

# BALLSTON SPA SWIM CLUB CABIN FEVER INVITATIONAL SATURDAY FEBRUARY 20, 2010 BALLSTON SPA HIGH SCHOOL

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD10-021  
Carolyn Manor, General Chairman

**Host:** BALLSTON SPA SWIM CLUB

**Place:** BALLSTON SPA HIGH SCHOOL  
220 BALLSTON AVENUE  
BALLSTON SPA, NY 12020

SHORT COURSE 25 YARD POOL, 6 LANES  
IST AUTOMATIC TIMER AND BEEPER SYSTEM  
POOL DEPTHS, DEEP END START, Start End, 1 meter = 13'0" ... 5 meters = 13'0", Turn End, 1 meter = 4'4" ... 5meters = 4'8"

<b>Time:</b> Session 1: Morning Session	Warm-ups: 7:00	Meet Starts: 8:00
Session 2: Afternoon Session	Warm-ups: 12:00	Meet Starts: 1:00
Session 3: 11 & Over 500's	Positive Check-in: 4:00	Warm-ups: 5:00 (approx)
		Meet Starts: 5:30

**Meet Directors:** Nancy Smith 884-2955 [rsmith48@nycap.rr.com](mailto:rsmith48@nycap.rr.com)  
Paul Bennice 884-8594 [PKACB@aol.com](mailto:PKACB@aol.com)

**Meet Marshall:** Melanie DeGuardi

**Meet Referee:** JoAnn Faucett

**Safety Officer:** Mary Slocum-Fogg

## Entry Rules:

The eligibility of a swimmer will be determined by his or her age on Saturday February 20<sup>th</sup>, 2010. A swimmer may enter FOUR individual events per day plus 1 Relay. Rules from the current USA Swimming Technical Rules will be in effect. **Entries must be submitted electronically, via email using Hy-Tek software and must be received by February 9<sup>th</sup>, 2010, by 5:00PM to Julie Bablin at [swordfish@nycap.rr.com](mailto:swordfish@nycap.rr.com).** If the meet is oversubscribed, the meet director will work with the meet referee to determine a resolution in the best interest of the swimmers. The meet committee reserves the right to return entries whose inclusion would prolong the meet. The meet committee will limit the 500's Session to 1 hour 10 minutes.

Entries must be emailed to Julie Bablin: [swordfish@nycap.rr.com](mailto:swordfish@nycap.rr.com)

Mail your hard copies and entry check, payable to Ballston Spa Swim Club, to:

Julie Bablin  
4 Milton Heights Blvd.  
Ballston Spa, NY 12020

## USA Swimming Registration:

All swimmers must be currently registered with USA Swimming, Inc. Registrations may be obtained from your club registrar. ALL Swimmers MUST be Registered, for the date(s) encompassing the meet, 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](http://www.adirondackswimming.org) Direct registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or [kfurman@adirondackswimming.org](mailto: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:

**THIS IS A PRE-SEDED MEET.** All events will be timed finals, except for the events in the 500's Session, which require positive check-in by 4:00pm. The 500 yard freestyle will be swum starting with the fastest heat of girls, fastest heat of boys, then combined.

**We will be using Flyover Starts for this meet. Please inform your swimmers prior to the meet.**

## Scratches:

Swimmers in events 65 & 66 who do not positively check in by the deadlines will be scratched. Coaches – be sure your swimmers check-in.

### **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. A Specific Warm-up Schedule will be posted to the Adirondack Swimming Website.

### **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, Individual or Relay.

### **Timers:**

Clubs will be required to provide timers based upon their number of entries. Lane assignments will be posted at the pool and in the program as well as on the Ballston Spa Swordfish website ([www.ballstonspaswimclub.net](http://www.ballstonspaswimclub.net)). Swimmers must provide their own timers AND their own lap counters for the 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. **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.**

**No parents (except timers and meet marshalls ON SHIFT) are allowed on deck.**

### **Services:**

Food will be on sale throughout the meet. No food or drink is to be consumed in the pool area. A meet program will be available which will cover all sessions. A swimming equipment vendor will be selling equipment during the meet. Smoking is NOT permitted in the school grounds. Parents, coaches and swimmers are not to bring glass containers of any kind into the pool area.

### **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 included to compute your team entry fees. The entry fees are \$3.50 per individual event (this includes the \$.50 travel fund surcharge), and \$6.00 per relay (including the \$1.00 travel fund surcharge). There is also a \$1 per swimmer surcharge. A surcharge of \$1.00 per entry, Individual or Relay, will be applied to all Manual or Deck Entries.

*All Adirondack Meet Entries are required to be submitted using Hy-Tek Team Manager or Meet Manager Software.*

Entries must be emailed to Julie Bablin at [swordfish@nycap.rr.com](mailto:swordfish@nycap.rr.com)

**NO ENTRIES WILL BE ACCEPTED WITHOUT THE REQUIRED FEES.**

Mail your hard copies and entry check, payable to "Ballston Spa Swim Club", to;

Julie Bablin  
4 Milton Heights Blvd.  
Ballston Spa, NY 12020

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

### **Awards:**

Medals will be awarded for 1st-6th place in individual events and 1st place in relay events. Ribbons will be awarded for 7th-12th place in individual events and 2nd-6th in relays. Heat ribbons will be awarded for individual events.

### **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.

**If you have any questions please contact Nancy Smith at 884-2955 or Paul Bennice at 884-8594**

# Cabin Fever Invitational

Ballston Spa Swim Club  
 Saturday February 20, 2010  
 Ballston Spa High School

## MORNING SESSION: WARM-UPS 7:00AM ...SESSION BEGINS 8:00AM

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

## AFTERNOON SESSION: WARM-UPS 12:00PM ...SESSION BEGINS 1:00PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
33	11-12	200 Freestyle	34
35	13&Over	200 Freestyle	36
37	11-12	100 IM	38
39	Open	200 IM	40
41	11-12	50 Backstroke	42
43	Open	100 Backstroke	44
45	11-12	50 Freestyle	46
47	13&Over	50 Freestyle	48
49	11-12	50 Butterfly	50
51	Open	100 Butterfly	52
53	11-12	50 Breaststroke	54
55	Open	100 Breaststroke	56
57	11-12	100 Freestyle	58
59	13&Over	100 Freestyle	60
61	11-12	200 Freestyle Relay	62
63	13&Over	200 Freestyle Relay	64

## 500's SESSION: WARM-UPS Approximately 5:00PM ...SESSION BEGINS 5:30PM

**\*\*\*Positive Check in by 4:00pm\*\*\***

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
65	Open	500 Freestyle	66

**\$3.50 per individual event + \$1.00 per swimmer surcharge  
 Swimmers May Swim a Maximum of 4 Individual Events plus Relays**

# BALLSTON SPA SWIM CLUB

ENTRY FEE CALCULATION SHEET  
CABIN FEVER INVITATIONAL, FEBRUARY 20<sup>th</sup>, 2010

**MEET** \_\_\_\_\_  
**TEAM NAME** \_\_\_\_\_  
**CONTACT PERSON** \_\_\_\_\_  
**PHONE NUMBER** \_\_\_\_\_  
**E-Mail ADDRESS** \_\_\_\_\_

Number of Individual Entries	_____	X \$3.50 = \$	_____
Number Swimmers	_____	X \$1.00 = \$	_____
Number Relays	_____	X \$6.00 = \$	_____
Number of Manual Entries	_____	X \$1.00 = \$	_____

Total Entry Fee Due .....\$ \_\_\_\_\_

Total Amount Due and Enclosed .....\$ \_\_\_\_\_

*MAKE CHECKS PAYABLE TO BALLSTON SPA SWIM CLUB*

This form must be returned with Check and Hard Copy of Entries

**Entries will be posted to the meet program  
upon RECEIPT OF CHECK ONLY**

**BALLSTON SPA SWIM CLUB assumes no responsibility  
for meet close-out due to late entries**

**ENTRY DEADLINE:  
Tuesday February 9, 2010  
By 5:00pm**

*Mail Entries, Entry Report, This Form and Check to:*

Julie Bablin, 4 Milton Heights Blvd., Ballston Spa, NY 12020

\*Entries May be sent via E-mail to: [swordfish@nycap.rr.com](mailto:swordfish@nycap.rr.com)

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