

DELMAR DOLPHINS FEBRUARY FREEZE INVITATIONAL

Sunday, February 8, 2009

RPI's Robison Pool, Troy, New York

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc.
Sanction AD09-016, Kim Crouse, General Chairman

Host: Delmar Dolphins Swim Club

Place: Robison Pool on the campus of Rensselaer Polytechnic Institute, Troy, NY 12180
 25-yard, 8-lane pool with continuous warm-up/warm-down area
 Colorado automatic timing system with beeper start and scoreboard readouts

Session Information:

Session	Age Groups	Warm-up Time	Meet Start Time
Morning (events 1-28)	10 & Under, 11-12	10 & Under: 7:00-7:20 a.m. 11&12: 7:20-7:40 a.m. Combined: 7:40-7:50 a.m	8:00 a.m.
Mid-day (event 29 - 32)	12 & Under and Open 500 yd. Freestyle	No Specific Warm-up. Use continuous warm-up area.	Immediately after event no. 28
Afternoon (events 33 - 62)	Open, 8 & Under	8 & Under 1:00 – 1:20 pm Open: 1:20 – 1:40 Combined: 1:40 – 1:50p.m.	Not before 1:50 p.m.

Please note: Any age group may swim Open events.

Meet Directors: Amy Zemerling and Diana Wildermuth

Meet Referee: JoAnn Faucett

Meet Marshal: Chris Hettie

Meet Safety Official: Paula O'Donnell

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on February 8, 2009. Rules from the current USA Swimming Technical Rules will be in effect. A swimmer may enter **FOUR (4)** events per day plus ONE relay. **Team entries must be received by February 1, 2009.** If the meet is oversubscribed, entries will be returned on a last-in, first-back basis. Entries must be submitted using the Hy-Tek Meet Manager or Team Manager Software. Adirondack Swimming does not accept NT (no time) entries and these entries will not be imported to the meet. Teams can e-mail their entries to Niranjani_BAJI@yahoo.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. ([Click Here for More Information](#)) Unattached athletes may obtain forms and instructions from the Adirondack Swimming Web Site www.adirondackswimming.org Direct registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or registrar@adirondackswimming.org

Swimming Events:

This is a pre-seeded meet. All events will be timed finals, except the 500-yard events, which require positive check-in. **Swimmers in the 12 & Under 500-yd. freestyle (events 29 and 30) must check in by 11:00 am. Swimmers in the Open 500-yd freestyle (events 31 and 32 must check in by 11:30 am. Swimmers must have an entry time slower than the Gold's Qualifying time to be eligible to swim the 500 Free.** Events 29, 30, 31 and 32, the 12 & Under and Open 500-yard Freestyle will be swum starting with the fastest to slowest heat of girls, then the fastest heat of boys, then a combined heat of the next fastest girls and boys for a **maximum of 3 heats for each event.** If necessary, cuts for this event will be made on the basis of seed times. Teams will be notified of any cuts by 2/5/2009.

Scratches:

Swimmers in events 29, 30, 31 and 32 who do not positively check in by the deadlines will be scratched. Coaches: Be sure your swimmers check in.

Warm-Ups:

Due to 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. Please inform your swimmers of this rule and ask them to cooperate with club officials and marshals in charge of the area.

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 the meet have been confirmed as registered). **If an athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, in meets allowing Deck Entries, to UN-AD (unattached Adirondack) swimmers ONLY at a fee of \$100. Deck registrations will not be made with any team association.**
3. Coach makes the request for the entry.
4. All Deck Entries are at the discretion of a combined decision of Meet Director and Meet Referee.

Timers:

Clubs will be required to provide timers for the meet based upon their number of entries. Lane assignments will be posted in the pool and in the meet program. **Swimmers in the 12 & under and open 500-yd. free (events 29/30 and 31/32) must furnish their own back-up timer (1 per) and their own lap counter.**

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:

A meet program will be available for sale. Breakfast, lunch, and snacks will be available in the Dolfin Café. Swimming supplies will be available in the lobby area. No glass containers in the pool area please.

Disabled Athletes:

Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities must contact the Meet Director 2 weeks in advance of the meet so 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 (including the \$0.50 travel fund surcharge) and \$6.00 per relay event (including the \$1.00 travel fund surcharge). There is also a \$1.00 per swimmer surcharge. Please make your entry check payable to **Delmar Dolphins Swim Club Inc.**, and mail your check and print out of entries to:

Niranjan Baji (Niranjan_BAJI@yahoo.com) (518)475-0042
11 Fairway Avenue
Delmar, NY 12054

Awards:

Individual events ribbons will be awarded for 1st–8th place. Relay event ribbons will be awarded for 1st– 3rd place. Heat winners will receive ribbons.

Officials:

There will be an officials meeting 30 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in the officials room before the start of the officials' meeting.

Seating:

Seating at RPI is limited. Procedures will be posted on the AD web site before the meet.

If you have any questions, please contact Amy Zemerings at thezemerings@hotmail.com or Diana Wildermuth at dianawildermuth@nycap.rr.com .

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MORNING SESSION

7:00 am Warmups

Meet will start at 8:00 am

Girls Events	Stroke	Boys Events
1	9-10 50 Freestyle	2
3	11-12 50 Freestyle	4
5	9-10 100 IM	6
7	11-12 100 IM	8
9	9 -10 50 Backstroke	10
11	11-12 50 Backstroke	12
13	9-10 50 Butterfly	14
15	11-12 50 Butterfly	16
17	9-10 50 Breaststroke	18
19	11-12 50 Breaststroke	20
21	9-10 100 Freestyle	22
23	11-12 100 Freestyle	24
25	9-10 200 Medley Relay	26
27	11-12 200 Medley Relay	28

MID-DAY SESSION

The mid-day session start immediately following event 28. 500's entry times may not be faster than the Gold qualifying times. There will be a maximum of 3 heats for each of the 12 & Under and Open 500 Freestyle Girls/Boys combined events

Not Faster than	Girls Events	Stroke	Boys Events	Not faster than
6:48.39	29	12-U 500 Freestyle	30	6:48.39
5:52.99	31	Open 500 Freestyle	32	5:40.09

AFTERNOON SESSION

Afternoon session: Warm-up will start no earlier than 1:00pm

Events will begin no earlier than 1:50pm

Girls Events	Stroke	Boys Events
33	Open 50 Freestyle	34
35	8 & Under 25 Freestyle	36
37	Open 200 IM	38
39	8 & Under 25 Butterfly	40
41	Open 100 Butterfly	42
43	8 & Under 50 Freestyle	44
45	Open 200 Freestyle	46
47	8 & Under 25 Breaststroke	48
49	Open 100 Breaststroke	50
51	8 & Under 25 Backstroke	52
53	Open 100 Backstroke	54
55	8 & Under 100 IM	56
57	Open 100 Freestyle	58
59	8 & U 100 Medley Relay	60
61	Open 400 Medley Relay	62

Delmar Dolphins Swim Club

ENTRY FEE CALCULATION SHEET

February Freeze Invitational

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 Delmar Dolphins Swim Club

This form must be returned with check and entry report by **February 1, 2009**.
Entries will be posted to the meet program upon receipt of check only.

**DELMAR DOLFINs assumes no responsibility
for meet close-out due to late entries.**

Mail Entry Reports and Check to: Niranjana Baji (518-475-0042)
11 Fairway Avenue
Delmar, NY 12054

E-mail Entry File to: Niranjana_BAJI@yahoo.com