

# REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIP

## Friday February 15 through Monday February 18, 2013

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc., Sanction #AD13-018  
Carolyn Manor, General Chairman

**Host:** Schenectady-Saratoga Swim Club

**Place:** Union College Alumni Gymnasium, Schenectady, NY  
The pool will open at 8:00am on Saturday and 7:30am on Sunday and Monday.  
This is a 25 yard 8 lane pool with a Colorado timing system and display.  
**The competition course has not been certified in accordance with 104.2.2C(4).**  
The deep-water setup will be utilized. Continuous warm-up warm-down is provided.  
Pool Depths for deep-water setup: Start End 1 meter = 10'0", 5 meters = 13'0" ... Turn End 1 meter = 6'6", 5 meters = 6'9"

Friday February 15	Timed Finals:	Warm-up 5:30pm	Start 6:15pm
Saturday February 16	Prelims:	Warm-up 8:00am	Start: 9:00am
	Finals:	Warm-up 4:00pm	Start: 5:00pm
Sunday February 17	Prelims:	Warm-up 8:00am	Start 9:00am
	Finals:	Warm-up 4:00pm	Start 5:00pm
Monday February 18	Prelims:	Warm-up 7:30am	Start 8:30am
	Finals:	Warm-up 4:30pm	Start 5:30pm

**Please note that the 1000/1650 session is on Friday.**

**Meet Directors:** Kara Haraden 518-365-6516 [hondamen@aol.com](mailto:hondamen@aol.com) and Kim Smith [kimandblake2000@yahoo.com](mailto:kimandblake2000@yahoo.com)  
**Meet Marshal:** Bruce Rowledge 518-374-7854 [bruce@rowledge.com](mailto:bruce@rowledge.com) and  
**Meet Referee:** JoAnn Faucett 518-399-0494  
**Meet Entry Coordinator:** Patty Rowledge 518-374-7854 [prowledg@nycap.rr.com](mailto:prowledg@nycap.rr.com)

### Entry Rules:

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

**Swimmers may enter and swim up to one (1) event Friday night.** Swimmers may compete in up to three (3) individual events, plus one (1) relay, **per day on Sat-Mon.** Swimmers may enter and swim two (2) bonus events for each event qualified for up to the maximum of three (3) events per day. In the event the meet is oversubscribed, bonus events will be cut first according to seed times and entry fees for these events will be refunded. If still oversubscribed, the meet directors will work with the meet referee to determine a resolution in the best interest of the swimmers.

Entries must be submitted using Hy-Tek or compatible software along with a file containing hard copies of the entries (Hy-Tek by name Microsoft Word Document, **please check the proof of time option**) and emailed to Patty Rowledge [prowledg@nycap.rr.com](mailto:prowledg@nycap.rr.com). Teams must also include a Microsoft Word or PDF document with the team entry information requested in the Entry Fee Calculation Sheet.

1. Entries will be accepted on and after January 1, 2013, any entries received before that date will be considered received on January 1, 2013.
2. AD LSC teams will be given priority on a first come/first served basis. AD team entries for priority placement must be received by Wednesday, January 30, 2013.
3. The final entry deadline for this meet is Wednesday, February 6, 2013 at 6:00 pm.
4. AD entries received between January 30, 2013 and February 6, 2013 and all entries from other LSC's will be entered in the order they were received, as space allows.
5. Entries received after the deadline will be accepted only at the discretion of the meet directors.
6. If the entries for the Friday distance session exceed 3 hours, bonus events may be cut according to seed times and entry fees will be refunded.

Teams will be notified by Friday, February 8 of any cuts that occur due to over oversubscription of the meet. No telephone entries will be accepted. The host team reserves the right to enter their own swimmers and enter additional swimmers –regardless of qualifying times - at the meet directors' discretion.

**Entry Time Updates:** Entry times may be updated until February 8, 2013. No new entries will be accepted after the February 6, 2013 entry deadline. Entry time updates should be sent via email to the entry [prowledg@nycap.rr.com](mailto:prowledg@nycap.rr.com). Entry time updates must be sent as Hy-Tek format CL2 files or compatible Software with updated times. (New entries will be automatically excluded.)

**Deck Entries:** Deck entries are NOT allowed during championship meets.

**Entry Fees:**

Individual Events	\$7.50
Relay Events	\$10.00
Surcharge	\$1.00 per swimmer
Time Trials:	\$10.00 (At the discretion of the Meet Directors & Meet Referee)
Manual Entries:	\$1.00 surcharge per event

Make checks payable to: Schenectady-Saratoga Swim Club  
Mail completed entries to: Patty Rowledge 21 Haviland Drive Scotia, NY 12302 518-374-7854

## 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 USA Swimming Registered, 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, Ann Korzun, 518-877-6571 or [akorzun@adirondackswimming.org](mailto:akorzun@adirondackswimming.org)

NOTE: ALL ATHLETES ATTENDING ANY SANCTIONED MEET, MUST BE UNDER THE DIRECT SUPERVISION OF A CURRENTLY REGISTERED AND CERTIFIED, USA SWIMMING COACH MEMBER. 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 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

**Meet Format:** The meet will be swum with circle-seeded preliminary heats in the morning session with C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. All relay events, as well as the 1000 freestyle and 1650 freestyle will be swum as timed final events.

- Relay Events: Relays are timed-final events. The fastest heat will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session. All relays must be positively checked-in by the appropriate scratch deadline. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. Only the fastest two relays per team will score points

Monday Relay – The “Monday Relay Rule” will be in effect. Any relay that wishes to swim with preliminaries during the morning session may do so. All Monday relays will be asked to indicate a preference for swimming with preliminaries or with finals, when that relay is positively check-in at the Clerk of Course. The preliminaries/final preference must be declared by the check-in deadline (Sunday at 6:00pm). The fastest 8 relays that declare a preference to swim during the evening finals will be placed in the final heat in evening.. All other Monday relays will swim during preliminaries.

- Friday Distance Events (W/M 1000, 1650): The fastest heat of the women's 1000 yard Freestyle followed by the fastest heat of the men's 1000 yard Freestyle followed by the fastest heat of the women's 1650 followed by the fastest heat of the men's 1650 will be swum Friday evening. The remaining women's and men's heats will be swum alternately between the 1000 and 1650. The meet referee reserves the right to combine heats. The heat order and schedule will be published after the scratch deadline. These events are timed finals.

Please note that changes to posted schedule may be necessary based on any changing needs of the Union College Swim Team. We will attempt to publish any changes to session and /or warm up starting before meet start.

**Scratches:** Scratch sheets will be provided to each team at Meet Check-in. After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event preliminary or timed final heat in which they have been entered and have not been scratched will be barred from their next event. Scratch deadlines are as follows:

- Friday, 5:45 pm: Friday's distance events. (positive check-in)
- Friday, 7:45 pm: All Saturday events (including 800 free relay)
- Saturday, 6:00 pm: All Sunday events (including 400 med relay)
- Sunday, 6:00pm: All Monday events (including 400 free relay)

**Time Trials:** Time trials may be available, if time allows, at the discretion of the meet directors and the meet referee.

**Scratches for Finals:** This meet will follow the National Championship Scratch Rules as specified in rule 207.12.6.

**Awards/Scoring:** Scoring will be to 16 places. Only the fastest two relays from each team will be scored. Medals will be awarded to the top three (3) finishers in each individual and relay event. Trophies will be awarded to the top male and female high point finishers as well as the top male and female teams.

<b>Place:</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>Individual:</b>	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
<b>Relay:</b>	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

**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 designated sprint lanes. We ask that all coaches and swimmers cooperate fully with officials and marshals in charge.

A full schedule of warm-up information will be published before the start of the meet. The competition course will close 10 minutes before the start of each session.

**Timers:** Each club is expected to provide timers. A schedule of timing assignments will be published prior to the meet. Swimmers in the 1000 yd and 1650 yd freestyle events will be expected to provide their own timers and counters.

#### Officials:

All USA Swimming certified officials are welcome. Please sign up in the officials' room upon arrival at the meet. There will be an officials' meeting 45 minutes prior to the beginning of each session. Attendance is mandatory to work the meet.

#### Photographers:

Any photographer or videographer, who intends to take pictures at an Adirondack Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Adirondack Swimming website as well as from the Meet Director. [Click here for a direct link to the registration form.](#) Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

#### Meet Policy:

**Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and is strongly discouraged.** 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 on sale throughout the meet. 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 building. **Glass containers of any kind are not allowed in 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.

**Concessions:** A wide selection of foods and beverages will be available for all sessions.

#### Hotel Accommodations:

Holiday Inn Schenectady –Walking distance to Union College

100 Nott Terrace, Schenectady, NY 12308

Phone: 518-393-4141 x 485

Fax: 518-377-8400     [Sales@hischenectady.com](mailto:Sales@hischenectady.com)

# REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIPS

## Order of Events

### Friday February 15, 2013- Timed Finals

Warm-up 5:30 pm Start 6:15pm

Female	Qual. Time	Event	Qual. Time	Male
1	11:17.60	1000 Yd Freestyle Timed Final	10:46.08	2
3	18:58.75	1650 Yd Freestyle Timed Final	18:09.50	4

### Saturday February 16, 2013 – Preliminaries

Warm-up 8:00am Start: 9:00am

Female	Qual. Time	Event	Qual. Time	Male
5	2:16.29	200 Yd Ind. Medley	2:09.06	6
7	5:27.11	500 Yd Freestyle	5:14.22	8
9	2:21.49	200 Yd Backstroke	2:12.20	10
11	1:14.19	100 Yd Breaststroke	1:07.59	12
		10 Minute Break		
13	8:34.16	800 Yd Free Relay*	7:52.05	14

### Sunday February 17, 2013 – Preliminaries

Warm-up 8:00am Start: 9:00am

Female	Qual. Time	Event	Qual. Time	Male
15	2:03.09	200 Yd Freestyle	1:54.11	16
17	4:58.88	400 Yd Ind. Medley	4:43.23	18
19	1:02.19	100 Yd Butterfly	58.30	20
21	26.36	50 Yd Freestyle	24.02	22
		10 Minute Break		
23	4:30.75	400 Yd Med. Relay*	4:06.00	24

### Monday February 18, 2013 – Preliminaries

Warm-up 7:30am Start 8:30am

Female	Qual. Time	Event	Qual. Time	Male
25	57.29	100 Yd Freestyle	52.49	26
27	2:41.89	200 Yd Breaststroke	2:29.12	28
29	1:05.40	100 Yd Backstroke	1:01.68	30
31	2:21.21	200 Yd Butterfly	2:10.50	32
		10 Minute Break		
33	4:01.19	400 Yd Free Relay*	3:54.99	34

\*Relays are timed finals, and the fastest heat of all relays will swim with finals.

Finals will follow the same order as prelims.

The events file for Team Manager may be downloaded from the Adirondack LSC website at [www.adirondackswimming.org](http://www.adirondackswimming.org).

Swimmers may compete in one (1) event on Friday and up to three (3) individual events plus one (1) relay per day on Saturday – Monday.

**ENTRY FEE CALCULATION SHEET**  
Region 1 Championships, February 15-18, 2013  
*Schenectady-Saratoga Swim Club*

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

Number of Individual Entries	_____	X	\$7.50 = \$	_____
Number of Swimmers	_____	X	\$1.00 = \$	_____
Number of Relays	_____	X	\$10.00 = \$	_____
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 Entry Report and Check

**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... Feb 6, 2013, 6:00 PM**

Mail Entries, Entry Report, This Form and Check to: Patty Rowledge  
21 Haviland Drive  
Scotia , NY 12302 518-374-7854

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

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