

# ADIRONDACK GOLD SHORT COURSE CHAMPIONSHIPS

## MARCH 14-16, 2008 RPI Robison Pool

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

**Host:** Albany Starfish Swim Club

**Place:** RPI Robison Pool, Troy, NY  
Short Course 25 Yard Pool, 8 lanes  
Continuous Warm-up pool  
Colorado Automatic Timing and Beeper System

**Time:**

Session	Warm-up	Positive Check-in	Session Begins
Friday Morning	7:30 am	500 free: 9:00	9:00 am
Friday Afternoon	12:30 pm	All 10&Unders and 11-12 200 Breast: 12:30 500 free: 1:15	1:15 pm
Friday Evening Finals	4:30 pm		5:30 pm
Saturday Morning	7:00 am	400 IM: 9:00	8:00 am
Saturday Afternoon	11:30 am	All 10&Unders and 11-12 200 Back: 11:30	12:15 pm
Saturday Evening Finals	4:30 pm		5:30 pm
Sunday Morning	7:00 am	1650 free: 9:00	8:00 am
Sunday Afternoon	12:15 pm	All 10&Unders and 11-12 200 Fly: 12:15	1:00 pm
Sunday Evening Finals	4:30 pm		5:30 pm

**Meet Director:** Bob Zerrillo, [rzerrillo@aol.com](mailto:rzerrillo@aol.com)  
**Meet Marshall:** Sue Whitaker  
**Meet Referee:** JoAnn Faucett, [faucettjm@aol.com](mailto:faucettjm@aol.com)

**Entry Rules:** \*\* Detailed Entry Qualifications Listed Below.

The eligibility of a swimmer will be determined by his or her age on March 14, 2008. A swimmer may swim three events per day plus relays. There is no limit on the number of relay teams for a sanctioned club. Rules from the current USA Swimming Technical Rules will be in effect. Entries must be submitted using the Hy-Tek Meet Manager or Team Manager Software.

**Team entries must be received by Wednesday, March 5, 2008.**

Teams must e-mail their entries to: Rosemary Lanzi: [rosemary.lanzi@gmail.com](mailto:rosemary.lanzi@gmail.com)

All entry times must be equal to or faster than the listed qualifying times.

**Be Absolutely Certain you Receive a Reply to Your Email with Entries ... Follow Up if You Do NOT Receive A Reply...**

**No telephone entries will be accepted. No "No Time" Entries will be accepted.**

**As this is a Championship Meet, NO DECK ENTRIES WILL BE ACCEPTED.**

**USA Swimming Registration:**

All swimmers must be currently registered with USA Swimming, Inc. Registrations may be obtained from your club registrar.

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)

**Swimming Events:**

All trials and finals events will be pre-seeded.

**There will be positive check-in for all 8&Under and 9-10 swimmers and 11-12 200 Breast, Back, Fly events.**

All individual and relay events for 8&Under and 10&Under will be run as Timed finals. These events will be deck seeded, and 8&Under swimmers must report to the seeding area prior to their events. Events for other age groups shall be Prelims and Finals (A-Finals and B-Finals) except for 11-12 200s of Butterfly, Breaststroke and Backstroke, all 400 IM, 500 Freestyle and 1650 Freestyle events which will be timed final events. All heats of the 1650 and 11-12 500s will be swum in the prelims sessions. **The fastest heat of 11-12 200s of Back, Breast and Fly, 13-14 and Senior 400 IM's and 500 Free's will be swum at Finals.**

For the 500 Frees, 1650 Frees, and 400 IM's we will use positive check-in for these events in the seeding area during warm-ups and trials. For the 500 Free on Friday afternoon, swimmers must check in by the end of warm-ups. For the 400 IM's and 1650's, swimmers must check in before 9:00 am on the corresponding days. **There will be a reasonable break before the start of the 500 Free, 400 IM's and 1650's.**

For seeding purposes the 1650 Frees for the 13-14's and Seniors will be combined and will be swum fastest heat to slowest heat. We will swim alternately, the fastest heat of girls, followed by the fastest heat of boys and the last heat will be combined. Adirondack reserves the right to cut down to 6 of each age group (TOP 24 SWIMMERS) for the 1650 Freestyle event. For awards and scoring purposes they will be treated as separate events. The 500 Free for 9-10's and 11-12's will be swum alternately, the fastest heat of girls, followed by the fastest heat of boys and the last heat will be combined boys and girls. The 500 Free's and the 400 IM's for 13-14 and Seniors is as follows: fastest heat will swim at the finals session, alternately, 2nd fastest heat of 13-14 Girls, 2nd fastest heat of 13-14 Boys, 2nd fastest heat of Senior Girls, 2nd fastest heat of Senior Boys, the last heat will be combined.

**Attention Coaches and Swimmers: Flyover starts will be used at all preliminary sessions at this meet, but not at finals. Please be familiar with this procedure and inform your swimmers prior to the meet.**

### **Relays:**

All Relays will be swum as timed finals and will be swum during prelims.

### **Finals and Consolations:**

Those events that have trials will have finals and consolation finals conducted during the finals session. The top sixteen swimmers of each age group will qualify, the top 8 swimming finals, the next 8 swimming consolation finals.

### **Scratches:**

The Seeding Table is on the pool deck during trials and finals. Heat sheets will be posted at the seeding table for all events that are deck seeded.

Swimmers who positively check in for a timed final event and do not show up for the event, will be disqualified from that event and their next scheduled event. **This scratch rule includes 8&unders and 9-10 athletes as well.**

Swimmers that qualify for finals or consolation finals and want to scratch a final event must inform the announcer within 30 minutes of the announcement of the trial results for that event. **Failure to notify the announcer so that an alternate can be called, will result in the swimmer being disqualified for the remainder of the meet.**

### **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.

Friday Morning warm-ups are as follows;

7:30-8:00 (30 minutes) 13-14, 8:00-8:30 (30 minutes) Seniors, 8:30-8:50 (20 minutes) Combined  
Sprint Lanes 2,3,6,7 ... Pace Lanes 1 ... Continuous Swimming 4,5,8

Friday Afternoon warm-ups are as follows;

12:30-12:45 (15 minutes) 10 & Unders, 12:45-1:05 (20 minutes) 11-12, 1:05-1:15 (10 minutes) Combined  
Sprint Lanes 2,3,4,5

Friday Finals warm-ups are as follows;

4:30-4:50 (20 minutes) 13-14 Boys and all Seniors, 4:50-5:10 (20 minutes) 11-12 and 13-14 Girls, 5:10-5:25 (15 minutes) Combined  
Sprint Lanes 2,3,6,7 ... Pace Lanes 1 ... Continuous Swimming 4,5,8 - (Pool will open at 4:00)

Saturday Morning warm-ups are as follows;

7:00-7:20 (20 minutes) 13-14, 7:20-7:40 (20 minutes) Seniors, 7:40-7:55 (15 minutes) Combined  
Sprint Lanes 2,3,6,7 ... Pace Lanes 1 ... Continuous Swimming 4,5,8

Saturday Afternoon warm-ups are as follows;

11:30-11:45 (15 minutes) 10 & Under, 11:45-12:05 (20 minutes) 11-12, 12:05-12:15 (10 minutes) Combined  
Sprint Lanes 2,3,4,5

Saturday Finals warm-ups are as follows;

4:30-4:50 (20 minutes) 13-14 Boys and all Seniors, 4:50-5:10 (20 minutes) 11-12 and 13-14 Girls, 5:10-5:25 (15 minutes) Combined  
Sprint Lanes 2,3,6,7 ... Pace Lanes 1 ... Continuous Swimming 4,5,8 - (Pool will open at 4:00)

Sunday Morning warm-ups are as follows;

7:00-7:20 (20 minutes) 13-14, 7:20-7:40 (20 minutes) Seniors, 7:40-7:55 (15 minutes) Combined  
Sprint Lanes 2,3,6,7 ... Pace Lanes 1 ... Continuous Swimming 4,5,8

Sunday Afternoon warm-ups are as follows;

12:15-12:30 (15 minutes) 10 & Under, 12:30-12:45 (15 minutes) 11-12, 12:45-12:55 (10 minutes) Combined  
Sprint Lanes 2,3,4,5

Sunday Finals warm-ups are as follows;

4:30-4:50 (20 minutes) 13-14 Boys and all Seniors, 4:50-5:10 (20 minutes) 11-12 and 13-14 Girls, 5:10-5:25 (15 minutes) Combined  
Sprint Lanes 2,3,6,7 ... Pace Lanes 1 ... Continuous Swimming 4,5,8 - (Pool will open at 4:00)

At the conclusion of each warm-up session and after the start of the 1st event in each session the continuous warm-up pool will open.

### **Timers:**

Clubs will be required to provide timers for finals and trials, based upon their number of entries. After all Entries have been received, the Team Lane Timing Assignments will be posted to the AD Web Site, the Meet Program and Posted at the pool.

Swimmers have to provide their own timers for the 400 IM's, 500's and 1650's and lap counters for the 500's and 1650's.

### **Zone Information:**

Selection to the Adirondack Zone Team for the Eastern Zone Championships will be made from swimmers who have swum in Adirondack meets from October 1st to Gold Short Course Championships and have submitted a zone application to JoAnn Faucett. Details of the trip will be announced at the mandatory zone meeting following the conclusion of Sunday's final session.

**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 Registered Officials, Registered and Currently Certified Coaches, Registered Swimmers, Meet Marshalls on Shift and Timers on Shift. All Officials and Coaches are Required to Display Current USA Swimming Membership ID while on deck.**

**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.

**Services:**

Food will be on sale throughout the meet. A meet program will be available, which will cover all trial sessions. Finals programs will be available prior to each final session. A vendor will have a representative selling equipment during the meet. There will be a special meet shirt on sale during the meet.

**National Certification:**

N2 Certification may be offered for officials at this meet. Details to Follow...

**Entry Fees:**

An entry summary sheet is also included to compute your team entry fees. The entry fees are \$4.25 per individual event, except for 10 & Under events which are \$3.75 (these include the \$.40 travel fund surcharge), and \$6.00 per relay (including the \$1.00 travel fund surcharge). There is also a \$1 per swimmer surcharge.

Make your entry check payable to Albany Starfish Swim Club and mail your check and hard copies of entries to:

**Rosemary Lanzi:**

**2 McGibbon Avenue, Amsterdam, NY 12010**

**518-843-1642 (home) or 518-385-5790 (work)**

**email for entries: [rosemary.lanzi@gmail.com](mailto:rosemary.lanzi@gmail.com)**

**\*\*\*Entries must be emailed and will be entered to the meet upon receipt of your check\*\*\***

**Awards:**

For individual events medals will be awarded for 1st - 8th place, ribbons for 9 - 16th place. For relays, medals will be awarded to the 1st - 3rd place teams. Team trophies will be awarded to the top 3 boys and girls teams. Individual high point will be given to the top 3 swimmers in each age group.

**Scoring:**

Finals and consolations will be scored according to USA Swimming rules.

**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 on the Adirondack Swimming website.

**Time Trials:**

Time trials may be held for swimmers trying to qualify for Speedo Championships (Sectionals), Senior Cut Times or Faster. Each time trial is \$5.00. Coaches must request a time trial from the meet referee and meet director and they will determine when the time trial will be conducted. Time trials will only be conducted for swimmers who have exceeded the AAAA 2005 National Time Standard for the events in which they are requesting time trials. The meet referee and meet director reserve the right to refuse time trials longer than 200 yards.

**Officials:**

There will be an official's meeting conducted promptly 45 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in the officials room before the start of officials meeting.

**Hotel Accommodations (Suggestions):**

THE MARRIOTT, 189 WOLF ROAD, ALBANY, NY 12205	(800) 443-8952
BEST WESTERN, 617 PLANK ROAD, CLIFTON PARK, NY 12065	(800) 528-1234
BEST WESTERN, 1800 6 <sup>TH</sup> STREET, TROY, NY	(800) 528-1234
CLARION INN & SUITE, 706 NEW LOUDON ROAD, LATHAM, NY	(518) 785-0776
COMFORT INN, 41 FIRE ROAD, CLIFTON PARK, NY 12065	(518) 373-0222

If you have any questions please call Bob Zerrillo at 518-489-5160, or [rzerrillo@aol.com](mailto:rzerrillo@aol.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 Gold Short Course Championships  
March 14-16, 2008 RPI Robison Pool**

**SESSION 1 ... FRIDAY MORNING  
WARM-UPS 7:30AM ... SESSION BEGINS 9:00AM**

**\*\* = Timed finals – fastest heat will swim at Finals**

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
1	2:36.00	13-14	200 IM	2:33.00	2
3	2:30.00	SENIOR	200 IM	2:25.00	4
5	28.79	13-14	50 FREE	27.79	6
7	28.39	SENIOR	50 FREE	26.39	8
9	1:13.00	13-14	100 BACK	1:11.00	10
11	1:11.00	SENIOR	100 BACK	1:07.99	12
13	NT	13-14	400 FREE RELAY	NT	14
15	NT	SENIOR	400 FREE RELAY	NT	16
17	5:52.99	13-14	**500 FREE	5:40.09	18
19	5:49.89	SENIOR	**500 FREE	5:25.29	20

*ALL RELAYS AND 500 FREES ARE TIMED FINALS*

**SESSION 2 ... FRIDAY AFTERNOON  
WARM-UPS 12:30PM ... SESSION BEGINS 1:15PM**

**\*\* = Timed finals – fastest heat will swim at Finals**

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
21	31.89	11-12	50 FREE	31.89	22
23	3:14.84	9-10	200 IM	3:14.84	24
25	1:17.39	11-12	100 IM	1:17.39	26
27	36.50	9-10	50 FREE	36.50	28
29	3:06.19	11-12	**200 BREAST	3:06.19	30
31	1:36.15	9-10	100 BACK	1:36.15	32
33	1:21.00	11-12	100 BACK	1:21.00	34
35	NT	9-10	400 FREE RELAY	NT	36
37	NT	11-12	400 FREE RELAY	NT	38
39	6:20.00	11-12	500 FREE	6:20.00	40
41	6:48.39	9-10	500 FREE	6:48.39	42

*ALL 10 & UNDER EVENTS, ALL RELAYS AND 500 FREES ARE TIMED FINALS*

**FRIDAY FINALS  
WARM-UPS 4:30PM ... FINALS BEGIN 5:30PM**

**Each Swimmer May Swim A Maximum of 3 Events Per Day Plus Relays  
ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES**

**\$4.25 Per Event for ALL 11-12, 13-14 and Seniors**

**\$3.75 Per Event for ALL 9-10 and 8 & under**

**\$1.00 Per Swimmer Surcharge**

**\$6.00 Per Each Relay**

## Adirondack Gold Short Course Championships

### SESSION 3 ... SATURDAY MORNING

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

**\*\* = Timed finals – fastest heat will swim at Finals**

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
43	1:12.09	13-14	100 FLY	1:11.09	44
45	1:09.29	SENIOR	100 FLY	1:06.89	46
47	2:40.09	13-14	200 BACK	2:33.09	48
49	2:38.79	SENIOR	200 BACK	2:25.69	50
51	1:03.59	13-14	100 FREE	1:01.59	52
53	1:01.39	SENIOR	100 FREE	57.99	54
55	2:58.99	13-14	200 BREAST	2:49.39	56
57	2:58.99	SENIOR	200 BREAST	2:42.59	58
59	NT	13-14	400 MEDLEY RELAY	NT	60
61	NT	SENIOR	400 MEDLEY RELAY	NT	62
63	5:20.19	13-14	**400 IM	5:07.89	64
65	5:14.09	SENIOR	**400 IM	4:59.09	66

**ALL RELAYS AND 400 INDIVIDUAL MEDLEYS ARE TIMED FINALS**

### SESSION 4 ... SATURDAY AFTERNOON

**WARM-UPS 11:30AM ... SESSION BEGINS 12:15PM**

**\*\* = Timed finals – fastest heat will swim at Finals**

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
67	1:20.09	11-12	100 FLY	1:20.09	68
69	2:58.29	9-10	200 FREE	2:58.29	70
71	1:45.09	8 & U	100 FREE	1:45.09	72
73	36.09	11-12	50 BACK	38.09	74
75	1:34.39	9-10	100 IM	1:34.39	76
77	55.49	8 & U	50 BACK	55.49	78
79	2:26.19	11-12	200 FREE	2:30.19	80
81	48.79	9-10	50 BREAST	49.79	82
83	57.99	8 & U	50 FLY	59.99	84
85	41.09	11-12	50 BREAST	43.09	86
87	44.99	9-10	50 FLY	46.99	88
89	2:47.79	11-12	**200 BACK	2:49.79	90
91	NT	10 & U	200 MEDLEY RELAY	NT	92
93	NT	11-12	200 MEDLEY RELAY	NT	94

*ALL 10 & UNDER EVENTS AND ALL RELAYS ARE TIMED FINALS*

## SATURDAY FINALS

**WARM-UPS 4:30PM ... FINALS BEGIN 5:30PM**

**Each Swimmer May Swim A Maximum of 3 Events Per Day Plus Relays**

**ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES**

**\$4.25 Per Event for ALL 11-12, 13-14 and Seniors**

**\$3.75 Per Event for ALL 9-10 and 8 & under**

**\$1.00 Per Swimmer Surcharge**

**\$6.00 Per Each Relay**

## Adirondack Gold Short Course Championships

### SESSION 5 ... SUNDAY MORNING

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

**\*\* = Timed finals – fastest heat will swim at Finals**

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
95	2:16.19	13-14	200 FREE	2:15.19	96
97	2:13.19	SENIOR	200 FREE	2:08.89	98
99	2:40.99	13-14	200 FLY	2:34.19	100
101	2:39.59	SENIOR	200 FLY	2:25.79	102
103	1:21.89	13-14	100 BREAST	1:18.39	104
105	1:23.19	SENIOR	100 BREAST	1:14.99	106
107	NT	13-14	200 FREE RELAY	NT	108
109	NT	SENIOR	200 FREE RELAY	NT	110
111	20:12.19	13-14	1650 FREE	19:39.49	112
113	19:58.89	SENIOR	1650 FREE	18:47.99	114

*ALL RELAYS AND 1650 FREESTYLE ARE TIMED FINALS*

### SESSION 6 ... SUNDAY AFTERNOON

**WARM-UPS 12:15AM ... SESSION BEGINS 1:00PM**

**\*\* = Timed finals – fastest heat will swim at Finals**

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
115	2:43.89	11-12	200 IM	2:47.89	116
117	1:19.19	9-10	100 FREE	1:23.19	118
119	1:55.19	8 & U	100 IM	1:57.19	120
121	1:08.19	11-12	100 FREE	1:11.19	122
123	44.89	9-10	50 BACK	47.89	124
125	46.19	8 & U	50 FREE	48.19	126
127	35.39	11-12	50 FLY	38.39	128
129	1:47.69	9-10	100 BREAST	1:48.69	130
131	58.79	8 & U	50 BREAST	59.79	132
133	1:30.29	11-12	100 BREAST	1:32.29	134
135	1:46.09	9-10	100 FLY	1:48.09	136
137	2:54.69	11-12	**200 FLY	2:54.69	138
139	NT	10 & U	200 FREE RELAY	NT	140
141	NT	11-12	200 FREE RELAY	NT	142

*ALL 10 & UNDER EVENTS AND ALL RELAYS ARE TIMED FINALS*

## SUNDAY FINALS

**WARM-UPS 4:30PM ... FINALS BEGIN 5:30PM**

**Each Swimmer May Swim A Maximum of 3 Events Per Day Plus Relays**

**ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES**

**\$4.25 Per Event for ALL 11-12, 13-14 and Seniors**

**\$3.75 Per Event for ALL 9-10 and 8 & under**

**\$1.00 Per Swimmer Surcharge**

**\$6.00 Per Each Relay**

# ALBANY STARFISH SWIM CLUB

ENTRY FEE CALCULATION SHEET Adirondack Short Course Gold Championships, March 14-16, 2008, RPI

MEET: Adirondack Gold Short Course Championships

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

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

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

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

Number of Girls Individual Entries 11 & Over	_____	X \$4.25 = \$	_____
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 \$4.25 = \$	_____
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 "Albany Starfish Swim Club"*

This form Must be returned with Check and Hard Copy of Entry Report

**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 ... MARCH 5, 2008

Mail to: Rosemary Lanzi; 2 McGibbon Avenue, Amsterdam, NY 12010  
518-843-1642 (home) or 518-385-5790 (work)

\*Entries Must be sent E-mail to: [rosemary.lanzi@gmail.com](mailto:rosemary.lanzi@gmail.com)

\*This form, entry report and Your Team Check Must be received to have entries added to the meet.

Dear Adirondack Team,

At Adirondack Gold Short Course Championships, we try to recognize Graduating Senior Swimmers and our Swimmers who have achieved Top 16 Times in the past year.

We ask that you would submit a list of your Senior Swimmers (*graduating high school*) that will be attending the Gold Short Course Championships so we can publish an accurate list for the Program.

Adirondacks Records Chair will provide the Top 16 athletes names and times.

Please Submit your list by February 28, 2008. Be sure to indicate team affiliation.

Awards will be given before the start of Finals on the last day of Gold Championships.

Thank You

Mail the list to: JoAnn Faucett  
4 Edwin Drive  
Charlton, NY 12019

Or email the list to: [faucettjm@aol.com](mailto:faucettjm@aol.com)  
(please, attach a file in MS Works, MS Word, Note Pad OR Word Pad)

If you have any questions, call (518) 399-0494