

2009 STARFISH METER MADNESS PENTATHLON TROPHY MEET May 31, 2009 Niskayuna High School, Niskayuna, NY

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc. Sanction #AD09-022
Kim Crouse, General Chairman

Host: Albany Starfish Swim Club

Place: Niskayuna High School, 1626 Balltown Road, Niskayuna, NY 12309
Short Course 25 Meter Pool, 8 Lanes
Continuous Warm-up Pool
Colorado Automatic Timing and Beeper Systems

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

Meet Referee: JoAnn Faucett

Meet Marshal: Molly Grygiel

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

Time:

Session	Warm-Up Times*	Meet Start
Session 1 – Sunday AM	7:30 - 8:30 AM	8:30 AM
Session 2 – Sunday PM	12:00 – 1:00 PM	1:00 PM **

*Warm-up groupings will be posted on the Starfish Website albanystarfish.org no later than May 28, 2009.

Any additional detailed instructions will be distributed to the coaches prior to the beginning of warm-up.

**Session 2 will start 1 hour after the conclusion of Session 1, but not before 1:00 pm

Entry Rules: The eligibility of a swimmer will be determined by his or her age on May 31, 2009. Please review the schedule of events carefully since non-traditional age groupings are in effect (i.e., 7&U, 8-9, 10-11, 12-13, 14-15, and 16&Over). A swimmer may enter FIVE individual events and ONE relay per day. **To participate in the Pentathlon (we strongly encourage all swimmers to participate in the Pentathlon), swimmers must enter all 5 events in their age group.** Relays will be swum as combined events. For Session 1 relays, the relays must have at least 2 girl swimmers and at least 2 swimmers age 9 or younger. For Session 2 relays, the relays must have at least 2 girl swimmers and at least 1 swimmer age 15 or younger and at least 1 swimmer age 13 or younger.

Rules from the current USA Swimming Technical Rules will be in effect. Entries must be submitted using Hy-Tek software and must be received **on or before 5:00 PM Friday, May 22, 2009**. The Albany Starfish Swim Club is not responsible for entry error submitted by the teams.

In case the meet is over subscribed, the Meet Director reserves 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 of the Adirondack LSC. Pentathlon participants will be given preference over Non-Pentathlon participants. In the event entries are returned, the respective team's coach / club representative will be notified by May 25, 2009 and entry fees will be refunded. The Albany Starfish Swim Club reserves the right to enter all their swimmers.

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 (unless already in meet and 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 request for the entry.

4. All Deck Entries will be allowed at the discretion of a combined decision of the Meet Director and Meet Referee.

USA-S Registrations: 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

Events: All events will be pre-seeded and swum as timed finals. All age groups need to obtain their heat and lane assignments from the heat sheets posted throughout the pool area.

Entries: Entries must be submitted either on diskette / CD or via e-mail to Rosemary Lanzi at rosemary.lanzi@gmail.com using Hy-Tek software. Adirondack Swimming does not accept NT (no time) entries and these entries will not be imported. **All entries must be received on or before 5:00 PM Friday, May 22, 2009.** Please check all entries carefully prior to submission.

Times may be submitted in Yards, SCM or LCM; converted times may be used. When building the entry file in Team Manager, please be sure to include the proper suffix to identify which type of time you are submitting – “Y” for yards, “S” for SCM, and “L” for LCM. We will convert all times to SCM for event seeding.

Entry Fees: Entry fees are \$3.50 for each individual event (which includes \$0.50 travel fund surcharge). Entry fees for relays are \$6.00 (which includes a \$1.00 travel fund surcharge). There is a \$1.00 per swimmer surcharge for all participants. Make checks payable to AV Starfish Swim Club, Inc.

Mail Entries and Checks to:

Rosemary Lanzi
2 McGibbon Avenue
Amsterdam, NY 12010
Phone 518-843-1642
e-mail: rosemary.lanzi@gmail.com

Seating: In an effort to provide adequate viewing for spectators who would like to watch their child's event, but otherwise remain outside the pool area, we have set aside a Temporary Seating Section. This Section will be immediately to your left as you enter the pool. While other spectator sections are available for more permanent seating, we encourage all spectators to avoid a “camping” mentality and leave the pool area during periods when your child is not swimming.

Awards: Ribbons will be awarded for first through eighth place for individual events and first through third place for relays. Heat ribbons will also be awarded for individual winners in their heat for age groups 7&U, 8-9 and 10-11. **Pentathlon High Point trophies** will be given out for first through third place.

Scoring: Cumulative times will be used for high point award using the Hy-Tek Meet Manager Pentathlon scoring format. An individual must complete all five events in a legal manner to be eligible for the High Point Awards. High Point awards will be based on lowest cumulative times in each division.

Timers: Clubs will be required to provide timers for the meet based on their number of entries. Lane assignments will be posted to the Adirondack Meet Schedule on or before May 28, 2009 www.adirondackswimming.org and will be posted in the program and pool area.

Supervision: 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. Swimmers, parents and coaches are expected to dispose of all trash in proper receptacles, clean their respective areas of any debris prior to their departure and observe all posted rules and regulation while on the grounds. **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.**

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 marshals in charge of the area. A swimmer that fails to exit the pool immediately after the conclusion of warm-ups will not be allowed to swim at this meet.

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.

Food & Concessions: There will be a wide selection of food available from the Starfish Cafe. In addition, a vendor will be selling swim equipment during the meet.

Time Trials: If time permits, time trials may be held for swimmers trying to qualify for Speedo Championships, Senior Cut Times or faster. Each time trial is \$5.00. Coaches must request a time trial from the Meet Director and the Meet Director will determine when the time trial will be conducted. The Meet Director reserves the right to refuse time trials longer than 200 meters.

Officials Meeting: There will be an officials meeting conducted 30 minutes prior to each morning and afternoon session. Attendance is MANDATORY to work the meet. Please sign up in the Official's room before the start of the official's meeting (back room on pool deck).

If you have any questions, please contact Rosemary Lanzi at 518-225-1714, or rosemary.lanzi@gmail.com

2009 Starfish Meter Madness - Pentathlon May 31, 2009, Niskayuna High School

Event #	ORDER OF EVENTS	Event #
<u>Girls</u>	Session 1 - Sunday AM	<u>Boys</u>
1	7&U 25M Butterfly	2
3	8-9 25M Butterfly	4
5	10-11 50M Butterfly	6
7	7&U 25M Backstroke	8
9	8-9 50M Backstroke	10
11	10-11 50M Backstroke	12
13	7&U 25M Breaststroke	14
15	8-9 50M Breaststroke	16
17	10-11 50M Breaststroke	18
19	7&U 25M Freestyle	20
21	8-9 50M Freestyle	22
23	10-11 100M Freestyle	24
25	7&U 50M Freestyle	26
27	8-9 100M Individual Medley	28
29	10-11 100M Individual Medley	30
31	200M MIXED Free Relay (Combined Event - See Announcement)	31
<u>Girls</u>	Session 2 - Sunday PM	<u>Boys</u>
33	12-13 100M Butterfly	34
35	14-15 100M Butterfly	36
37	16 & Over 100M Butterfly	38
39	12-13 100M Backstroke	40
41	14-15 100M Backstroke	42
43	16 & Over 100M Backstroke	44
45	12-13 100M Breaststroke	46
47	14-15 100M Breaststroke	48
49	16 & Over 100M Breaststroke	50
51	12-13 100M Freestyle	52
53	14-15 200M Freestyle	54
55	16 & Over 200M Freestyle	56
57	12-13 100M Individual Medley	58
59	14-15 200M Individual Medley	60
61	16 & Over 200M Individual Medley	62
63	400M MIXED Free Relay (Combined Event - See Announcement)	63

Swimmers May Enter Up To 5 Individual Events

To participate in the Pentathlon (we strongly encourage all swimmers to participate in the Pentathlon), swimmers must enter all 5 events in their age group

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 METER MADNESS
PENTATHLON TROPHY MEET

May 31, 2009
Niskayuna High School

MEET: 2009 STARFISH METER MADNESS

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, May 22, 2009

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