

ADIRONDACK GOLD SHORT COURSE CHAMPIONSHIPS

MARCH 19-21, 2010 RPI Robison Pool

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction #AD10-023
Carolyn Manor, General Chairman

Host: Schenectady-Saratoga Swim Club

Place: RPI Robison Pool, Troy, NY
Short Course 25 Yard Pool, 8 lanes
Continuous Warm-up pool
Colorado Automatic Timing and Beeper System
The deep-water setup will be utilized
Pool Depths: Start End 1 meter = 14'0", 5 meters = 13'6"; Turn End 1 meter = 6'7", 5 meters = 6'10"

Time:

Session	Warm-up	Positive Check-in Deadline	Session Begins
Friday Morning	7:30 am	500 free: 9:00	9:00 am
Friday Afternoon	12:30 pm	All 10&Unders and 11-12 200 Breast: 12:30 500 free: 1:15	1:15 pm
Friday Evening Finals	4:30 pm		5:30 pm
Saturday Morning	7:00 am	400 IM: 9:00	8:00 am
Saturday Afternoon	11:30 am	All 10&Unders and 11-12 200 Back: 11:30	12:15 pm
Saturday Evening Finals	4:30 pm		5:30 pm
Sunday Morning	7:00 am	1650 free: 9:00	8:00 am
Sunday Afternoon	12:15 pm	All 10&Unders and 11-12 200 Fly: 12:15	1:00 pm
Sunday Evening Finals	4:30 pm		5:30 pm

Meet Director: Carolyn Manor pres@schenectadyswimclub.org
Meet Marshall: Carolyn Manor
Meet Referee: JoAnn Faucett faucettjm@aol.com
Meet Entry Coordinator: Ann Korzun 518-877-6571 akorzun@nycap.rr.com

Entry Rules: ** Detailed Entry Qualifications Listed Below.

The eligibility of a swimmer will be determined by his or her age on March 19, 2010. **A swimmer may swim three events per day plus relays.** There is no limit on the number of relay teams for a sanctioned club. Rules from the current USA Swimming Technical Rules will be in effect. Entries must be submitted using the Hy-Tek Meet Manager or Team Manager software and must be **received by Tuesday, March 9, 2010, 6:00 PM.**

Teams must e-mail their entries to: Ann Korzun akorzun@nycap.rr.com

All entry times must be equal to or faster than the listed qualifying times and must be recorded times in yards, achieved between January 1, 2009 and 2010 Silver Championships.

You will receive a reply to your Email with entries ... Follow-up if you do not receive a reply.

No telephone entries will be accepted.

As this is a Championship Meet, No Deck Entries or No Time (NT) Entries will be accepted.

USA Swimming Registration:

All swimmers must be currently registered with USA Swimming, Inc. Registrations may be obtained from you club registrar.

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:

All timed finals events require positive check-in and will be deck seeded. This included all relays, the 1650 freestyle, 500 freestyle, and 400 IM for all age groups, all 8&under and 9-10 individual events, and the 11-12 200's of stroke (breast, back, and butterfly). Swimmers who do not check-in by the deadlines listed in the timetable above will be scratched. 8&under swimmers must report to the blocks—there will be no bull pen, but volunteers (in addition to the timers) will be assigned to help behind the blocks.

All other events will be trials and finals events and will be pre-seeded.

Special considerations for distance events:

The fastest heat of the 11-12 200 Breaststroke, 200 Backstroke and 200 Butterfly will be swum at finals.

The 13-14 and Senior 500 Freestyle and 400 IM: The fastest heat of each group (13-14 girls, 13-14 boys, Senior girls, Senior boys) will swim at the finals session. At prelims, the next fastest heats will be swum fastest to slowest, alternating 13-14 girls' and 13-14 boys' heats, then alternating Senior girls' and Senior boys' heats, and the last heat may be combined.

The 9-10 and 11-12 500 Freestyle: All heats will be swum in the preliminary sessions. The heats will be swum fastest to slowest, alternating 11-12 girls' and 11-12 boys' heats, then alternating 9-10 girls' and 9-10 boys' heats, and the last heat may be combined.

The 1650 Freestyle: For seeding purposes, the 13-14's and Senior events will be combined. The heats will be swum fastest to slowest, starting with the fastest heat of girls, followed by the fastest heat of boys, then alternating girls' and boys' heats, and the last heat may be combined. All heats will be swum in the preliminary sessions. Adirondack reserves the right to cut down to 6 of each gender-age group (top 24 swimmers).

There will be a reasonable break before the start of the 500 free, 400 IM, and the 1650 free.

Relays:

All Relays are timed finals and will be swum during prelims.

Finals and Consolations:

Those events that have trials will have finals and consolation finals conducted during the finals session. The top sixteen swimmers of each age group will qualify, the top 8 swimming finals, the next 8 swimming consolation finals.

Scratches:

Positive check-in for timed final events is located at the program sales table as you enter the building. Heat sheets will be posted for all events that are deck seeded.

Swimmers who positively check in for a timed final event and do not show up for the event, will be disqualified from that event and their next scheduled event. **This scratch rule includes 8&unders and 9-10 athletes.**

Swimmers who qualify for finals or consolation finals and want to scratch a final event must inform the announcer within 30 minutes of the announcement of the trial results for that event. **Failure to notify the announcer so that an alternate can be called will result in the swimmer being disqualified for the remainder of the meet.**

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.

Friday, Saturday and Sunday Morning and Afternoon Warm-up assignments will be posted on AD website.

Friday, Saturday and Sunday Finals warm-ups are as follows;

4:30-4:50 (20 minutes) 13-14 Boys and all Seniors, 4:50-5:10 (20 minutes) 11-12 and 13-14 Girls, 5:10-5:25 (15 minutes) Combined Sprint Lanes 2,3,6,7 ... Pace Lanes 1 ... Continuous Swimming 4,5,8 - (Pool will open at 4:00)

Timers:

Clubs will be required to provide timers for finals and trials, based upon their number of entries. After all Entries have been received, the Team Lane Timing Assignments will be posted to the AD Web Site and in the Meet Program.

Swimmers must provide their own timers for the 400 IM's, 500's and 1650's and also lap counters for the 500's and 1650's.

Zone Information:

Selection to the Adirondack Zone Team for the Eastern Zone Championships will be made from swimmers who have swum in Adirondack meets from October 1st to Gold Short Course Championships and have submitted a zone application to JoAnn Faucett. Details of the trip will be announced at the **mandatory** zone meeting following the conclusion of Sunday's final session.

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 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.**

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, and there are no exceptions.

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.

Services:

Food will be on sale throughout the meet. A meet program will be available, which will cover all trial sessions. Finals programs will be available prior to each final session. A vendor will have a representative selling equipment during the meet. There will be a special meet shirt on sale during the meet.

National Certification:

N2 Certification may be offered for officials at this meet. Details to follow.

Entry Fees:

An entry summary sheet is also included to compute your team entry fees. The entry fees are \$4.50 per individual event, except for 10 & Under events which are \$4.00 (these include 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. Any manual entries will be subject to a \$1 per entry surcharge.

Make your entry check payable to Schenectady-Saratoga Swim Club and mail your check and hard copies of entries to:

**Ann Korzun, 13 Friar Tuck Court, Clifton Park, NY 12065
(518)877-6571**

email for entries: akorzun@nycap.rr.com

*****Entries must be emailed and will be entered to the meet upon receipt of your check*****

Awards:

For individual events medals will be awarded for 1st - 8th place, ribbons for 9 - 16th place. For relays, medals will be awarded to the 1st - 3rd place teams. Team plaques will be awarded to the top 3 teams overall and the first place boys' and girls' teams. Individual high point will be given to the top 3 swimmers in each gender-age group.

Scoring:

Finals and consolations will be scored according to USA Swimming rules.

Immediate Results:

Results for each individual session will be posted daily on the Schenectady Swim Club website: www.schenectadyswimclub.org. Additionally, after the meet, the full Official results and results file will be posted on the Adirondack Swimming website: www.adirondackswimming.org.

Time Trials:

Time trials may be held for swimmers trying to qualify for Speedo Championships (Sectionals), Senior Cut Times or Faster. Each time trial is \$5.00. Coaches must request a time trial from the meet referee and meet director and they will determine when the time trial will be conducted. The meet referee and meet director reserve the right to refuse time trials longer than 200 yards.

Officials:

There will be an officials' meeting conducted promptly 45 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in the officials' room before the start of officials' meeting. There will be No Shadowing of New Officials at this meet.

Hotel Accommodations:

Suggestions will be posted on the Adirondack website.

If you have any questions please call Carolyn Manor at 518-374-4426 pres@schenectadyswimclub.org or Ann Korzun at 518-877-6571 akorzun@nycap.rr.com or JoAnn Faucett 518-399-0494 faucettjm@aol.com

**** Detailed Adirondack Swimming Championship Meet Requirements**

To: AD Team Contacts, Coaches and Athletes

From: Adirondack Swimming

Adirondack Swimming Athletes ONLY May Enter Either of our Short Course Championship Meets. These meets, Silvers and Golds, are Championship Meets and there will be NO DECK ENTRIES and Entries with No Entry Time (NT) will not be accepted.

There will be no "relay only" swimmers in our championship meets. All swimmers must qualify to swim the meet in one or more individual events to be able to participate in any relays.

Adirondack Swimming approved that there be minimal participation requirements to qualify for entry to our Silver and Gold Short Course (SC) Championship Meets. All swimmers must have participated in at least one (1) AD Sanctioned Meet, in the Current SC Season (*September to March*) to be able to swim in Silvers and at least two (2) AD Sanctioned Meets, in the Current SC Season to swim in Golds (*1 of the 2 required meets to qualify for Golds can be Silvers*). Qualifying times must have been achieved from January 1, of the previous Short Course Season through Silver Championships.

Observed or Approved Meets May NOT be Used to Fulfill the Minimum Meet Requirement to attend AD Championship Meets. However, All Times from these meets are used for entry qualification.

Requirements for Silvers - If a swimmer is to participate in the Adirondack Silver SC Championships, he or she must have competed in at least One (1) AD Sanctioned meet in the current SC Season, prior to the Silver Championships. A swimmer entering an event in Silver Championships must use the **Best Recorded Yards Time in SWIMS**, for the time period of **Jan 1st of last years' SC season to Date**, as the entry time. If a swimmer has no recorded time in SWIMS for an event, a High School Varsity time may be used for entry/seeding purposes or if the event has not been swum, the entry must contain an accurate estimated entry time as determined by the swimmers coach. All entries for the 400IM and 500Free MUST be recorded times, coach estimates will not be accepted for these events.

Requirements for Golds - If a swimmer is to participate in the Adirondack Gold SC Championships, he or she must have competed in at least two (2) AD Sanctioned meets in the current SC Season, prior to Gold Championships. A swimmer entering an event in Gold Championships must use a **Recorded and Qualifying Yards Time in SWIMS**, for the time period of **Jan 1st of last years' SC season through the current seasons Silver Championships**, to qualify to swim the event. If a swimmer has no recorded time in SWIMS for an event, a High School Varsity time may be used for entry/seeding purposes. Unlike Silvers, Swimmers may Only Swim events in Golds, in which they have achieved a recorded qualifying time in the date span accepted. **Coach estimated times are NOT acceptable.**

Gold Qualifying Exception - Per AD Vote on changes to Golds and Silvers, if an 11-12 swimmer HAS QUALIFIED for Golds in a 100 yard fly, back or breast event, he/she will be allowed to enter the 200 yard of the same event, without having a qualifying time. Swimmers must enter the 200 using the Gold cut time as their entry time.

Large Team/Small Team Criteria - Large Teams will be any AD Team with 75 or more Registered Athletes, Small Teams will be any AD Team with less than 75 Registered Athletes. This is Registered to USA Swimming and has no bearing on the number of swimmers entered in the championship meets.

Exceptions will be made in the following circumstances;

1. If a swimmer has transferred to AD from another LSC, at a time where it was too late to be entered in the required number of meets to qualify. This will apply to swimmers who HAVE MOVED to our LSC where a change of home address has been made. The transfer must have been completed by the AD LSC Registrar at least 30 days in advance of the meet.
2. If a swimmer has had a prolonged medical condition which has not allowed him or her to swim until a time where it was too late to be entered in the required number of meets to qualify. The swimmers coach MUST notify the Meet Director or Meet Referee, by mail or email, at least 30 days in advance of the meet.
3. If a swimmer ages up between Silvers and Golds and he or she is too fast for Silvers at the younger age group and too slow for Golds at the older age group, the swimmer may swim at the older age group without having the Gold cut times. Swimmer must enter the meet using actual achieved times and the meet host will allow the times as exceptions if they are too slow for the cutoffs.

Final Approval of exceptions will be by joint decision of the Meet Referee and Meet Director.

Entries with no entry time (NT) will not be accepted.

These meets, Silvers and Golds, are Championship Meets and there will be NO DECK ENTRIES.

Adirondack Swimming Athletes ONLY May Enter Either of our Short Course Championship Meets.

**Adirondack Gold Short Course Championships
March 19-21, 2010 RPI Robison Pool**

**SESSION 1 ... FRIDAY MORNING
WARM-UPS 7:30AM ... SESSION BEGINS 9:00AM**

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
1	2:36.00	13-14	200 IM	2:33.00	2
3	2:30.00	SENIOR	200 IM	2:25.00	4
5	28.79	13-14	50 FREE	27.79	6
7	28.39	SENIOR	50 FREE	26.39	8
9	1:13.00	13-14	100 BACK	1:11.00	10
11	1:11.00	SENIOR	100 BACK	1:07.99	12
13	N/A	13-14	400 FREE RELAY	N/A	14
15	N/A	SENIOR	400 FREE RELAY	N/A	16
17	5:52.99	13-14	**500 FREE	5:40.09	18
19	5:49.89	SENIOR	**500 FREE	5:25.29	20

ALL RELAYS AND 500 FREES ARE TIMED FINALS

**SESSION 2 ... FRIDAY AFTERNOON
WARM-UPS 12:30PM ... SESSION BEGINS 1:15PM**

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
21	31.89	11-12	50 FREE	31.89	22
23	3:14.84	9-10	200 IM	3:14.84	24
25	1:17.39	11-12	100 IM	1:17.39	26
27	36.50	9-10	50 FREE	36.50	28
29	3:06.19	11-12	**200 BREAST	3:06.19	30
31	1:36.15	9-10	100 BACK	1:36.15	32
33	1:21.00	11-12	100 BACK	1:21.00	34
35	N/A	9-10	400 FREE RELAY	N/A	36
37	N/A	11-12	400 FREE RELAY	N/A	38
39	6:20.00	11-12	500 FREE	6:20.00	40
41	7:40.00	9-10	500 FREE	7:40.00	42

ALL 10 & UNDER EVENTS, ALL RELAYS AND 500 FREES ARE TIMED FINALS

**SESSION 3 ... FRIDAY FINALS
WARM-UPS 4:30PM ... FINALS BEGIN 5:30PM**

**Each Swimmer May Swim A Maximum of 3 Events Per Day Plus Relays
ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES**

\$4.50 Per Event for all 11-12, 13-14 and Seniors; **\$4.00** Per Event for all 9-10 and 8 & under

\$1.00 Per Swimmer Surcharge

\$6.00 Per Each Relay

\$1.00 surcharge per event for Manual Entries

Adirondack Gold Short Course Championships

SESSION 4 ... SATURDAY MORNING

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

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
43	1:12.09	13-14	100 FLY	1:11.09	44
45	1:09.29	SENIOR	100 FLY	1:06.89	46
47	2:40.09	13-14	200 BACK	2:33.09	48
49	2:38.79	SENIOR	200 BACK	2:25.69	50
51	1:03.59	13-14	100 FREE	1:01.59	52
53	1:01.39	SENIOR	100 FREE	57.99	54
55	2:58.99	13-14	200 BREAST	2:49.39	56
57	2:58.99	SENIOR	200 BREAST	2:42.59	58
59	N/A	13-14	400 MEDLEY RELAY	N/A	60
61	N/A	SENIOR	400 MEDLEY RELAY	N/A	62
63	5:20.19	13-14	**400 IM	5:07.89	64
65	5:14.09	SENIOR	**400 IM	4:59.09	66

ALL RELAYS AND 400 INDIVIDUAL MEDLEYS ARE TIMED FINALS

SESSION 5 ... SATURDAY AFTERNOON

WARM-UPS 11:30AM ... SESSION BEGINS 12:15PM

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
67	1:20.09	11-12	100 FLY	1:20.09	68
69	2:58.29	9-10	200 FREE	2:58.29	70
71	1:45.09	8 & U	100 FREE	1:45.09	72
73	36.09	11-12	50 BACK	38.09	74
75	1:34.39	9-10	100 IM	1:34.39	76
77	55.49	8 & U	50 BACK	55.49	78
79	2:26.19	11-12	200 FREE	2:30.19	80
81	48.79	9-10	50 BREAST	49.79	82
83	57.99	8 & U	50 FLY	59.99	84
85	41.09	11-12	50 BREAST	43.09	86
87	44.99	9-10	50 FLY	46.99	88
89	2:47.79	11-12	**200 BACK	2:49.79	90
91	N/A	10 & U	200 MEDLEY RELAY	N/A	92
93	N/A	11-12	200 MEDLEY RELAY	N/A	94

ALL 10 & UNDER EVENTS AND ALL RELAYS ARE TIMED FINALS

SESSION 6 ... SATURDAY FINALS

WARM-UPS 4:30PM ... FINALS BEGIN 5:30PM

Each Swimmer May Swim A Maximum of 3 Events Per Day Plus Relays

ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES

\$4.50 Per Event for all 11-12, 13-14 and Seniors; **\$4.00** Per Event for all 9-10 and 8 & under

\$1.00 Per Swimmer Surcharge

\$6.00 Per Each Relay

\$1.00 surcharge per event for Manual Entries

Adirondack Gold Short Course Championships

SESSION 7 ... SUNDAY MORNING

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

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
95	2:16.19	13-14	200 FREE	2:15.19	96
97	2:13.19	SENIOR	200 FREE	2:08.89	98
99	2:40.99	13-14	200 FLY	2:34.19	100
101	2:39.59	SENIOR	200 FLY	2:25.79	102
103	1:21.89	13-14	100 BREAST	1:18.39	104
105	1:23.19	SENIOR	100 BREAST	1:14.99	106
107	N/A	13-14	200 FREE RELAY	N/A	108
109	N/A	SENIOR	200 FREE RELAY	N/A	110
111	20:12.19	13-14	1650 FREE	19:39.49	112
113	19:58.89	SENIOR	1650 FREE	18:47.99	114

ALL RELAYS AND 1650 FREESTYLE ARE TIMED FINALS, all heats swim at prelims

SESSION 8 ... SUNDAY AFTERNOON

WARM-UPS 12:15AM ... SESSION BEGINS 1:00PM

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
115	2:43.89	11-12	200 IM	2:47.89	116
117	1:19.19	9-10	100 FREE	1:23.19	118
119	1:55.19	8 & U	100 IM	1:57.19	120
121	1:08.19	11-12	100 FREE	1:11.19	122
123	44.89	9-10	50 BACK	47.89	124
125	46.19	8 & U	50 FREE	48.19	126
127	35.39	11-12	50 FLY	38.39	128
129	1:47.69	9-10	100 BREAST	1:48.69	130
131	58.79	8 & U	50 BREAST	59.79	132
133	1:30.29	11-12	100 BREAST	1:32.29	134
135	1:46.09	9-10	100 FLY	1:48.09	136
137	2:54.69	11-12	**200 FLY	2:54.69	138
139	N/A	10 & U	200 FREE RELAY	N/A	140
141	N/A	11-12	200 FREE RELAY	N/A	142

ALL 10 & UNDER EVENTS AND ALL RELAYS ARE TIMED FINALS

SESSION 9 ... SUNDAY FINALS

WARM-UPS 4:30PM ... FINALS BEGIN 5:30PM

**Each Swimmer May Swim A Maximum of 3 Events Per Day Plus Relays
ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES**

\$4.50 Per Event for all 11-12, 13-14 and Seniors; **\$4.00** Per Event for all 9-10 and 8 & under

\$1.00 Per Swimmer Surcharge

\$6.00 Per Each Relay

\$1.00 surcharge per event for Manual Entries

ORDER OF EVENTS FOR FINALS

Friday Finals

25 Women 11-12 100 IM
26 Men 11-12 100 IM
1 Women 13-14 200 IM
2 Men 13-14 200 IM
3 Women Senior 200 IM
4 Men Senior 200 IM
21 Women 11-12 50 Freestyle
22 Men 11-12 50 Freestyle
5 Women 13-14 50 Freestyle
6 Men 13-14 50 Freestyle
7 Women Senior 50 Freestyle
8 Men Senior 50 Freestyle
33 Women 11-12 100 Backstroke
34 Men 11-12 100 Backstroke
9 Women 13-14 100 Backstroke
10 Men 13-14 100 Backstroke
11 Women Senior 100 Backstroke
12 Men Senior 100 Backstroke
29 Women 11-12 200 Breaststroke
30 Men 11-12 200 Breaststroke
17 Women 13-14 500 Freestyle
18 Men 13-14 500 Freestyle
19 Women Senior 500 Freestyle
20 Men Senior 500 Freestyle

Saturday Finals

67 Women 11-12 100 Butterfly
68 Men 11-12 100 Butterfly
43 Women 13-14 100 Butterfly
44 Men 13-14 100 Butterfly
45 Women Senior 100 Butterfly
46 Men Senior 100 Butterfly
89 Women 11-12 200 Backstroke
90 Men 11-12 200 Backstroke
47 Women 13-14 200 Backstroke
48 Men 13-14 200 Backstroke
49 Women Senior 200 Backstroke
50 Men Senior 200 Backstroke
79 Women 11-12 200 Freestyle
80 Men 11-12 200 Freestyle
51 Women 13-14 100 Freestyle
52 Men 13-14 100 Freestyle
53 Women Senior 100 Freestyle
54 Men Senior 100 Freestyle
85 Women 11-12 50 Breaststroke
86 Men 11-12 50 Breaststroke
55 Women 13-14 200 Breaststroke
56 Men 13-14 200 Breaststroke
57 Women Senior 200 Breaststroke
58 Men Senior 200 Breaststroke
73 Women 11-12 50 Backstroke
74 Men 11-12 50 Backstroke
63 Women 13-14 400 IM
64 Men 13-14 400 IM
65 Women Senior 400 IM
66 Men Senior 400 IM

Sunday Finals

115 Women 11-12 200 IM
116 Men 11-12 200 IM
95 Women 13-14 200 Freestyle
96 Men 13-14 200 Freestyle
97 Women Senior 200 Freestyle
98 Men Senior 200 Freestyle
121 Women 11-12 100 Freestyle
122 Men 11-12 100 Freestyle
99 Women 13-14 200 Butterfly
100 Men 13-14 200 Butterfly
101 Women Senior 200 Butterfly
102 Men Senior 200 Butterfly
127 Women 11-12 50 Butterfly
128 Men 11-12 50 Butterfly
103 Women 13-14 100 Breaststroke
104 Men 13-14 100 Breaststroke
133 Women 11-12 100 Breaststroke
134 Men 11-12 100 Breaststroke
105 Women Senior 100 Breaststroke
106 Men Senior 100 Breaststroke
137 Women 11-12 200 Butterfly
138 Men 11-12 200 Butterfly

SCHENECTADY-SARATOGA SWIM CLUB

ENTRY FEE CALCULATION SHEET

Adirondack Short Course Gold Championships, March 19-21, 2010, RPI

TEAM NAME: _____

CONTACT PERSON: _____

PHONE NUMBER: _____

E-Mail ADDRESS: _____

Number of Individual Entries 11 & Over	_____	X \$4.50 = \$	_____
Number of Individual Entries 10 & Under	_____	X \$4.00 = \$	_____
Number of Swimmers	_____	X \$1.00 = \$	_____
Number of Relays	_____	X \$6.00 = \$	_____
Number of Manual Entries	_____	X \$1.00 = \$	_____

Total Entry Fee Due\$_____

Total Amount Due and Enclosed\$_____

MAKE CHECKS PAYABLE TO "Schenectady-Saratoga Swim Club"

This form must be returned with Check and Hard Copy of Entry Report

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

**Schenectady-Saratoga Swim Club assumes no responsibility
for meet close-out due to late entries**

**ENTRY DEADLINE ...
Tuesday March 9, 2010, 6:00 PM**

Mail to: Ann Korzun, 13 Friar Tuck Court, Clifton Park, NY 12065
518-877-6571

***Entries must be sent E-mail to: akorzun@nycap.rr.com**

**This form, entry report and Your Team Check must be received to have entries added to the meet.*

Dear Adirondack Team,

At Adirondack Gold Short Course Championships, we try to recognize Graduating Senior swimmers.

We ask that you would submit a list of your Senior Swimmers (*graduating high school*) who will attend the awards presentation at the Gold Short Course Championships so we can publish an accurate list for the Program.

Please submit your list by February 26, 2010.
Be sure to indicate team affiliation.

Awards will be given before the start of Finals on the last day of Gold Championships.

Below is a Senior Bio form ... please have your attending seniors complete the form and hand it in to JoAnn Faucett at the Gold meet.

Thank You

Mail the list to: JoAnn Faucett
 4 Edwin Drive
 Charlton, NY 12019

Or email the list to: faucettjm@aol.com
(please, attach a file in MS Works, MS Word, Note Pad OR Word Pad)

If you have any questions, call (518) 399-0494

AD Swimming Senior Bio 2010

Name _____

Team _____

Years swimming for Adirondack District _____

Plans for Next Year _____

Favorite thing about swimming _____

Things you are most proud of _____

Attending Seniors, Please complete this form and hand in to
JoAnn Faucett at Gold Championships.