

# AMSTERDAM SEA RAM INVITATIONAL

## DECEMBER 13, 2008, LYNCH MIDDLE SCHOOL, AMSTERDAM, NY

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD09-001  
Kim Crouse, General Chairman

**Host:** AMSTERDAM SEA RAMS SWIM CLUB

**Place:** LYNCH MIDDLE SCHOOL, 55 BRANDT PLACE, AMSTERDAM, NEW YORK  
8 LANE POOL, SHORT COURSE, 25 YARDS  
COLORADO AUTOMATIC TIMING SYSTEM

**Time:** ONE SESSION-WARM UPS: 7:30-8:50 AM MEET START: 9:00 AM

**Meet Director:** KELLI McCOSKI-518-843-4355 - KMCCOSKI@NYCAP.RR.COM  
**Meet Marshall:** Kathy Santiago  
**Meet Referee:** Kim Crouse-518-899-4397

### Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **December 13, 2008**.  
Rules from the current USA Swimming Technical Rules will be in effect.  
Entries must be submitted electronically, using the Hy-Tek Meet Manager or Team Manager Software.  
Entries may be submitted on CD or via e-mail to; [kmccoski@nycapp.rr.com](mailto:kmccoski@nycapp.rr.com)  
Team entries must be received by **December 1, 2008**.  
Adirondack Swimming does not accept NT (no time) Entries and these entries will not be imported to the meet.  
**Swimmers may enter 4 events plus relays**

### 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, with exception of the 500 Freestyle, will be swum as timed finals and will be pre-seeded.**  
**POSITIVE CHECK IN FOR 500 FREESTYLE BY 10:00AM. This event will be deck seeded.**  
**All 25 yard events will be swum from the bulkhead into the touch pads.**  
**Swimmers may swim up to 4 events plus relays.**

### 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.

**A specific warm-up schedule will be posted to the Adirondack Meet Schedule by December 7, 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 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.**  
**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.**

**Services:**

Food will be on sale throughout the meet in the cafeteria. No food or drink will be allowed to be consumed on the pool deck. No glass containers allowed in the facility at all. Smoking is not allowed in the building or anywhere on school grounds. Meet programs will be available for purchase.

**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 also included to compute your team entry fees. The entry fees are \$3.50 per individual event 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 **AMSTERDAM SEA RAMS SWIM CLUB** and mail your check and CD to;

*KELLI P. McCOSKI, 250 SNOOKS CORNERS ROAD, AMSTERDAM, NEW YORK 12010*

\*\*\*To save mailing costs and avoid damage, Entries may 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<sup>rd</sup> place, ribbons for 4th - 8th place. For relays, medals 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 KELLI McCOSKI 518-843-4355 KMCCOSKI@NYCAP.RR.COM**

# Amsterdam Sea Rams Invitational

Saturday, December 13<sup>th</sup>, 2008

## Morning Session

*Warm-ups: 7:30 to 8:50 am... Meet Start: 9:00 am*

<b>Girls Events</b>	<b>Event</b>	<b>Boys Events</b>
1	Open 200 yd Freestyle	2
3	8 & Under 100 yd Individual Medley	4
5	10 & Under 100 yd Individual Medley	6
7	11-12 100 yd Individual Medley	8
9	13-18 200 yd Individual Medley	10
11	8 & Under 25 yd Freestyle	12
13	10 & Under 50 yd Freestyle	14
15	11-12 50 yd Freestyle	16
17	13-18 50 yd Freestyle	18
19	Open 200 yd Backstroke	20
21	8 & Under 25 yd Backstroke	22
23	10 & Under 100 yd Backstroke	24
25	11-12 100 yd Backstroke	26
27	13-18 100 yd Backstroke	28
29	Open 200 yd Breaststroke	30
31	8 & Under 25 yd Breaststroke	32
33	10 & Under 50 yd Breaststroke	34
35	11-12 50 yd Breaststroke	36
37	13-18 100 yd Breaststroke	38
39	8 & Under 25 yd Butterfly	40
41	10 & Under 50 yd Butterfly	42
43	11-12 50 yd Butterfly	44
45	13-18 100 yd Butterfly	46
47	8 & Under 50 yd Freestyle	48
49	10 & Under 100 yd Freestyle	50
51	11-12 100 yd Freestyle	52
53	13-18 100 yd Freestyle	54
55	10 & Under 50 yd Backstroke	56
57	11-12 50 yd Backstroke	58
59	8 & Under 100 yd Freestyle Relay	60
61	10 & Under 200 yd Freestyle Relay	62
63	11-12 200 yd Freestyle Relay	64
65	13-18 200 yd Freestyle Relay	66
67	Open 500 yd Freestyle	68

**Each Swimmer May Swim A Maximum of 4 Events Plus Relays**

**\$3.50 Per Event Per Athlete for ALL Athletes**

**\$1.00 Per Athlete Surcharge**

**\$6.00 Per Each Relay**

# AMSTERDAM SEA RAMS

ENTRY FEE CALCULATION SHEET "AMSTERDAM SEA RAM INVITATIONAL, December 13, 2008"

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

Number of Girls Individual Entries	_____	X \$3.50 = \$	_____
Number of Girl Swimmers	_____	X \$1.00 = \$	_____
Number of Girls Relays	_____	X \$6.00 = \$	_____
Number of Boys Individual Entries	_____	X \$3.50 = \$	_____
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 "AMSTERDAM SEA RAM 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  
"AMSTERDAM SEA RAM SWIM CLUB" assumes no  
responsibility  
for meet close-out due to late entries**

**ENTRY DEADLINE.. "December 1, 2008"**

Mail Entries, Entry Report, This Form and Check to: KELLI McCOSKI, 250 SNOOKS CORNERS ROAD, AMSTERDAM, NY 12010

**\*Entries May be sent E-mail to: KMCCOSKI@NYCAP.RR.COM**

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