

**Amsterdam Sea Rams Invitational**  
**December 11, 2010**  
**Lynch Middle School, Amsterdam, NY**

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction #AD11-010  
Carolyn Manor, General Chairman

**Host:** Amsterdam Sea Rams

**Place:** Lynch Middle School, 66 Brandt Pl. Amsterdam, NY, 8 Lanes Short Course 25 YARDS  
Colorado Automatic Timing System

**Pool Depths:** Start End 1 meter - 13'0"...5 meters - 12'0" Turn End 1 meter - 4'0"...5 meters - 5'0"

**Time:** **Session I warm-up 7am Meet Start 8:15**  
**Session II warm-up 12:30 Meet Start 1:45**

**Meet Director:** Jennifer Bailey (518) 882-9375 [rajjen5597@aol.com](mailto:rajjen5597@aol.com)

**Meet Marshall:** Mark Dzikowicz

**Meet Referee:** JoAnn Faucett

**Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on **December 11, 2010**.

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

Entries must be submitted electronically, using the Hy-Tek Meet Manager, Team Manager or Compatible Software.

Entries may be submitted on CD or Floppy Disk or via e-mail to: [rajjen5597@aol.com](mailto:rajjen5597@aol.com)

**Swimmers may enter 4 individual events plus 1 relay.**

Team entries must be received by **November 30, 2010 5pm**.

**Send Entry Fees to: Jennifer Bailey 5597 Lake Rd Galway, NY 12074 518-882-9375**

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 finals. All sessions will be pre-seeded.**

**All 25 yard events will be swum from the 4 ft deep end to the touch pads.**

**Swimmers may enter 4 individual events plus 1 relay.**

**Entry fees are \$3.50 per individual event (which includes the AD \$.50 travel fund surcharge) \$6.00 per relay (which includes the \$1.00 AD travel fund surcharge) and a \$1.00 per swimmer AD travel fund surcharge.**

**All Manual entries (non-electronic), Individual or relay, are subject to a \$1.00 surcharge per entry.**

**Relays:**

**Relays will be swum as timed finals. The sessions will be pre-seeded.**

**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 Meet Schedule by December 8, 2010.**

**Timers:**

Clubs will be required to provide timers based upon their number of entries.

**Teams will be assigned lanes and will be posted to the Adirondack Meet Schedule by December 8, 2010.**

## 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 \$100.**  
**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:

**A concession stand will be available throughout the meet. No food to be consumed on the pool deck.  
A hospitality room will be available for officials.**

## 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, which includes the \$.50 AD travel fund surcharge, \$6.00 per relay, which includes the \$1.00 AD travel fund surcharge and a \$1 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.**

Make your entry check payable to **Amsterdam Sea Rams** and mail your check and entry summary sheet to:  
**Jennifer Bailey 5597 Lake Rd Galway, NY 12074 518-882-9375**

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

## Awards:

**For Individual Events Ribbons will be awarded for 1<sup>st</sup> - 8<sup>th</sup> place. For Relays, 1<sup>st</sup> - 3<sup>rd</sup> place teams.**

## Officials:

There will be an official's meeting conducted promptly 45 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: Jennifer Bailey 5597 Lake Rd Galway, NY 12074 518-882-9375**

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December 11, 2010

Lynch Middle School, Amsterdam, NY

## SESSION I

WARM-UPS 7:00AM ... SESSION BEGINS 8:15AM

Girls Events	Age Group	Event Description	Boys Events
1	10&under	200 free	2
3	11-12	200 free	4
5	10& under	50 back	6
7	11-12	50 back	8
9	10 & under	100 breast	10
11	11-12	100 breast	12
13	10&under	100 IM	14
15	11-12	100IM	16
17	10&under	50 free	18
19	11-12	50 free	20
21	10&under	100 back	22
23	11-12	100 back	24
25	10&under	50 fly	26
27	11-12	50 fly	28
29	10&under	100 free	30
31	11-12	100 free	32
33	10&under	200 medley relay	34
35	11-12	200 medley relay	36

## SESSION II

WARM-UPS 12:30 PM ... SESSION BEGINS 1:45 PM

Girls Events	Age Group	Event Description	Boys Events
37	13-14	200 IM	38
39	Senior	200 IM	40
41	8&under	100IM	42
43	13-14	100 free	44
45	Senior	100 free	46
47	8&under	25 free	48
49	13-14	100 breast	50
51	Senior	100 breast	52
53	8&under	25 breast	54
55	13-14	200 back	56
57	Senior	200 back	58
59	8&under	25 back	60
61	13-14	100 fly	62
63	Senior	100 fly	64
65	8&under	25 fly	66
67	13-14	200 breast	68
69	Senior	200 breast	70
71	8&under	50 free	72
73	13-14	50 free	74
75	Senior	50 free	76
77	8&under	100 free relay	78
79	13-14	200 medley relay	80
81	Senior	200 medley relay	82

**Each Swimmer May Swim A Maximum of 4 Individual Events Plus 1 Relay**  
**\$3.50 Per Individual Event Per Athlete for ALL Athletes, \$1.00 Per Athlete Surcharge, \$6.00 Per Each Relay**  
**For Manual Entries Add \$1.00 Per Entry (individual or relay)**

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## December 11, 2010

ENTRY FEE CALCULATION SHEET

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

Number of Individual Entries \_\_\_\_\_ X \$3.50 = \$ \_\_\_\_\_  
Number of Swimmers \_\_\_\_\_ X \$1.00 = \$ \_\_\_\_\_  
Number of 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 Amsterdam Sea Rams*

This form Must be returned with Entry Report and Check  
(and Hy-Tek Disk if unable to email entry file)

**Entries will be posted to the meet program**

**upon RECEIPT OF CHECK ONLY**

**Amsterdam Sea Rams assumes no responsibility  
for meet close-out due to late entries**

**ENTRY DEADLINE.. November 30, 2010**

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

**Jennifer Bailey 5597 Lake Rd Galway, NY 12074**

**\*Entry File May be sent E-mail to: [rayjen5597@aol.com](mailto:rayjen5597@aol.com)**

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