

**Hawks Solstice Splash**  
**December 12-14, 2008**  
**RCS Aquatics Center**  
**Ravena-Coeymans-Selkirk High School**  
**2025 Route 9W**  
**Ravena, NY 12143**

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD09-005  
Kim Crouse, General Chairman

**Host:** Hawks Swimming Association

**Place:** RCS Aquatics Center  
Ravena-Coeymans-Selkirk High School  
2025 Route 9W  
Ravena, NY 12143

**Short course 25 yards**  
Daktronics Electronic Timing System

**Time:** Friday December 12, Saturday, December 13 and Sunday December 14, 2008. Official warm-up times will be posted to the Hawks website ([www.hawksswimming.org](http://www.hawksswimming.org)) and the Adirondack website ([www.adirondackswimming.org](http://www.adirondackswimming.org)) by December 8, 2008. They will also be emailed to the clubs meet contact.

**Meet Director:** Chris Joyce (845) 457-6027  
[web@hawksswimming.org](mailto:web@hawksswimming.org)  
38 Corbett Rd.

**Meet Marshall:** Lanny Migliorato  
**Meet Referee:** Raeann Burns  
[BurnsSwimmers@aol.com](mailto:BurnsSwimmers@aol.com)  
(518)756-3846

**Entry Rules:**

Swimmers may enter up to five (5) individual events and 2 relays per day.  
The eligibility of a swimmer will be determined by his or her age on **December 12, 2008**.  
Rules from the current USA Swimming Technical Rules will be in effect.  
Entries should be emailed to Chris Joyce ([web@hawksswimming.org](mailto:web@hawksswimming.org)). Confirmation of receipt will be sent within one business day.  
Team entries must be received by **December 7, 2008**.  
Adirondack Swimming does not accept NT (no time) Entries and these entries will not be imported to the meet.

**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)

**Swimming Events:**

All events are timed finals. A maximum of 5 Individual and 2 Relays may be entered per day.  
**25 yard events will be started from the shallow end of the pool.**  
**Host reserves the right to combine distance events to conserve time.**  
**There is a positive check-in for all events. Times for check-in will be 45 minutes before the start of the session.**

**Relays:**

Relay sheets will be issued with scratch sheets. Swimmers names must be listed in the order they will swim. Relay sheets will be due during the session.

**Scratches:**

Positive check-in is required for all events by 45 minutes prior to session start. Failure to check-in will result in swimmer being scratched.  
In the event the meet is over subscribed, the Meet Director and Meet Referee will decide how cuts will be made. Teams will be notified of this decision as soon as possible. Host club reserves right to swim all of its swimmers...

**Seeding:**

Deck seeding will be in effect. Friday night and Sunday 500 events will be seeded fastest to slowest. All other events will be seeded slowest to fastest

## 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.

**Warm-up times are tentative. Official warm-up times will be posted on the AD Swimming and Hawks web site and emailed to team contacts by 12/8/2008**

## 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.  
Swimmers have to provide their own timers and counters for Friday events, and for 500s on Sunday.

## 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.**  
**If, at and AD Sanctioned Meet, an individual is found on deck, acting in any coaching capacity and is determined to be out of compliance with USA Swimming requirements for coaches, that individual will be removed from the deck and the represented club will be fined \$250.**

Smoking and the consumption of alcohol are prohibited on school grounds.  
Consumption of food is prohibited outside the cafeteria.  
Glass containers are prohibited on the pool deck.

## Services:

**Food will be available in a concession stand.**  
**There will also be a variety of t-shirts, goggles, swim suits and other swim merchandise available.**

## 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:

The entry fees are \$3.75 per individual event, (these include the \$.50 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 **Hawks Swimming** and mail your to;

**Chris Joyce**  
**38 Corbett Rd.**  
**Montgomery, NY 12549**

\*\*\*To save mailing costs and avoid damage, 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 - 3, ribbons for 4 - 6th place. For relays, ribbons will be awarded to the 1st - 3rd place teams

## 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**

**Chris Joyce (845) 457-6027 [web@hawksswimming.org](mailto:web@hawksswimming.org)**  
**38 Corbett Rd.**  
**Montgomery, NY 12549**

# Hawks Solstice Splash

**RCS Aquatics Center  
Ravena-Coeymans-Selkirk High School  
2025 Route 9W  
Ravena, NY 12143**

## **SESSION 1**

**Friday December 12, 2008**

**WARM-UPS 4:00 PM**

**SESSION BEGINS 5:00PM**

<b>GIRLS</b>	<b>AGE</b>	<b>EVENT</b>	<b>BOYS</b>
<b>EVENTS</b>	<b>GROUP</b>	<b>DESCRIPTION</b>	<b>EVENTS</b>
1	8 & Under	200 Freestyle	2
3	10 & Under	500 Freestyle	4
5	11-12	500 Freestyle	6
7	8 & Under	200 IM	8
9	9 - 10	200 IM	10
11	11-12	200 IM	12
13	10 & Under	400 IM	14
15	11-12	400 IM	16
17	13-14	400 IM	18
19	Open	400 IM	20
21	12 & Under	1650 Freestyle	22
23	13-14	1650 Freestyle	24
25	15 & Up	1650 Freestyle	26

**SESSION 2**  
**Saturday December 13, 2008**  
**WARM-UPS 8:00 A.M.**  
**SESSION BEGINS 9:00**

GIRLS	AGE	EVENT	BOYS
EVENTS	GROUP	DESCRIPTION	EVENTS
27	8 & Under	100 Freestyle	28
29	9-10	200 Freestyle	30
31	13-14	200 Freestyle	32
33	8 & Under	50 Backstroke	34
35	9-10	100 Backstroke	36
37	13-14	200 Backstroke	38
39	8 & Under	25 Breaststroke	40
41	9-10	50 Breaststroke	42
43	13-14	100 Breaststroke	44
45	8 & Under	50 Butterfly	46
47	9-10	100 Butterfly	48
49	13-14	200 Butterfly	50
51	8 & Under	25 Freestyle	52
53	9-10	50 Freestyle	54
55	13-14	50 Freestyle	56
57	10 & Under	200 Free Relay	58
59	13-14	200 Free Relay	60

**Session 3**  
**Saturday December 13, 2008**  
**WARM-UPS ½ hour after the end of Session 1**  
**Not earlier than 12 Noon.**  
**SESSION BEGINS 1 hour after the start of warm-ups**

GIRLS	AGE	EVENT	BOYS
EVENTS	GROUP	DESCRIPTION	EVENTS
61	11-12	200 Freestyle	62
63	15 & Up	200 Freestyle	64
65	12-Nov	100 Backstroke	66
67	Open	200 Backstroke	68
69	11-12	50 Breaststroke	70
71	Open	100 Breaststroke	72
73	11-12	100 Butterfly	74
75	Open	200 Butterfly	76
77	11-12	50 Freestyle	78
79	Open	50 Freestyle	80
81	11-12	200 Free Relay	82
83	15 & Up	200 Free Relay	84

**SESSION 4**  
**Sunday December 14, 2008**  
**WARM-UPS 8:00 A.M.**  
**SESSION BEGINS 9:00**

GIRLS	AGE	EVENT	BOYS
EVENTS	GROUP	DESCRIPTION	EVENTS
85	8 & Under	100 IM	86
87	9-10	100 IM	88
89	13-14	200 IM	90
91	8 & Under	50 Freestyle	92
93	9-10	100 Freestyle	94
95	13-14	100 Freestyle	96
97	8 & Under	25 Backstroke	98
99	9-10	50 Backstroke	100
101	13-14	100 Backstroke	102
103	8 & Under	50 Breaststroke	104
105	9-10	100 Breaststroke	106
107	13-14	200 Breaststroke	108
109	8 & Under	25 Butterfly	110
111	9-10	50 Butterfly	112
113	13-14	100 Butterfly	114
115	10 & Under	200 Medley Relay	116
117	13-14	400 Medley Relay	118
119	13-14	500 Freestyle	120

**Session 5**  
**Sunday December 14, 2008**  
**WARM-UPS ½ hour after the end of Session 1**  
**Not earlier than 12 Noon.**

**SESSION BEGINS 1 hour after the start of warm-ups**

GIRLS	AGE	EVENT	BOYS
EVENTS	GROUP	DESCRIPTION	EVENTS
121	11-12	100 IM	122
123	15 & Up	200 IM	124
125	11-12	100 Freestyle	126
127	15 & Up	100 Freestyle	128
129	11-12	50 Backstroke	130
131	15 & Up	100 Backstroke	132
133	11-12	100 Breaststroke	134
135	Open	200 Breaststroke	136
137	11-12	50 Butterfly	138
139	15 & Up	100 Butterfly	140
141	11-12	200 Medley Relay	142
143	15 & Up	400 Medley Relay	144
145	15 & Up	500 Freestyle	146

# Hawks Swimming Association

ENTRY FEE CALCULATION SHEET Hawks Solstice Splash, Ravena, NY, December 12-14, 2008

MEET \_\_\_\_\_  
TEAM NAME \_\_\_\_\_  
CONTACT PERSON \_\_\_\_\_  
PHONE NUMBER \_\_\_\_\_  
E-Mail ADDRESS \_\_\_\_\_

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 Hawks Swimming Association*

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**

**Hawks Swimming Association assumes no responsibility  
for meet close-out due to late entries**

## ENTRY DEADLINE.. December 7, 2008

*Mail Entries, Entry Report, This Form and Check to:*  
Chris Joyce (845) 457-6027  
38 Corbett Rd.  
Montgomery, NY 12549

**\*Entries May be sent E-mail to: [web@hawksswimming.org](mailto:web@hawksswimming.org)**  
*\*Your Team Check Must be received to have entries added to the meet.*