

# 2008 Adirondack SILVER SHORT COURSE CHAMPIONSHIPS

Friday February 29<sup>th</sup>, Saturday March 1<sup>st</sup> and Sunday, March 2<sup>nd</sup>, 2008

## Hosted By Delmar Dolphins Swim Club

**Sanction:** Held under the sanction of USA Swimming, Inc., and Adirondack Swimming, Inc. Sanction # AD08-020  
Kim Crouse, General Chairman

**Location:** Robison Pool, Rensselaer Polytechnic Institute, Troy, New York  
**Facility:** 8 lane, 25 yard pool with complete Colorado Timing and Start System

**Meet Directors:** Bob Walsh [Robert.walsh@wondrack.com](mailto:Robert.walsh@wondrack.com)  
**Meet Referee:** JoAnn Faucett  
**Meet Marshall:**

Session - Day	Warm-ups (Combined Girls/Boys)	Meet Start
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 13-18 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 13-18 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 Registered Swimmers Only. The swimmer's age on February 29, 2008 will determine the age group of competition. Swimmers must have competed in at least 1 Sanctioned Adirondack Short Course Meet in the 2007-2008 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 registration questions to the Adirondack 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, 2007. 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 are required to check in at the announcer's table by 11:45 AM prior to the beginning of the Sunday PM session for the 500 Freestyle and the 400 IM events. Failure to Check-in will result in being Scratched from the event.

### Entries:

Swimmers may enter three (3) individual events on Friday and four (4) individual events per day Saturday and Sunday. 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, via e-mail to, [dwrightcheu@gmail.com](mailto:dwrightcheu@gmail.com) . All entries must be received on or before Monday, February 18, 2008. 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: Delmar Dolphins Swim Club.

**Mail Entries to:** Dwight Cheu, 69 Cambridge Drive, Glenmont, NY. 12077  
e-mail [dwrightcheu@gmail.com](mailto:dwrightcheu@gmail.com)

### **Awards:**

Custom awards will be awarded for first through eighth 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. Awards for the 13 & Over events will be provided for both the 13-14 and 15 & Over age groups. 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 and top three small teams.

### **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 14-16, 2008), 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, Meet Marshalls on Shift and Timers on Shift will be 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 at the meet.

### **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. 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 Delmar Dolphins web site, <http://www.delmardolphins.com> . 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:

Bob Walsh at [Robert.walsh@wondrack.com](mailto:Robert.walsh@wondrack.com), (518-356-2758), or Dwight Cheu at [dwrightcheu@gmail.com](mailto:dwrightcheu@gmail.com)

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

To: AD Team Contacts, Coaches and Athletes

From: Adirondack Swimming

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

These meets, Silvers and Golds, are Championship Meets and there will be NO DECK ENTRIES. Entries with no entry time (NT) will not be accepted.

There will be no "relay only" swimmers in our championship meets. All swimmers must qualify to swim the meet in one or more individual events to be able to participate in any relays.

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 May NOT be Used to Fulfill the Minimum Meet Requirement to attend AD Championship Meets. However, All Times from these meets are used for entry qualification. If your Best Time was achieved in an Observed or Approved Meet, that time must be used for entry time.

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 swum, the entry must contain an accurate estimated entry time as determined by the swimmers coach.

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 through the current seasons Silver Championships, 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. Coach estimated times are NOT acceptable.

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 or Meet Referee, 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.

Final Approval of exceptions will be by joint decision of the Meet Referee and Meet Director.

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  
 February 29<sup>th</sup> thru March 2<sup>nd</sup>, 2008  
 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
Girls		Session 1 Friday PM	Boys	
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	15&Up 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	15&Up 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	15&Up 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 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**  
 February 29<sup>th</sup> thru March 2<sup>nd</sup> , 2008 ... 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
Girls		Session 2 Saturday AM	Boys	
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

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

Girls		Session 3 Saturday PM	Boys	
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	15&Up 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	15&Up 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	15&Up 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	15&Up 200 Breaststroke	2:42.59	74
75	1:20.09	11-12 100 Butterfly	1:20.09	76
77	NT	13&Up 200 Medley Relay	NT	78
79	NT	11-12 200 Medley Relay	NT	80
81	3:06.19	11-12 200 Breaststroke	3:06.19	82

**ENTRIES MUST BE SLOWER THAN CUT TIMES**  
 Swimmers 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**  
February 29<sup>th</sup> thru March 2<sup>nd</sup>, 2008 ... 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
Girls		Session 4 Sunday AM	Boys	
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

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

Girls		Session 5 Sunday PM	Boys	
107	2:54.69	11-12 200 Butterfly	2:54.69	108
109	5:20.19	13-14 400 IM	5:07.89	110
111	5:14.09	15&Up 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	15&UP 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	15&UP100 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	15&Up 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	6:20.00	11-12 500 Freestyle	6:20.00	138
139	5:52.99	13-14 500 Freestyle	5:40.09	140
141	5:49.89	15&Up 500 Freestyle	5:25.29	142

**ENTRIES MUST BE SLOWER THAN CUT TIMES**

Swimmers May Swim 4 Individual Events on Sunday.

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

Relay Entries: \$6.00 Per Relay

# Delmar Dolphins

## ENTRY FEE CALCULATION SHEET

Adirondack 2008 Silver Short Course Championships

TEAM NAME \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

E-Mail ADDRESS \_\_\_\_\_

Number of Girls Individual Entries 11 & Over	_____	X \$3.75 = \$	_____
Number of Girls Individual Entries 10 & Under	_____	X \$3.75 = \$	_____
Number of Girl Swimmers	_____	X \$1.00 = \$	_____
Number of Girls Relays	_____	X \$6.00 = \$	_____
Number of Boys Individual Entries 11 & Over	_____	X \$3.75 = \$	_____
Number of Boys Individual Entries 10 & Under	_____	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 "Delmar Dolphins Swim Club"

This form Must be returned with Check and Entry Report  
by Monday, February 18, 2008

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@gmail.com](mailto:dwightcheu@gmail.com)