

**Ravena Autumn Breeze**  
October 16, 2010  
RCS Aquatics Center  
Ravena-Coeymans-Selkirk High School  
2025 Route 9W  
Ravena, NY 12143

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD11-002  
Carolyn Manor, General Chairman

**Host:** Ravena Swim Club Inc.

**Place:** RCS Aquatics Center  
Ravena-Coeymans-Selkirk High School  
2025 Route 9W  
Ravena, NY 12143  
6 Lanes , Daktronicks Timing System

**Depth of Pool at One (1) Meter 12 feet and Five (5) Meter 12 feet Distances from Start End of Pool.**  
**Depth of Pool at One (1) Meter 4 feet and Five (5) 5.5 feet Meter Distances from Turn End of Pool.**

**Time:**

Session	Age Group	Warm Up Time	Meet Start Time	Positive Check In
Session 1	All Age Groups	7:00am	8:00am	None
Session 2	All Age Groups	12:15pm	12:45pm	Begins: 11:00am Ends: 12:15pm
Session 3	11-12	2:00pm	3:00pm	None
	Senior	2:20pm	3:00pm	None
	Combined	2:40pm	3:00pm	None

**Meet Directors:** Tim Lenny - [TLENNY@MHONLINE.NET](mailto:TLENNY@MHONLINE.NET)

**Meet Marshall:** Christine Distin

**Meet Referee:** Raeann Burns – (518)694-3764 or [burnsswimmers@aol.com](mailto:burnsswimmers@aol.com)

**Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on October 16, 2010.

Rules from the current USA Swimming Technical Rules will be in effect.

A swimmer may enter five individual events per day plus 1 relay. The 500 is an open event without cut off times.

**All swimmers entries must be slower than cutoff times, where indicated.**

**Entries must be submitted via email using Hy-Tek software and must be received by October 6, 2010, by 5:00PM to Raeann Burns [burnsswimmers@aol.com](mailto:burnsswimmers@aol.com).**

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.

**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 OR AN ATTENDING COACH, IN ADVANCE, TO MAKE ARRANGEMENTS FOR AN ATTENDING COACH TO ASSUME RESPONSIBILITY FOR YOU.**

**This is a USA Swimming Rule, there are no exceptions.**

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Swimming Events:**

All events will be swum as timed final. Swimmers and coaches are responsible for knowing the events for which they are entered. Swimmers May Swim a Maximum of 5 Individual Events plus 1 Relay. Positive Check-in for 500s starts at 11:00am and ends 12:15pm at table in lobby.

### Relays:

There will be an announcement when relay cards need to be handed in to timing table.

### Scratches:

Session 2 has a positive check-in for the 500s. If your swimmer does not positive check in for this event, they will be scratched from the 500's.

### 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.

### SESSION 3

**Warm-ups: Not before 2:00 P.M. Meet start 3:00pm. 11 & 12 for 1st 20 min./Senior for 2nd 20 min./Combined last 10 min.**

### Timers:

Clubs will be required to provide timers based upon their number of entries. A schedule for number of timers and clubs will be posted with the psych sheets on the Adirondack website.

Swimmers have to provide their own timers and counters for the 500's.

### 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 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:

Food will be available at the concession in the RCS Cafeteria. There also will be a variety of goggles, t-shirts, swim suits and other swim merchandise available.

### 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, (these include the \$.50 travel fund surcharge), and \$6.00 per relay (including \$1.00 travel fund surcharge). There is also a \$1.00 per swimmer surcharge. 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. Entries maybe emailed and will be **entered** to the meet upon receipt of your check.

Make your entry check payable to Ravena Swim Club and mail your check to:

**Raeann Burns**

**801 SR 143**

**Ravena, NY 12143 (518)694-3764 [burnsswimmers@aol.com](mailto:burnsswimmers@aol.com)**

### 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.

### Awards:

For individual events ribbons will be awarded for 1st - 12th place. For relays, ribbons will be awarded to the 1st - 3rd place teams. Each heat winner will receive a USA Swimming tattoo.

**If you have any questions please contact Tim Lenny [TLENNY@MHONLINE.NET](mailto:TLENNY@MHONLINE.NET)**

# Ravena Autumn Breeze October 16, 2010

## SESSION 1

Warm-ups 7:00AM ... Meet Start 8:00AM

**ENTRIES MUST BE SLOWER THAN CUTOFF TIMES**

<u>Girls' Event Number</u>	<u>Cutoff Times</u>	<u>Event</u>	<u>Cutoff Times</u>	<u>Boys' Event Number</u>
1	1:34.39	8 & Under 100 Yd. IM	1:31.39	2
3	1:34.39	10 & Under 100 Yd. IM	1:31.39	4
5	36.19	8 & Under 50 Yd. Freestyle	35.59	6
7	43.49	10 & Under 50 Yd. Backstroke	43.89	8
9	No Cut time	8 & Under 25 Yd. Backstroke	No Cut time	10
11	1:22.09	10 & Under 100 Yd. Freestyle	1:19.99	12
13	No Cut time	8 & Under 25 Yd. Butterfly	No Cut time	14
15	47.79	10 & Under 50 Yd. Breaststroke	48.19	16
17	No Cut time	8 & Under 25 Yd. Breaststroke	No Cut time	18
19	42.99	10 & Under 50 Yd. Butterfly	41.99	20
21	No Cut time	8 & Under 25 Yd. Freestyle	No Cut time	22
23	36.19	10 & Under 50 Yd. Freestyle	35.59	24
25	47.99	8 & Under 50 Backstroke	48.29	26
27	1:33.99	10 & Under 100 Yd. Backstroke	1:32.49	28
29	No Cut time	8 & Under 100 Yd. Freestyle Relay	No Cut time	30
31	No Cut time	10 & Under 200 Yd. Freestyle Relay	No Cut time	32

## SESSION 2

Positive check-in starts 11:00am and ends at 12:15pm

Warm-ups 12:15PM ... Meet Start 12:45PM

<u>COMBINED GIRLS AND BOYS</u>	<u>Cutoff Times</u>	<u>Event</u>
Event 33 & 34	No Cut time	Open 500 Yd. Freestyle

## SESSION 3

Warm-ups 2:00PM ... Meet Start 3:00PM

**ENTRIES MUST BE SLOWER THAN CUTOFF TIMES**

<u>Girls' Events Number</u>	<u>Cutoff Times</u>	<u>Event</u>	<u>Cutoff Times</u>	<u>Boys' Events Number</u>
35	2:51.79	11-12 200 Yd. IM	2:49.69	36
37	2:40.69	Senior 200 Yd. IM	2:26.99	38
39	37.09	11-12 50 Yd. Backstroke	36.79	40
41	1:06.19	Senior 100 Yd. Freestyle	59.99	42
43	1:08.29	11-12 100 Yd. Freestyle	1:08.09	44
45	1:13.29	Senior 100 Yd. Backstroke	1:10.29	46
47	41.09	11-12 50 Yd. Breaststroke	41.09	48
49	1:12.39	Senior 100 Yd. Butterfly	1:05.59	50
51	1:20.59	11-12 100 Yd. Butterfly	1:19.29	52
53	1:22.69	Senior 100 Yd. Breaststroke	1:14.99	54
55	32.19	11-12 50 Yd. Freestyle	30.99	56
57	30.49	Senior 50 Yd. Freestyle	27.59	58
59	1:21.89	11-12 100 Yd. Backstroke	1:19.09	60
61	No Cut time	Senior 200 Yd. Free Relay	No Cut time	62
63	No Cut time	11-12 200 Yd. Freestyle Relay	No Cut time	64
65	No Cut time	Open 200 Freestyle	No Cut time	66

**Entry Fee: \$3.50 Per Event + \$1.00 per Swimmer Surcharge**  
**Each Swimmer May Swim A Maximum of 5 Events Per Day Plus 1 Relay**

# "RAVENA SWIM CLUB"

## ENTRY FEE CALCULATION SHEET

"Ravena Autumn Breeze, Ravena, NY, October 16, 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 (non-electronic) Entries _____	X \$1.00 = \$ _____
Total Entry Fee Due .....	\$ _____
Total Amount Due and Enclosed .....	\$ _____

*MAKE CHECKS PAYABLE TO "RAVENA SWIM CLUB"*

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**

**"RAVENA SWIM CLUB" assumes no responsibility  
for meet close-out due to late entries**

**ENTRY DEADLINE "OCTOBER 6, 2010"**

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

Raeann Burns  
801 SR 143  
Ravena, NY 12143  
(518)694-3764

**\*Entries May be sent E-mail to: [burnsswimmers@aol.com](mailto:burnsswimmers@aol.com)**

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