

**BALLSTON SPA SWIM CLUB
CABIN FEVER INVITATIONAL
SATURDAY FEBRUARY 23, 2008**

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD08-019
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: Morning Session	Warm-ups: 7:00	Meet Starts: 8:00
Session 2: Afternoon Session	Warm-ups: 12:30	Meet Starts: 1:30
Session 3: 11 & Over 500's	Positive Check-in: 4:00	Warm-ups: 5:00 (approx)
		Meet Starts: 5:30

Meet Director:	Nancy Smith	884-2955	rsmith48@nycap.rr.com
Meet Marshall:	John Kaczanowicz		
Meet Referee:	JoAnn Faucett	399-0494	faucettjm@aol.com
	Kim Crouse	899-4397	crouse_kim@hotmail.com

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on February 23, 2008. A swimmer may enter FIVE individual events per day plus relays. Rules from the current USA Swimming Technical Rules will be in effect. Entries must be submitted via email, using the Hy-Tek Meet Manager or Team Manager Software, to: swordfish@nycap.rr.com. Team entries must be received by February 13, 2008. Adirondack Swimming does not accept NT (no time) Entries and these entries will not be imported to the meet. If the meet should be over subscribed entries will be returned on a last in first back basis. The meet committee reserves the right to return entries whose inclusion would prolong the meet. The meet committee will limit the 500's to 1 hour 10 minutes.

Entries must be emailed to Julie Bablin: 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 for the 500's, which require positive check-in by 4:00. The 11 & Over 500 yard freestyle will be swum starting with the fastest heat of girls, fastest heat of boys, alternating heats thereafter.

Scratches:

Swimmers in events 65 & 66 who do not positively check in by the deadline will be scratched. Coaches – be sure your swimmers check-in.

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.

Attention Coaches and Swimmers:

We will be using Flyover Starts for this meet. Please be familiar with this procedure and inform your swimmers prior to the meet.

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. Lane assignments will be posted at the pool and in the program as well as on the Ballston Spa Swordfish website (www.ballstonspaswimclub.org). Swimmers must provide their own timers AND their own lap counters 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 Meet Marshalls 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 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.

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 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.

Make your entry check payable to **Ballston Spa Swim Club** and mail your check and floppy diskette to:

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

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

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.

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.

If you have any questions please contact Nancy Smith at 884-2955 or rsmith48@nycap.rr.com

Cabin Fever Invitational

Ballston Spa Swim Club
 Saturday February 23, 2008
 Ballston Spa High School

MORNING SESSION: WARM-UPS 7:00AM ...SESSION BEGINS 8:00AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
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

AFTERNOON SESSION: WARM-UPS 12:30PM ...SESSION BEGINS 1:30PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
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

500's SESSION: WARM-UPS Approximately 5:00PM ...SESSION BEGINS 5:30PM

*****Positive Check in by 4:00pm*****

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
65	11 & Over	500 Freestyle	66

**\$3.25 per individual event + \$1.00 per swimmer surcharge
 Swimmers May Swim a Maximum of 5 Individual Events plus Relays**

Ballston Spa Swim Club

ENTRY FEE CALCULATION SHEET: Cabin Fever Invitational, Ballston Spa High School, February 23, 2008

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 "Ballston Spa Swim Club"

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
Ballston Spa Swim Club assumes no responsibility
for meet close-out due to late entries**

**ENTRY DEADLINE:
Wednesday February 13th, 2008 by 5pm**

Mail Entries, Entry Report, This Form and Check to:

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

***Entries May be sent via E-mail to: swordfish@nycap.rr.com**

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