

HOMETOWN SPLASHDOWN!

Sunday, November 8, 2009

Sanction: Held under the sanction of USA Swimming, Inc., and Adirondack Swimming, Inc., Sanction #AD- 10-005
Carolyn Manor, General Chairman.

Host: Greater Glens Falls Flyers Swim Club, Inc.

Place: **Glens Falls High School**, 10 Quade St., Glens Falls, NY
6 lane, 25-yard pool, with Daktronics Automatic timing system and display

Time: Session I warm-up: 7:30-8:30AM; meet start 8:40AM
Session II warm-up: 12:30-1:15PM; meet start 1:30PM

Meet Director: **Richard Zuccaro (518) 792-6799; zuccarorj@adelphia.net**

Meet Marshall: **Peter Marshall**

Meet Referee: **JoAnn Faucett**

Entry rules:

Swimmers may enter FOUR individual events plus ONE relay.

This is a DEVELOPMENTAL meet:

Swimmers entering this meet must be slower than the listed cutoff times for each event.

The eligibility of a swimmer will be determined by his or her age on November 8, 2009.

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.

The preferred method is to email entries as an attachment to crotty86@roadrunner.com , entries may be mailed on CD or Floppy Disk

TEAM ENTRIES MUST BE RECEIVED BY TUES., OCTOBER 27.

If the meet should be oversubscribed, the Meet Director and Meet Referee will work together to determine a solution, in the best interest of the swimmers.

Mail entries, reports, and fees to: Liz Dalaba, 173 Aviation Rd., Queensbury, NY 12804.

No phone entries will be accepted.

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

kfurman@adirondackswimming.org

Swimming events:

See attached sheet. Swimmers may swim 4 individual events and one relay.

Any age may enter Open events.

Scratches:

The meet will NOT have a positive check-in. Swimmers not reporting to their block at the time of their event will be scratched. Please familiarize your swimmers with the scratch rule.

Warm-ups:

Because of the large number of injuries occurring across the country during warm-ups, USA Swimming prohibits 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 officials and marshals.

Specific warm-up times are listed on the events page.

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. Athletes must be USA-S registered and show a USA-S id card (those already in meet have been confirmed)
If a swimmer can not prove USA-S registration, Adirondack will accept deck registration in meets allowing deck entries, to UN-AD (unattached, Adirondack) only, at a fee of \$100.00.
Deck registrations will not be made with any team association.
3. A coach must make the request for the entry.
4. Deck entries will be allowed at the discretion of a combined decision of the Meet Director & Meet Referee.
5. ALL Deck Entries are Subject to a \$1.00 Surcharge per Splash or Relay.

Timers:

Clubs will be required to provide timers based upon their number of entries. We will assign lanes and will post a timing schedule on the AD website.

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. **While on deck, all officials and coaches are required to display USA credentials (USA Swimming membership card).** If, at an 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:

Programs, t-shirts, and a variety of concession food will be available for sale.
Concession in cafeteria. **Team camp-out area in gymnasium across from pool.**

Disabled athletes:

Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities are required to contact the Meet Director at least two weeks in advance of the meet so that provisions can be made for any special accommodations.

Entry fees:

An entry summary sheet is included to compute your team entry fees.

Entry fees are \$3.50 per individual event (includes \$.50 AD travel fund surcharge), and \$6.00 per relay (includes \$1.00 AD travel fund surcharge). In addition, there is a \$1.00 per swimmer surcharge. ALL Manual and Deck Entries are Subject to a \$1.00 Surcharge per Splash or Relay

Make your entry check payable to: *Flyers Swim Club*

Mail your check, summary sheet, and Entry report to:

LIZ DALABA, 173 AVIATION RD., QUEENSBURY, NY 12804

**To save mailing cost and avoid damage, entries may be emailed to crotty86@roadrunner.com*

Entries will be entered to the meet upon receipt of your check.

Awards:

Medals to 1st through 6th place for individual events; ribbons to 1st through 3rd place for relays.
Heat ribbons will be awarded for all individual events in all age groups.

Officials:

There will be an official's meeting conducted thirty minutes before each session. Attendance is mandatory to work the meet. Please sign up in official's room (computer room on deck) before the meeting.

DIRECTIONS TO GLENS FALLS HIGH SCHOOL: 10 Quade St., Glens Falls

NORTHWAY EXIT 18, MAIN ST., EAST TOWARDS GLENS FALLS. SECOND TRAFFIC LIGHT, LEFT (WESTERN AVE.). STOP SIGN, RIGHT (SHERMAN AVE.). HS PARKING LOT ON LEFT, PAST TRACK. POOL ENTRANCE BEHIND FRONT WING. LOOK FOR SIGNS.

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Swimmers may enter FOUR individual events and ONE relay

Swimmers' entry times must be slower than listed cut-off times

SESSION 1 Meet starts promptly at 8:40am

Warm-ups:

7:30-7:45am: girls & boys 11-12

8:00-8:15am: girls 13-14, girls Open

7:45-8:00am: boys 13-14, boys Open

8:15-8:30am: all sprints (lanes 1, 2, 3, 5, 6), circle swim (lane 4)

GIRLS	CUT-OFF	AGE	EVENT	CUT-OFF	BOYS
1	2:30.49	13-14	200 IM	2:20.29	2
3	2:25.29	Open	200 IM	2:11.69	4
5	1:13.99	11-12	100 IM	1:11.49	6
7	1:02.19	13-14	100 Freestyle	57.39	8
9	59.89	Open	100 Freestyle	53.59	10
11	29.49	11-12	50 Freestyle	28.59	12
13	1:08.49	13-14	100 Backstroke	1:04.19	14
15	1:06.19	Open	100 Backstroke	59.19	16
17	33.89	11-12	50 Backstroke	33.49	18
19	1:07.79	13-14	100 Butterfly	1:02.89	20
21	1:05.49	Open	100 Butterfly	58.69	22
23	32.39	11-12	50 Butterfly	32.09	24
25	1:17.59	13-14	100 Breaststroke	1:12.09	26
27	1:15.29	Open	100 Breaststroke	1:07.59	28
29	37.79	11-12	50 Breaststroke	37.29	30
31	n/a	13-14/Open	200 Freestyle Relay	n/a	32
33	n/a	11-12	200 Freestyle Relay	n/a	34

SESSION 2 Meet starts promptly at 1:30

Warm-ups:

12:30-12:45: all girls

12:45-1:00: all boys

1:00-1:15: all sprints (lanes 1, 2, 3, 5, 6), circle swim (lane 4)

GIRLS	CUT-OFF	AGE	EVENT	CUT-OFF	BOYS
35	1:22.59	10&U	100 IM	1:21.09	36
37	1:57.19	8&U	100 IM	1:55.19	38
39	32.19	10&U	50 Freestyle	31.59	40
41	16.50	8&U	25 Freestyle	16.50	42
43	n/a	7&U	25 Freestyle	n/a	44
45	38.09	10&U	50 Backstroke	38.29	46
47	20.00	8&U	25 Backstroke	20.00	48
49	n/a	7&U	25 Backstroke	n/a	50
51	37.29	10&U	50 Butterfly	36.69	52
53	20.00	8&U	25 Butterfly	20.00	54
55	41.99	10&U	50 Breaststroke	42.19	56
57	23.00	8&U	25 Breaststroke	23.00	58
59	1:11.89	10&U	100 Freestyle	1:10.79	60
61	46.19	8&U	50 Freestyle	48.19	62
63	n/a	10&U	200 Mixed Free Relay	n/a	63
64	n/a	8&U	100 Mixed Free Relay	n/a	64

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at Glens Falls High School

This form must be returned with Entry Report and check

ENTRY DEADLINE OCT. 27

TEAM NAME _____

CONTACT PERSON _____ PHONE _____

E-MAIL ADDRESS _____

Number of Girls individual entries _____ X \$3.50 = \$ _____

Number of Girls swimmers _____ X \$1.00 = \$ _____

Number of Girls relays _____ X \$6.00 = \$ _____

Number of Boys individual entries _____ X \$3.50 = \$ _____

Number of Boys swimmers _____ X \$1.00 = \$ _____

Number of Boys relays _____ X \$6.00 = \$ _____

Number of Manual (non-electronic) Entries _____ X \$1.00 = \$ _____

Total entry fee due \$ _____

Master entry sheet fee (if applicable) \$ _____

TOTAL AMOUNT DUE & ENCLOSED \$ _____

Make checks payable to the FLYERS SWIM CLUB

**ENTRIES WILL BE POSTED TO THE MEET PROGRAM
UPON RECEIPT OF CHECK.**

**THE FLYERS ASSUME NO RESPONSIBILITY FOR MEET CLOSE-OUT
DUE TO LATE ENTRIES**

**IF oversubscribed, and to avoid elimination of events, last entries received, will be returned.*

Mail entries report, this form, and check to:

Liz Dalaba, 173 Aviation Rd., Queensbury, NY 12804

You may email entries to Pete & Kelly Crotty: crotty86@roadrunner.com

Entry deadline Oct. 27