

2009 STARFISH TROPHY INVITATIONAL

JANUARY 9, 10 & 11, 2009

Robison Pool, RPI Troy, NY

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc.,
Sanction # AD09-012 , Kim Crouse, General Chairman.

Host: Albany Starfish Swim Club

Place: RPI Robison Pool, Rensselaer Polytechnic Institute, Troy, New York
Short Course, 25-yard, 8-lane pool with continuous warm-up/warm-down area
Colorado automatic timing system with beeper start and scoreboard readouts

Meet Director: Rosemary Lanzi (rosemary.lanzi@gmail.com)

Meet Referee: JoAnn Faucett

Meet Marshall: Molly Grygiel

Entry Coordinator: Rosemary Lanzi (rosemary.lanzi@gmail.com)

Time:

Session	Age Groups	Warm-up time	Meet Start Time
Session 1 – Fri PM	9-10, 11-12, 13-14, 15 & over	3:15 – 4:15 PM	4:15 PM
Session 2 – Sat AM	8&U, 9-10, 11-12	7:00 – 8:00 AM	8:00 AM
Session 3 – Sat Mid-Day	13-14, 15 & over	12:00 – 1:00 PM	1:00 PM**
Session 4 – Sat PM	13-14, 15 & over	4:30 – 5:00 PM	5:00 PM***
Session 5 – Sun AM	8&U, 9-10, 11-12	7:00 – 8:00 AM	8:00 AM
Session 6 – Sun Mid-Day	13-14, 15 & over	12:00 – 1:00 PM	1:00 PM**
Session 7 – Sun PM	13-14, 15 & over	4:30 – 5:00 PM	5:00 PM***

* *Warm-up groupings will be posted to the Adirondack Meet Schedule by January 5, 2009*
(www.adirondackswimming.org).

** *Estimated Start Time – These Sessions will start 60 minutes after the conclusion of the AM session, but not before 1:00 PM.*

*** *Estimated Start Time – These Sessions will start 30 minutes after the conclusion of the prior session, but not before the time shown above.*

Entry Rules: Rules from the current USA Swimming Technical Rules will be in effect. The eligibility of a swimmer will be determined by his or her age on January 9, 2009. **A swimmer may enter up to TWO individual events on Friday, January 9, and up to FOUR individual events and ONE relay per day on Saturday, January 10 and Sunday, January 11.** Entries must be submitted via email using Hy-Tek software and must be received by Friday, December 26th at 5:00 PM to Rosemary Lanzi at rosemary.lanzi@gmail.com **Deadline for AD LSC teams for priority placement is December 19, 2008.** 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.

ADIRONDACK SWIMMING DOES NOT ACCEPT NO TIME (NT) ENTRIES IN ANY OF ITS MEETS
No Time Entries will not be imported to the meet, please be certain that all entries contain an entry time.
It is anticipated that this meet will fill up quickly and it is strongly recommended that you submit entries as soon as possible. Please check all entries carefully prior to submission
Entries received after the cutoff date will be returned

See Swimming Events Note section for special provision for swimmers 19 years and older

In case the meet is over subscribed, the Meet Directors reserve the right to limit the number of entries based on any or all of the following: postmark of entry; entry time; number of heats; and whether team is from outside the Adirondack LSC. In the event entries are returned, the respective team's coach will be notified by January 2, 2009 and entry fees will be refunded. The Starfish Swim Club reserves the right to enter all their swimmers.

Swimming Events: All events except the 400 IM, 500 freestyle and 1650 freestyle will be pre-seeded. **Positive check-in is required for the 400 IM, 500 freestyle and 1650 freestyle events. All swimmers who do not positive check-in will be scratched.** The check-in area will be clearly marked as you enter the pool lobby. **Please check-in no later than 3:30 PM on Friday, January 9th for the 13-14 and 15-18 400 IM. Please check-in no later than 4:15 PM on Saturday, January 10th for the 13-14 and 15-18 1650's; and no later than 4:15 PM on Sunday, January 11th for the 13-14 and 15-18 500's.** All events will be swum as timed finals. All age groups need to obtain their heat and lane assignments from the heat sheets that will be posted throughout the pool area.

Where applicable, entry times must be faster than the listed cutoff times. For the 400 IM, 1650's and 500's, boys and girls and age groups will be combined. For the 1650's, the order will be the fastest heat of girls, the fastest heat of boys with the remaining swimmers combined. For both the 400 IM and the 500 freestyle, the order will be the fastest heat of 13-14 girls, the fastest heat of 13-14 boys, the fastest heat of 15-18 girls, the fastest heat of 15-18 boys with the remaining swimmers combined.

Note: Swimmers 19 years old and older will be entered as exhibition. Times for swimmers 19 years old and older are valid and will be entered into SWIMS. However, these swimmers will not be eligible for individual awards, high point awards and meet records.

Attention Coaches and Swimmers: Flyover starts will be used 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 \$102.

DECK REGISTRATIONS WILL NOT BE MADE WITH ANY TEAM ASSOCIATION, PLEASE DO NOT ASK.

3. Coach must make 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.

Entry Fees: Entry fees are \$3.50 for each individual event (which includes \$0.50 travel fund surcharge), \$6.00 per relay (which includes a \$1.00 travel fund surcharge), and a \$1.00 per swimmer surcharge. Make your entry check payable to AV Starfish Swim Club, Inc. and mail your check 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

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. Unattached athletes may obtain forms and instructions from the Adirondack Swimming Web Site www.adirondackswimming.org Direct all registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or registrar@adirondackswimming.org

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 designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to cooperate fully with club officials and meet marshals in charge of the area.

Timers: Clubs will be required to provide timers based upon their number of entries. Lane assignments will be posted to the Adirondack Meet Schedule on or before January 5th, 2009 (www.adirondackswimming.org) and will be posted in the program and pool area. **Swimmers are required to provide their own timers (and counters) for the 1650's and 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 and cleaning up the debris in their area. 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 any 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

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.

Awards: For individual events, medals will be awarded for first through third place and ribbons for fourth through eighth place. Relay awards will be given for first through third place. Heat ribbons will be awarded for individual heat winners. High Point awards will be given out for first, second and third places in each age group for both males and females, immediately following the last session for each age-group.

Scoring: This meet will be scored according to USA Swimming rules.

Services: A meet program will be available for sale. A wide selection of food will be available from the Starfish Cafe. In addition, there will be high quality, well-priced swim equipment and other items for sale from The Deep End. No food or drink is to be consumed in the pool area. **Glass containers are prohibited in the pool area.**

Officials Meeting: There will be an officials meeting conducted 30 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in official's room before the start of the officials meeting. New officials are welcome to shadow this meet.

Results: Results for each individual session will be posted daily on the Starfish website: www.albanystarfish.org. Additionally, after the meet, the full results and CL2 file will be posted on the Adirondack Swimming website.

**If you have any questions, please contact:
Rosemary Lanzi at rosemary.lanzi@gmail.com or (518) 843-1642**

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Event # <u>Girls</u>	Cutoff Time	ORDER OF EVENTS	Cutoff Time	Event # <u>Boys</u>
Session 1 - Friday PM				
1		11-12 100 Breaststroke		2
3		13-14 200 Breaststroke		4
5		15 & over 100 Breaststroke		6
7		9-10 200 Individual Medley		8
9		11-12 200 Individual Medley		10
11	5:38.00	13-14 400 Individual Medley	5:19.00	12
13	5:33.00	15 & over 400 Individual Medley	5:06.00	14
15		9-10 200 Freestyle		16
17		11-12 200 Freestyle		18
19		13-14 200 Freestyle		20
21		15 & over 200 Freestyle		22
Session 2 - Saturday AM				
23		8&U 100 Individual Medley		24
25		9-10 100 Individual Medley		26
27		11-12 100 Individual Medley		28
29		8&U 50 Backstroke		30
31		9-10 50 Backstroke		32
33		11-12 50 Backstroke		34
35		8&U 50 Freestyle		36
37		9-10 100 Breaststroke		38
39		11-12 50 Freestyle		40
41		9-10 100 Butterfly		42
43		11-12 50 Butterfly		44
45		8&U 100 Medley Relay		46
47		9-10 200 Medley Relay		48
49		11-12 200 Medley Relay		50
Session 3 - Saturday Mid-Day				
51		13-14 50 Freestyle		52
53		15 & over 50 Freestyle		54
55		13-14 200 Backstroke		56
57		15 & over 200 Backstroke		58
59		13-14 100 Butterfly		60
61		15 & over 100 Butterfly		62
63		13-14 100 Breaststroke		64
65		15 & over 200 Breaststroke		66
67		13-14 200 Medley Relay		68
69		15 & over 200 Medley Relay		70
Session 4 - Saturday PM				
71	20:10.00	13-14 1650 Freestyle	19:40.00	72
73	19:58.00	15 & over 1650 Freestyle	18:46.00	74

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Event # <u>Girls</u>	Cutoff Time	ORDER OF EVENTS	Cutoff Time	Event # <u>Boys</u>
Session 5 - Sunday AM				
75		8&U 50 Breaststroke		76
77		9-10 50 Breaststroke		78
79		11-12 100 Backstroke		80
81		8&U 50 Butterfly		82
83		9-10 50 Freestyle		84
85		11-12 100 Butterfly		86
87		8&U 100 Freestyle		88
89		9-10 100 Backstroke		90
91		11-12 100 Freestyle		92
93		9-10 50 Butterfly		94
95		11-12 50 Breaststroke		96
97		9-10 100 Freestyle		98
99		8&U 100 Freestyle Relay		100
101		9-10 200 Freestyle Relay		102
103		11-12 200 Freestyle Relay		104
Session 6 - Sunday Mid-Day				
105		13-14 200 Butterfly		106
107		15 & over 200 Butterfly		108
109		13-14 100 Backstroke		110
111		15 & over 100 Backstroke		112
113		13-14 100 Freestyle		114
115		15 & over 100 Freestyle		116
117		13-14 200 Individual Medley		118
119		15 & over 200 Individual Medley		120
121		13-14 200 Freestyle Relay		122
123		15 & over 200 Freestyle Relay		124
Session 7 - Sunday PM				
125	6:08.00	13-14 500 Freestyle	5:54.00	126
127	6:05.00	15 & over 500 Freestyle	5:38.00	128

Swimmers May Enter Up To 2 Individual Events on Friday
And up to 4 Individual Events and 1 Relay Per Day On Saturday and Sunday
 Individual Entries: \$3.50 per event + \$1.00 Surcharge Per Swimmer
 Relay Entries: \$6.00 Per Relay

STARFISH SWIM CLUB
ENTRY FEE CALCULATION SHEET
 2009 Starfish Trophy Invitational,
 Robison Pool, RPI, Troy, NY
 January 9 - 11, 2009

MEET: 2009 Starfish Trophy Invitational

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: AV Starfish Swim Club, Inc.

Entries will be posted to the meet program upon RECEIPT OF CHECK ONLY
 Starfish Swim Club assumes no responsibility for meet close-out due to late entries

ENTRY DEADLINE - 5:00 pm / Friday, Dec. 26th, 2008
Deadline for AD LSC teams for priority placement is December 19, 2008

Mail This Form and Check to:
 Rosemary Lanzi, 2 McGibbon Avenue, Amsterdam, NY 12010
Entries should be sent electronically to: rosemary.lanzi@gmail.com

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