat sheets posted throughout the pool area. Be sure to check with your coaches. Any swimmer cut from the 500 Freestyle or the 400 IM events will have their entry fee returned to their club.

**Positive Check-in:** Positive Check-in is REQUIRED for all swimmers entered in the 400IM's and 500 Freestyle events. Swimmers are required to check-in at the announcer's table by 9:00 AM Saturday for the 9-10 500 Freestyle. Swimmers for the 11-12 500 Freestyle are required to check in at the announcer's table by 11:45 AM prior to the beginning of the Saturday PM session. Swimmers for the 500 Freestyle and the 400 IM events on Sunday are required to check in at the announcers table by 11:45 AM prior to the beginning of the Sunday PM session. **Failure to Check-in will result in being scratched from the event.**

**Entries:** Swimmers may enter a maximum of three (3) individual events for Session 1 on Friday; five (5) individual events per day for Sessions 2 and 4 on Saturday and Sunday morning; and four (4) individual events per day for Sessions 3 and 5 on Saturday and Sunday afternoon. **Swimmers are limited to a maximum of eleven (11) individual events for the meet.** Relay participants must be swimmers entered in at least one event at Silver Championships. All entries must be slower than the listed qualifying times. Swimmers who have achieved faster than the cutoff times listed in this invitation may not participate in that particular event. If an athlete achieves a time faster than the cutoff time after their entries have been submitted they must withdraw from that event at the Silver Championships. Entries which are faster than the cut-off times will not be accepted. All entry times will be verified against the SWIMS results database. This meet will be pre-seeded. **As this is a Championship Meet, Deck entries will not be accepted.**

Entries must be prepared and submitted using HY-TEK software either on diskette or via e-mail to Andrew Jesaitis, [albanystarfish@hotmail.com](mailto:albanystarfish@hotmail.com), using the HY-TEK Meet Manager or Team Manager programs to prepare the entries. All entries must be received on or before Monday, February 19, 2007. Entries received after this deadline will be accepted only at the discretion of the meet directors. There will be no deck entries. Please check all entries carefully before you submit them. Each team must also submit a paper copy of entries. Entry times must be the swimmers' best times in yards per recorded results from January 1 of the previous SC Season to current. **No Time (NT) Entries will NOT be accepted.**

All club contacts will be notified, by the Adirondack Webmaster, via e-mail, when the psyche sheets are posted to the Adirondack Swimming Web Site [www.adirondackswimming.org](http://www.adirondackswimming.org). Because there will be no deck entries, be certain to have your designated club contact inform the responsible person(s) when the psyche sheets are posted. Revisions submitted after the specified date will not be accepted. Changes received from other than the designated representatives will not be accepted.

**Entry Fees:** Entry fees are \$3.75 per individual event, \$6.00 per relay event, and a \$1.00 per swimmer surcharge. Make checks payable to AV Starfish Swim Club.

**Mail Entries to:** Andrew Jesaitis  
13 Thoroughbred Way  
Clifton Park, NY 12065  
Phone: (518) 371-5457  
E-mail: [albanystarfish@hotmail.com](mailto:albanystarfish@hotmail.com)

**Awards:** Custom awards will be awarded for first through sixteenth place in individual events, and first through third in relay events. As an added encouragement to younger developmental swimmers, every 8 & U and 9-10 swimmer (not finishing in the top eight places) will receive a ribbon corresponding to their place in each heat they swim. High Point Trophies will be awarded for each age group and gender for first through third place. Team trophies will be awarded based on total points to the top three large teams (more than 30 swimmers participating in meet) and top three small teams (30 or fewer swimmers participating in the meet). In accordance with AD policy, swimmers who earn a "AA" time or faster will have their time recognized, but said swimmer's time will not be considered for point awards for high point.

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

**Gold Championship Qualification:** Swimmers who swim times at this meet which qualify them for events at the Adirondack Gold Short Course Championship Meet (March 16-18, 2007), will be able to submit entries for that meet.

**Officials Meeting:** There will be a Mandatory officials' meeting conducted promptly 45 minutes before each session. Please sign up in the officials' room before the start of the meeting.

**Timers:** Clubs will be required to provide timers based upon their number of entries. After all entries have been received, Team Lane Timing Assignments will be posted on the AD Web Site, as well as in the meet program and around the pool area. Swimmers have to provide their own timers and lap counters for the 500 yard freestyle events.

**Supervision:** Due to the size and nature of the facility in which the meet will be held, it is particularly important that coaches and parents closely monitor the conduct of swimmers at all times. Swimmers should bring books, playing cards, games, etc. for quiet amusement. Only athletes, coaches and officials displaying current USA-S cards and scheduled meet workers are allowed on the pool deck. Swim bags are to be left in the bullpen area and are not allowed on deck or in the spectator stands. Swimmers are not allowed in the spectator stands. Glass containers are strictly prohibited in the pool area.

**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 the designated sprint lanes. We ask that you inform your swimmers of this and ask them to cooperate fully with the club officials and marshals in charge of the area.

**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.

**Food:** There will be a wide variety of food items available for all sessions.

**Concessions:** There will be high quality, well priced items for sale for competitive swimmers.

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

**Immediate Results:** Results for each individual session will be posted daily on the Starfish website: [www.albanystarfish.org](http://www.albanystarfish.org). Additionally, after the meet, the full results and CL2 file will be posted to the Adirondack Swimming web site and all Club Contacts will be e-mailed to inform them of the posting.

**If you have any questions, please contact:** Mike Zebrowski, [mzebrows@nycap.rr.com](mailto:mzebrows@nycap.rr.com), (518) 383-6105.

## **\*\* Detailed Adirondack Swimming Championship Meet Requirements**

**To: AD Team Contacts, Coaches and Athletes**

From: Adirondack Swimming

Adirondack Swimming approved that there be minimal requirements to qualify for entry to our Silver and Gold Short Course (SC) Championship Meets. It was approved that a swimmer must have participated in at least one (1) AD Sanctioned Meet, in the Current SC Season (*September to March*) to be able to swim in Silvers and at least two (2) AD Sanctioned Meets, in the Current SC Season to swim in Golds (*1 of the 2 required meets to qualify for Golds can be Silvers*). Qualifying times must have been achieved from January 1, of the previous Short Course Season through Silver Championships.

### **Observed or Approved Meets Are NOT Acceptable for Qualification to attend AD Championship Meets.**

If an athlete's Best Time was achieved in an Observed or Approved Meet, the Time CAN Be Used for entry.

**Requirements for Silvers** - If a swimmer is to participate in the Adirondack Silver SC Championships, he or she must have competed in at least One (1) AD Sanctioned meet in the current SC Season, prior to the Silver Championships. A swimmer entering an event in Silver Championships must use the best recorded time in SWIMS, for the time period of **Jan 1<sup>st</sup> of last years SC season to Date**, as the entry time. If a swimmer has no recorded time in SWIMS for an event, a High School Varsity time may be used for entry/seeding purposes or if the event has not been swam; the entry must contain an accurate estimated entry time as determined by the swimmers coach. All swimmers entered in the 400IM's and/or 500 Free's Must have a recorded time in SWIMS in that event to be able to participate. Swimmers entered in any relays Must be entered in at least 1 Individual Event in Silver Championships.

**Requirements for Golds** - If a swimmer is to participate in the Adirondack Gold SC Championships, he or she must have competed in at least two (2) AD Sanctioned meets in the current SC Season, prior to Gold Championships. A swimmer entering an event in Gold Championships must use the best recorded time in SWIMS, for the time period of **Jan 1<sup>st</sup> of last years SC season to Date**, to qualify to swim the event. If a swimmer has no recorded time in SWIMS for an event, a High School Varsity time may be used for entry/seeding purposes. Unlike Silvers, Swimmers may Only Swim events in Golds, in which they have achieved a recorded qualifying time in the date span accepted.

### **Exceptions will be made in the following circumstances;**

1. If a swimmer has transferred to AD from another LSC, at a time where it was too late to be entered in the required number of meets to qualify. This will apply to swimmers who HAVE MOVED to our LSC where a change of home address has been made. This transfer must have been completed by the AD LSC Registrar at least 30 days in advance of the meet.
2. If a swimmer has had a prolonged medical condition which has not allowed him or her to swim until a time where it was too late to be entered in the required number of meets to qualify. The swimmers coach MUST notify the Meet Director, by mail or email, at least 30 days in advance of the meet.
3. If a swimmer ages up between Silvers and Golds and he or she is too fast for Silvers at the younger age group and too slow for Golds at the older age group, the swimmer may swim at the older age group without having the Gold cut times. Swimmer must enter the meet using actual achieved times and the meet host will allow the times as exceptions if they are too slow for the cutoffs.

**Entries with no entry time (NT) will not be accepted.**

**These meets, Silvers and Golds, are Championship Meets and there will be NO DECK ENTRIES.**

**Adirondack Swimming Athletes ONLY May Enter Either of our Short Course Championship Meets.**

# ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 2-4, 2007  
RPI Troy, NY

## FRIDAY ORDER OF EVENTS

Warm-ups 3:00pm ... Meet Starts 4:00pm

EVENT NUMBER	CUTOFF TIME	DESCRIPTION OF EVENT	CUTOFF TIME	EVENT NUMBER
<b>Girls</b>		<b>Session 1 Friday PM</b>	<b>Boys</b>	
1	3:14.84	9-10 200 IM	3:14.84	2
3	2:43.89	11-12 200 IM	2:47.89	4
5	2:36.00	13-14 200 IM	2:33.00	6
7	2:30.00	Senior 200 IM	2:25.00	8
9	2:58.29	9-10 200 Freestyle	2:58.29	10
11	2:26.19	11-12 200 Freestyle	2:30.19	12
13	2:16.19	13-14 200 Freestyle	2:15.19	14
15	2:13.19	Senior 200 Freestyle	2:08.89	16
17	2:47.79	11-12 200 Backstroke	2:49.79	18
19	2:40.09	13 -14 200 Backstroke	2:33.09	20
21	2:38.79	Senior 200 Backstroke	2:25.69	22
23	NT	11-12 400 Free Relay	NT	24
25	NT	13&Up 400 Free Relay	NT	26

### ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers in Session 1 May Swim 3 Individual Events on Friday  
Individual Entries: \$3.75 per event + \$1.00 Surcharge Per Swimmer  
Relay Entries: \$6.00 Per Relay

# ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 2-4, 2007 ... RPI Troy, NY

## SATURDAY ORDER OF EVENTS

Warm-ups 7:00am ... Meet Starts 8:00am

EVENT NUMBER	CUTOFF TIME	DESCRIPTION OF EVENT	CUTOFF TIME	EVENT NUMBER
<b>Girls</b>		<b>Session 2 Saturday AM</b>	<b>Boys</b>	
27	20.00	8 & U 25 Butterfly	20.00	28
29	44.99	9-10 50 Butterfly	46.99	30
31	46.19	8 & U 50 Freestyle	48.19	32
33	1:19.19	9-10 100 Freestyle	1:23.19	34
35	55.49	8 & U 50 Backstroke	55.49	36
37	1:36.15	9-10 100 Backstroke	1:36.15	38
39	23.00	8 & U 25 Breaststroke	23.00	40
41	48.79	9-10 50 Breaststroke	49.79	42
43	57.99	8 & U 50 Butterfly	59.99	44
45	NT	9-10 200 Medley Relay	NT	46
47	NT	8 & U 100 Medley Relay	NT	48
49	6:48.39	9-10 500 Freestyle	6:48.39	50

Swimmers in Session 2 May Swim 5 Individual Events on Saturday

Warm-ups 11:30am ... Meet Starts 12:30pm

<b>Girls</b>		<b>Session 3 Saturday PM</b>	<b>Boys</b>	
51	35.39	11-12 50 Butterfly	38.39	52
53	1:03.59	13-14 100 Freestyle	1:01.59	54
55	1:01.39	Senior 100 Freestyle	57.99	56
57	1:08.19	11-12 100 Freestyle	1:11.19	58
59	2:40.99	13-14 200 Butterfly	2:34.19	60
61	2:39.59	Senior 200 Butterfly	2:25.79	62
63	1:21.00	11-12 100 Backstroke	1:21.00	64
65	1:13.00	13-14 100 Backstroke	1:11.00	66
67	1:11.00	Senior 100 Backstroke	1:07.99	68
69	41.09	11-12 50 Breaststroke	43.09	70
71	2:58.99	13-14 200 Breaststroke	2:49.39	72
73	2:58.99	Senior 200 Breaststroke	2:42.59	74
75	3:06.19	11-12 200 Breaststroke	3:06.19	76
77	NT	13&Up 200 Medley Relay	NT	78
79	NT	11-12 200 Medley Relay	NT	80
81	6:20.00	11-12 500 Freestyle	6:20.00	82

**ENTRIES MUST BE SLOWER THAN CUT TIMES**

Swimmers in Session 3 May Swim 4 Individual Events on Saturday

Individual Entries: \$3.75 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

# ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 2-4, 2007 ... RPI Troy, NY

## SUNDAY ORDER OF EVENTS

Warm-ups 7:00am ... Meet Starts 8:00am

EVENT NUMBER	CUTOFF TIME	DESCRIPTION OF EVENT	CUTOFF TIME	EVENT NUMBER
<b>Girls</b>		<b>Session 4 Sunday AM</b>	<b>Boys</b>	
83	16.50	8 & U 25 Freestyle	16.50	84
85	36.50	9-10 50 Freestyle	36.50	86
87	1:55.19	8 & U 100 IM	1:57.19	88
89	1:34.39	9-10 100 IM	1:34.39	90
91	20.00	8 & U 25 Backstroke	20.00	92
93	44.89	9-10 50 Backstroke	47.89	94
95	58.79	8 & U 50 Breaststroke	59.79	96
97	1:47.69	9-10 100 Breaststroke	1:48.69	98
99	1:45.09	8 & U 100 Freestyle	1:45.09	100
101	1:46.09	9-10 100 Butterfly	1:48.09	102
103	NT	8 & U 100 Free Relay	NT	104
105	NT	9-10 200 Free Relay	NT	106

Swimmers in Session 4 May Swim 5 Individual Events on Sunday

Warm-ups 11:30am ... Meet Starts 12:30pm

<b>Girls</b>		<b>Session 5 Sunday PM</b>	<b>Boys</b>	
107	1:20.09	11-12 100 Butterfly	1:20.09	108
109	5:20.19	13-14 400 IM	5:07.89	110
111	5:14.09	Senior 400 IM	4:59.09	112
113	31.89	11-12 50 Freestyle	31.89	114
115	28.79	13-14 50 Freestyle	27.79	116
117	28.39	Senior 50 Freestyle	26.39	118
119	1:17.39	11-12 100 IM	1:17.39	120
121	1:21.89	13-14 100 Breaststroke	1:18.39	122
123	1:23.19	Senior 100 Breaststroke	1:14.99	124
125	1:30.29	11-12 100 Breaststroke	1:32.29	126
127	1:12.09	13-14 100 Butterfly	1:11.09	128
129	1:09.29	Senior 100 Butterfly	1:06.89	130
131	36.09	11-12 50 Backstroke	38.09	132
133	NT	13&Up 200 Free Relay	NT	134
135	NT	11-12 200 Free Relay	NT	136
137	2:54.69	11-12 200 Butterfly	2:54.69	138
139	5:52.99	13-14 500 Freestyle	5:40.09	140
141	5:49.89	Senior 500 Freestyle	5:25.29	142

**ENTRIES MUST BE SLOWER THAN CUT TIMES**

Swimmers in Session 5 May Swim 4 Individual Events on Sunday  
 Individual Entries: \$3.75 per event + \$1.00 Surcharge Per Swimmer  
 Relay Entries: \$6.00 Per Relay

# ALBANY STARFISH SWIM CLUB

ENTRY FEE CALCULATION SHEET  
2007 Adirondack Silver Championship  
Robison Pool, RPI, Troy, NY  
March 2-4, 2007

**CONTACT PERSON: Mike Zebrowski**

**PHONE NUMBER: (518) 383-6105**

E-Mail ADDRESS: [mzebrows@nycap.rr.com](mailto:mzebrows@nycap.rr.com)

Number of Girls Individual Entries	_____	X \$3.75 = \$_____
Number of Girl Swimmers	_____	X \$1.00 = \$_____
Number of Girls Relays	_____	X \$6.00 = \$_____
Number of Boys Individual Entries	_____	X \$3.75 = \$_____
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 / Monday, February 19, 2007**

*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](mailto:albanystarfish@hotmail.com)*

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