

Foothills Invitational

Sunday January 24, 2010 Gloversville Middle School Pool

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD10-016
Carolyn Manor, General Chairman

Host: Fulton County YMCA Flying Fish

Place: Gloversville Middle School, Gloversville, NY
6 Lane, 25 yard pool with Colorado Automatic Timing System and Display
Depth at Start end of Pool 1 Meter = 12 FT 5 Meters = 11 FT Turn end of Pool 1 Meter = 4 FT 5 Meters = 4 FT 6 IN

Time: Morning Session Warm-ups 7:30 – 8:25 AM. Meet will start promptly at 8:30 AM
Mid-Session Positive Check-in by 11:30 AM
Warm-ups to start 20 minutes prior to the start of the session but not before 11:30AM
Afternoon Session Warm-ups 1:30 – 2:25 PM. The Afternoon Session will start promptly at 2:30PM

Meet Director: Mark Mosconi **PHONE** 725-5010 **EMAIL:** garfieldrest@earthlink.net

Meet Marshal: Toni Mosconi

Meet Referee: Kim Crouse

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on January 24, 2010
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 mailed on CD or Floppy Disk or via e-mail to: **Mark Mosconi, at garfieldrest@earthlink.net**
Team entries must be received by **Thursday January 14, 2010**
In the event the meet is oversubscribed, the meet director and meet referee will work together to determine the solution, in the best interest of the swimmers

MEET ENTRY CONTACT: Mark Mosconi
1 Summer St Gloversville, NY 12078
518-725-5010 garfieldrest@earthlink.net

Swimmers may enter 5 individual events and 1 relay event. Any swimmer may swim in the Open Events.

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

NOTE: ALL ATHLETES ATTENDING ANY SANCTIONED MEET, MUST BE UNDER THE DIRECT SUPERVISION OF A CURRENTLY REGISTERED AND CERTIFIED, USA SWIMMING COACH. IF YOU ARE AN UNATTACHED ATHLETE, OR YOUR COACH WILL NOT BE ATTENDING THE MEET, YOU AND/OR YOUR COACH, MUST CONTACT THE MEET DIRECTOR, IN ADVANCE, TO MAKE ARRANGEMENTS FOR AN ATTENDING COACH TO ASSUME RESPONSIBILITY FOR YOU.
As an alternative, you and/or your coach may contact and make arrangements with another coach, who you know will attend.
Be sure to keep record of these arrangements. **This is a USA Swimming Rule, there are no exceptions.**

Swimming Events:

All events will be swum as timed finals. The morning and afternoon sessions will be pre-seeded.
Positive check-in for the Mid-session only. This will be deck seeded.
The mid-session events will be swum combined fastest to slowest

Scratches:

Any swimmer who does not check in for the Mid-session will be scratched. No Exceptions.

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.

Morning Session Warm-ups 7:30 – 7:50 AM 9-10 age group, 7:50 – 8:10 AM 8 and Under age group, 8:10 – 8:25 AM Combined and Sprints.
Mid-Session Positive Check-in by 11:30 AM.
Warm-ups to start 20 minutes prior to the start of the session but not before 11:30 AM
Afternoon Session Warm-ups 1:30 – 1:50 PM 13 and over age groups, 1:50 – 2:10 PM 11-12 age group, 2:10 – 2:25 PM Combined Sprints

Timers:

Clubs will be required to provide timers based upon their number of entries.
Swimmers have to provide their own timers and counters for all mid-session events

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 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.
5. Deck Entries are Subject to a \$1.00 Surcharge, Per Entry, which applies to All Entries, Individual or Relays.

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 available throughout the meet in the school cafeteria. No food or drink is allowed outside the cafeteria. No glass containers in the facility at all. There is NO SMOKING in the building or 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, (this includes the \$.40 travel fund surcharge), 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 Fulton County Flying Fish Swim Team and mail your check and entry summary sheet to;

Mark Mosconi, 1 Summer St, Gloversville, NY 12078 email garfieldrest@earthlink.net

To save mailing costs and avoid damage, Entries may be emailed and will be entered to the meet upon receipt of your check

ALL MANUAL ENTRIES, INCLUDING DECK ENTRIES (NON-ELECTRONIC) ARE SUBJECT TO A SURCHARGE OF \$1.00 PER ENTRY, WHICH APPLIES TO INDIVIDUAL OR RELAY ENTRIES.

Awards:

For individual events ribbons will be awarded for 1st - 6th place. For relays, ribbons will be awarded to the 1st - 3rd place teams. Heat ribbons will be awarded for individual heat winners for 12 & under swimmers only.

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.

Hotel Accommodations (Suggestions)

Holiday Inn ~ Johnstown, NY	518-762-4686
Super 8 Motel ~ Johnstown, NY	518-736-1800
Microtel Inn ~ Johnstown, NY	518-762-5425

If you have any questions please contact:

Mark Mosconi, 518-725-5010

garfieldrest@earthlink.net

FOOTHILLS INVITATIONAL JANUARY 24, 2010 GLOVERSVILLE, NY

Morning Session

WARM-UPS 7:30 – 8:25 AM MEET BEGINS 8:30AM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	8 & Under	100 Individual Medley	2
3	9-10	100 Individual Medley	4
5	8 & Under	25 Freestyle	6
7	9-10	50 Freestyle	8
9	8 & Under	25 Butterfly	10
11	9-10	50 Butterfly	12
13	8 & Under	50 Freestyle	14
15	9-10	100 Freestyle	16
17	8 & Under	25 Breaststroke	18
19	9-10	50 Breaststroke	20
21	8 & Under	25 Backstroke	22
23	9-10	50 Backstroke	24
25	8 & Under	100 Freestyle	26
27	9-10	200 Freestyle	28
29	8 & Under	50 Breaststroke	30
31	9-10	100 Breaststroke	32
33	8 & Under	100 Freestyle Relay	34
35	9 - 10	200 Freestyle Relay	36

MID-SESSION

**WARM-UPS TO START 20 MINUTES PRIOR TO THE START OF THE SESSION BUT NOT BEFORE 11:30 AM
POSITIVE CHECK-IN BY 11:30 AM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
37	OPEN	500 Freestyle	38
39	OPEN	400 Individual Medley	40

AFTERNOON SESSION

WARM-UPS 1:30 - 2:25 PM. THE AFTERNOON SESSION WILL START AT 2:30 PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
41	13 - over	200 Individual Medley	42
43	11 - 12	200 Individual Medley	44
45	Open	200 Backstroke	46
47	13- over	50 Freestyle	48
49	11 – 12	100 Freestyle	50
51	Open	200 Breaststroke	52
53	13 - Over	100 Butterfly	54
55	11 – 12	50 Butterfly	56
57	Open	200 Freestyle	58
59	13- over	100 Breaststroke	60
61	11-12	50 Breaststroke	62
63	13- over	100 Freestyle	64
65	11-12	50 Freestyle	66
67	Open	200 Butterfly	68
69	11-12	50 Backstroke	70
71	13- over	100 Backstroke	72
73	11-12	200 Freestyle Relay	74
75	13 - over	200 Freestyle Relay	76

**Swimmers may enter up to 5 individual events and 1 relay.
Any age swimmer may enter Open events**

"Fulton County Flying Fish Swim Team"

ENTRY FEE CALCULATION SHEET

Foothills Invitational, Gloversville Middle School, January 24, 2010

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 = \$_____
Number of Manual Entries	_____	X \$1.00 = \$_____

Total Entry Fee Due\$_____

Master Entry Sheet Fee (if applicable)\$_____

Total Amount Due and Enclosed\$_____

MAKE CHECKS PAYABLE TO Fulton County Flying Fish Swim Team

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**

Fulton County YMCA Flying Fish Swim Team
assumes no responsibility for meet close-out due to late entries

ENTRY DEADLINE..
THURSDAY JANUARY 14, 2010

Mail Entries, Entry Report, This Form and Check to:
Mark Mosconi, 1 Summer St, Gloversville, NY 12078

***Entries May be sent E-mail to: garfieldrest@earthlink.net**

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

Directions to Gloversville Middle School

From the Saratoga area: Take route 29 West to Route 29A. Route 29A is approximately 2 miles west of the Route 29 and Route 30 intersection. Turn right onto Route 29A and stay on Route 29A through the city of Gloversville. Once inside the city limits Rt. 29A is also known as East Fulton St. until you pass through the middle of downtown when it becomes West Fulton St. Continuing on West Fulton St. (Rt. 29A) you will pass an elementary school on your right then cross over a creek. The city limits will end. Look for the Middle School entrance on your right. Proceed up the hill and enter parking lot on your left. Use the pool entrance to gain access and not the main entrance.

From Thruway Exit 27, Amsterdam: Take Route 30 North to Route 29. Turn left onto Route 29 West to Route 29A. Route 29A is approximately 2 miles west of the Route 29 and Route 30 intersection. Turn right onto Route 29A and stay on Route 29A through the city of Gloversville. Once inside the city limits Rt. 29A is also known as East Fulton St. until you pass through the middle of downtown when it becomes West Fulton St. Continuing on West Fulton St. (Rt. 29A) you will pass an elementary school on your right then cross over a creek. The city limits will end. Look for the Middle School entrance on your right. Proceed up the hill and enter parking lot on your left. Use the pool entrance to gain access and not the main entrance.

From Thruway Exit 28, Fonda-Fultonville, Take Route 30A North through Johnstown heading north to Gloversville. At the intersection of Rt. 30A and Rt. 29A turn left onto Rt. 29A West and stay on Route 29A through the city of Gloversville. Once inside the city limits Rt. 29A is also known as East Fulton St. until you pass through the middle of downtown when it becomes West Fulton St. Continuing on West Fulton St. (Rt. 29A) you will pass an elementary school on your right then cross over a creek. The city limits will end. Look for the Middle School entrance on your right. Proceed up the hill and enter parking lot on your left. Use the pool entrance to gain access and not the main entrance.