

## AD Club Coaches and Contacts ... R/E Gold Championships

Because of the limited amount of time between Silvers and Golds, we are providing the following schedule of events to better assist the Golds Entry Process.

1. Per Announcement – Entries are Due by 5:00PM, Tuesday, March 4, 2014 ... No Exceptions.  
Jennifer Angelopoulos (ALBS) will import your entries and reply back with a report of your entries as imported  
**Be certain to check your entries immediately and if you have errors, you can resend an updated entry file to Jennifer by Wednesday Morning, March 5<sup>th</sup>, 10:00AM**
2. Wednesday, March 5, 2014, 12:00PM – Jennifer will turn the Golds Meet File over to Bill Faucett  
**A. No Additional Electronic Entry Files will be Accepted**  
All updates must be made manually (see 3 below), by request of swimmers club/coach  
*We will not accept any changes from swimmers parents...*  
B. Specific Issues (non-times related) will be emailed directly to the clubs involved  
C. Times Reconns will be posted to the "Recon Page" linked on the AD Meet Schedule

### Coaches take special note:

**There will be 2 times recon reports posted to the "recon page" on the AD site;**

1. Meet Entry Times ARE Found in SWIMS but the swimmers also have faster recorded times in SWIMS  
**Nothing will be done with these entries unless Bill is directed to do so**  
**All times which are recorded and qualifying are Legal Golds Entries**  
Swimmers are welcome to use the SWIMS Best Times if they choose, coach must make request
2. Meet Entry Times are NOT Found in SWIMS, show best time for swimmer if available  
**These times cannot be used for Golds entry as they are NOT recorded in qualifying period**  
If swimmer Has a Recorded SWIMS time, we will use that time for entry, if the time qualifies  
If swimmer has NO Recorded or Qualifying SWIMS time, the entry will be removed from Golds
3. ALL Updates, Additions and Deletions Must be emailed to Bill and plainly described  
Be sure to use swimmers LEGAL NAMES so we don't make any errors  
Examples: Remove John C Smith from event 62  
Enter John C Smith to event 96 with an entry time of 1:02.43  
Remove James G Williams from Meet ... will not be able to attend  
Add Sally A Jones, DOB 2/23/98, to meet in the following events  
event 43 entry time 56.72  
event 105 entry time 1:02.15

**Changes will be accepted through Friday, March 7, 2014, 8:00PM**

4. Thursday, March 6, 2014, AM – we will post preliminary Psyche Sheets
5. Friday, March 7, 2014 – ALL Changes MUST be in Bills Hands by 8:00PM

**No further changes will be accepted after Friday, March 7, 2014, 8:00PM with exception of those swimmers achieving Gold cuts at Silvers**

6. Saturday, March 8, 2014, AM –Psyche Sheets will be Posted for Session 1  
Meet File turned over to ALBS to run Session 1 of meet
7. Monday, March 10, 2014, 8PM – Deadline for swimmers who achieved Gold Cut Times at Silvers, to submit Additional Entries ONLY from those events swum at Silvers.
8. Tuesday, March 11, 2014, AM – Final Psyche Sheets Posted for Sessions 2–9  
Meet File turned over to ALBS to run Session 2-9

Bill's email [webmaster@adironackswimming.org](mailto:webmaster@adironackswimming.org)

# ADIRONDACK GOLD SHORT COURSE CHAMPIONSHIPS

March 9, 2014 - Shenendehowa Aquatics Center and March 14-16, 2014 - RPI Robison Pool

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction #AD14-016  
JoAnn Faucett, General Chairman

**Host:** Albany Starfish Swim Club

**Place:** **Shenendehowa Pool (Adjacent to Gowana Middle School)**  
Short Course 25 Yard Pool, 8 Lanes ... Continuous Warm Up Pool ... Daktronics Starting and Timing System  
The competition course has not been certified in accordance with 104.2.2C(4).  
**RPI Robison Pool, Troy, NY**  
Short Course 25 Yard Pool, 8 lanes ... Continuous Warm-up area ... Colorado automatic timing system with beeper and scoreboard  
The competition course has not been certified in accordance with 104.2.2C(4)

**Pool Depths:** Shenendehowa - Start End 1 meter = 14'6", 5 meters = 14'6" ... Turn End 1 meter = 7'6", 5 meters = 7'6"  
RPI - Start End 1 meter = 14'0", 5 meters = 13'6" ... Turn End 1 meter = 6'7", 5 meters = 6'10" (deep water set up)

**Meet Directors:** Joe Sausto 518-265-2220 [jsausto@gmail.com](mailto:jsausto@gmail.com) and Tim McElrath [tjmline1@gmail.com](mailto:tjmline1@gmail.com)  
**Meet Referee:** JoAnn Faucett 518-496-6136 [faucettjm@aol.com](mailto:faucettjm@aol.com)  
**Meet Entry Coordinator:** Jennifer Angelopoulos [StarfishMeetEntries@gmail.com](mailto:StarfishMeetEntries@gmail.com)

## Time\*:

Session	Warm-up	Positive Check-in Deadline	Session Begins
March 9 <sup>th</sup> Sunday Distance 500's	11:15 am	11:15 am	12 noon
Sunday Distance 1650's	Immediately following 500's but not before 1:15 pm	1:15 pm	30 minutes after 500's end but not before 1:45 pm
March 14 <sup>th</sup> Friday Morning	7:00 am	7:30 am (13-14, Senior 400IM)	8:30 am
Friday Afternoon	12:00 pm	12:00 pm (10&U and 11-12 200 Back)	1:00 pm
Friday Evening Finals	4:45 pm		5:30 pm
March 15 <sup>th</sup> Saturday Morning	7:00 am	7:30 am (13-14, Senior 500 Free)	8:30 am
Saturday Afternoon	12:00 pm	12:00 pm (10& U and 11-12 200 Fly)	1:00 pm
Saturday Evening Finals	4:45 pm		5:30 pm
March 16 <sup>th</sup> Sunday Morning	7:00 am		8:30 am
Sunday Afternoon	12:00 pm	12:00 pm (10&U and 11-12 200 Breast)	1:00 pm
Sunday Evening Finals	4:45 pm		5:30 pm

\* Please note that changes to posted schedule may be necessary based on any changing needs of the RPI Swim Team.  
We will publish any changes to sessions and /or warm ups on the AD website.

## Entry Rules: \*\* Detailed Entry Qualifications Listed Below\*\*

The eligibility of a swimmer will be determined by his or her age on **March 9, 2014**

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

Entries must be submitted electronically, using Hy-Tek, Team Unify or comparable software and Emailed to the **Meet Entry Coordinator**.

Team entries must be received by the **Meet Entry Coordinator** by March 4, 2014 at 5:00pm.

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

This meet is open to Adirondack Registered Swimmers Only.

Swimmers must have competed in at least 2 Adirondack Sanctioned Short Course Meets in the 2013-2014 Meet Season.

A swimmer may swim 3 events per day, with a maximum of 9 events for the 4 day meet, plus relays.

Entry times must have been achieved between January 1, 2013 through the AD Silver Championships.

There is no limit on the number of relay teams a club may enter.

All entry times must be equal to or faster than the listed qualifying times and must be recorded times in yards, in the SWIMS Database.

All entry times will be verified through the results database in SWIMS.

Additionally, swimmers who do not have a recorded and qualifying 1650 Free time, may enter with a recorded and qualifying 1000 Free time.

As this is a Championship Meet, Deck Entries and No Time (NT) Entries will be NOT Be Accepted.

## 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 for the dates of the meet, at the time their entries are submitted.

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: USA Swimming Athlete Members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. 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.

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.

**These are USA Swimming Rules, there are no exceptions.**

## 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 prohibited.**

**No one will be allowed on the deck except USA-S Registered Officials and 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.**

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.

## 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.

## Entry Fees:

Entry fees per individual event are \$4.50 for 11&O events or \$4.00 for 10&U events (these include the \$.50 travel fund surcharge) and \$6.00 per relay (this includes the \$1.00 travel fund surcharge). There is also a \$1.00 per swimmer surcharge. All manual entries subject to a \$1.00 per entry surcharge.

## Swimming Events:

All timed finals events require positive check-in and will be deck seeded. This includes 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. 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 individual event. All trials and finals events and will be pre-seeded.

## Special considerations for distance events:

March 9<sup>th</sup> at Shenendehowa ... The 9-10 and 11-12 500 Freestyle: All heats will be swum during Session 1. The heats will be swum fastest to slowest, alternating 9-10 girls' and 9-10 boys' heats, then alternating 11-12 girls' and 11-12 boys' heats, and the last heat may be combined.

March 9<sup>th</sup> at Shenendehowa ... 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 during Session 1.

The fastest heat of the 11-12 200 Breaststroke, 200 Backstroke and 200 Butterfly and 13-14 and Senior 500 Free and 400IM , will be swum at finals.

## 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 individual event. **This scratch rule is for all swimmers, including 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. Swimmers who qualify for finals or consolation finals and fail to show up will be disqualified from the remainder of the meet.**

## Scoring:

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

## 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.

## 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.

**Warm-up times and meet start times are subject to change based on the number of entries for each session.**

**A complete and detailed warm-up schedule will be posted to the AD web site after entries are received.**

## 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.

**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 Session 1 (500's and 1650's) and lap counters for ALL 500's and 1650's events.

**Zone Team 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. Successful Zone Team Applicants must attend the meeting and be prepared to pay for the trip at the meeting.

**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:**

A meet program will be available, which will cover all trial sessions. Finals programs will be available prior to each final session. Food will be on sale throughout the meet. Home cooked food and meals will be available on Friday and Saturday during the meet. An equipment vendor (Deep End) will be selling swim equipment and apparel during the meet. There will be a special meet shirt on sale during the meet. No food or drink is to be consumed in the pool area.

**Please do not bring any glass containers into the facility.**

**National Certification:**

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

**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.**

**Immediate Results:**

Real Time Results will be available during the meet on the Starfish Swim Club website: <http://www.albanystarfish.org/>  
After the meet, the full Official results and results file will be posted on the Adirondack Swimming website: [www.adirondackswimming.org](http://www.adirondackswimming.org).

**Hotel Accommodations:**

**If you have any questions please contact the Meet Director or Meet Referee**

## **\*\* 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.

**Swimmers must have participated in at least two (2) AD Sanctioned Meets, in the Current SC Season to qualify.** Current Season is September 1<sup>st</sup> through last AD Sanctioned Meet Prior to Silver Championships.

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

**Qualifying times must have been achieved from January 1, of the previous Short Course Season through Silver Championships.**

**Recorded SWIMS Times ONLY may be used for entry in Silver and Gold Championships.**

Swimmers may NOT enter any Individual Event in Silvers or Golds, where he/she has NO Recorded Time in SWIMS.

**Requirements for Silvers** - If a swimmer is to participate in the Adirondack Silver SC Championships, he/she must have competed in at least Two (2) AD Sanctioned meets in the current SC Season, prior to Silver Championships. A swimmer entering an event in Silver Championships must use his/her **Best Recorded Yards Time in SWIMS**, for the time period of **Jan 1<sup>st</sup> of last years' SC season to Date**, as the entry time.

**Requirements for Golds** - If a swimmer is to participate in the Adirondack Gold SC Championships, he/she must have competed in at least two (2) AD Sanctioned meets in the current SC Season, prior to Silver 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 1<sup>st</sup> of last years' SC season through the current seasons Silver Championships**, as the 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 by each team.

**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 and 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 in Golds, 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 ALL 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  
Shenendehowa Aquatics Center - March 9, 2014  
RPI Robison Pool - March 14-16, 2014**

**SESSION 1 ... SUNDAY, March 9<sup>th</sup> Distance  
Shenendehowa Aquatics Center  
WARM-UPS 11:15 AM ... SESSION BEGINS 12 Noon**

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
1	8:30.00	9-10	500 FREE	8:30.00	2
3	6:49.99	11-12	500 FREE	6:49.99	4
5	20:12.19	13-14	1650 FREE	19:15.69	6
**	12:00.00	QUAL	1000 FREE	11:30.19	**
7	19:48.19	SENIOR	1650 FREE	18:37.99	8
**	11:52.49	QUAL	1000 Free	11:00.00	**

*SESSION 1 EVENTS ARE ALL TIMED FINALS, all heats swim at prelims*

**\*\* Swimmers with 1650 Free Recorded and Qualifying Times MUST use those times for entry  
If a swimmer has NO Recorded and/or Qualifying 1650 Free time  
he/she may enter with a Recorded and Qualifying 1000 Free time**

**Each Swimmer May Swim A Maximum of 3 Events Per Day,  
up to a Maximum of 9 Events for the 4 day meet, 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 Senior; \$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 entry for Manual Entries**

## FINALS ORDER OF EVENTS

<b><u>March 14, 2014</u></b> <b><u>Session 4 - Friday Finals</u></b>	<b><u>March 15, 2014</u></b> <b><u>Session 7 - Saturday Finals</u></b>	<b><u>March 16, 2014</u></b> <b><u>Session 10 - Sunday Finals</u></b>
11-12 200 Backstroke	11-12 200 Butterfly	11-12 200 Breaststroke
13-14 200 Freestyle	13-14 100 Backstroke	13-14 50 Freestyle
Senior 200 Freestyle	Senior 100 Backstroke	Senior 50 Freestyle
11-12 50 Breaststroke	11-12 100 Breast	11-12 50 Backstroke
13-14 100 Breaststroke	13-14 100 Freestyle	13-14 200 Backstroke
Senior 100 Breaststroke	Senior 100 Freestyle	Senior 200 Backstroke
11-12 50 Butterfly	11-12 100 Freestyle	11-12 200 IM
13-14 100 Butterfly	13-14 200 Breaststroke	13-14 Senior 200 IM
Senior 100 Butterfly	Senior 200 Breaststroke	Senior 200 IM
11-12 50 Free	11-12 100 Backstroke	11-12 100 Butterfly
13-14 400 IM	13-14 500 Freestyle	13-14 200 Butterfly
Senior 400 IM	Senior 500 Freestyle	Senior 200 Butterfly
11-12 200 Freestyle	11-12 100 IM	

**Adirondack Gold Short Course Championships  
Shenendehowa Aquatics Center - March 9, 2014  
RPI Robison Pool - March 14-16, 2014**

**SESSION 2 ... FRIDAY MORNING ... March 14**

**WARM-UPS 7:00AM ... SESSION BEGINS 8:30AM**

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

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
9	2:14.99	13-14	200 FREE	2:13.99	10
11	2:10.99	SENIOR	200 FREE	2:01.49	12
13	1:21.89	13-14	100 BREAST	1:18.39	14
15	1:19.59	SENIOR	100 BREAST	1:13.99	16
17	1:13.29	13-14	100 FLY	1:09.99	18
19	1:08.99	SENIOR	100 FLY	1:04.99	20
21	5:15.09	13-14	**400 IM	5:05.99	22
23	5:12.79	SENIOR	**400 IM	4:54.99	24
25	N/A	13-14	400 FREE RELAY	N/A	26
27	N/A	SENIOR	400 FREE RELAY	N/A	28

*ALL 400 IM's AND RELAYS ARE TIMED FINALS*

**SESSION 3 ... FRIDAY AFTERNOON ... March 14**

**WARM-UPS 12:00PM ... SESSION BEGINS 1:00PM**

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

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
29	2:47.99	11-12	**200 BACK	2:47.99	30
31	36.50	9-10	50 FREE	36.50	32
33	42.99	11-12	50 BREAST	41.99	34
35	1:46.09	9-10	100 BREAST	1:47.69	36
37	36.29	11-12	50 FLY	35.89	38
39	1:42.09	9-10	100 FLY	1:42.09	40
41	31.59	11-12	50 FREE	31.29	42
43	2:53.99	9-10	200 FREE	2:46.99	44
45	2:26.19	11-12	200 FREE	2:26.19	46
47	N/A	10&U	400 FREE RELAY	N/A	48
49	N/A	11-12	400 FREE RELAY	N/A	50

*ALL 10 & UNDER EVENTS AND RELAYS ARE TIMED FINALS*

**SESSION 4 ... FRIDAY FINALS ... March 14**

**WARM-UPS 4:45PM ... FINALS BEGIN 5:30PM**

Each Swimmer May Swim A Maximum of 3 Events Per Day,  
up to a Maximum of 9 Events for the 4 day meet, 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 Senior; **\$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 entry for Manual Entries

**Adirondack Gold Short Course Championships  
Shenendehowa Aquatics Center - March 9, 2014  
RPI Robison Pool - March 14-16, 2014**

**SESSION 5 ... SATURDAY MORNING ... March 15  
WARM-UPS 7:00AM ... SESSION BEGINS 8:30AM**

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

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
51	1:11.99	13-14	100 BACK	1:09.99	52
53	1:09.99	SENIOR	100 BACK	1:05.99	54
55	1:02.99	13-14	100 FREE	59.99	56
57	1:00.19	SENIOR	100 FREE	55.99	58
59	2:56.99	13-14	200 BREAST	2:47.99	60
61	2:55.99	SENIOR	200 BREAST	2:42.59	62
63	5:46.99	13-14	**500 FREE	5:38.99	64
65	5:44.99	SENIOR	**500 FREE	5:19.99	66
67	N/A	13-14	400 MEDLEY RELAY	N/A	68
69	N/A	SENIOR	400 MEDLEY RELAY	N/A	70

ALL RELAYS AND 500 FREES ARE TIMED FINALS

**SESSION 6 ... SATURDAY AFTERNOON ... March 15  
WARM-UPS 12:00PM ... SESSION BEGINS 1:00PM**

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

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
71	2:57.99	11-12	**200 FLY	2:57.99	72
73	44.89	9-10	50 BACK	44.89	74
75	44.99	8 & U	50 FREE	44.99	76
77	1:32.59	11-12	100 BREAST	1:30.29	78
79	1:21.59	9-10	100 FREE	1:21.59	80
81	52.99	8 & U	50 BACK	52.99	82
83	1:11.49	11-12	100 FREE	1:08.99	84
85	49.99	9-10	50 BREAST	49.99	86
87	52.99	8 & U	50 FLY	52.99	88
89	1:19.99	11-12	100 BACK	1:18.99	90
91	3:14.84	9-10	200 IM	3:14.84	92
93	1:17.79	11-12	100 IM	1:17.79	94
95	N/A	10 & U	200 MEDLEY RELAY	N/A	96
97	N/A	11-12	200 MEDLEY RELAY	N/A	98

ALL 10 & UNDER EVENTS AND ALL RELAYS ARE TIMED FINALS

**SESSION 7 ... SATURDAY FINALS ... March 15  
WARM-UPS 4:45PM ... FINALS BEGIN 5:30PM**

Each Swimmer May Swim A Maximum of 3 Events Per Day,  
up to a Maximum of 9 Events for the 4 day meet, 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 Senior; \$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 entry for Manual Entries



**Adirondack Gold Short Course Championships  
Shenendehowa Aquatics Center - March 9, 2014  
RPI Robison Pool - March 14-16, 2014**

**SESSION 8 ... SUNDAY MORNING ... March 16  
WARM-UPS 7:00AM ... SESSION BEGINS 8:30AM**

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
99	28.59	13-14	50 FREE	27.59	100
101	27.99	SENIOR	50 FREE	25.59	102
103	2:32.59	13-14	200 BACK	2:28.59	104
105	2:31.99	SENIOR	200 BACK	2:22.99	106
107	2:33.99	13-14	200 IM	2:26.99	108
109	2:27.99	SENIOR	200 IM	2:18.59	110
111	2:40.99	13-14	200 FLY	2:29.99	112
113	2:35.99	SENIOR	200 FLY	2:25.79	114
115	N/A	13-14	200 FREE RELAY	N/A	116
117	N/A	SENIOR	200 FREE RELAY	N/A	118

**SESSION 8 ... SUNDAY AFTERNOON ... March 16  
WARM-UPS 12:00PM ... SESSION BEGINS 1:00PM**

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

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
119	3:06.19	11-12	**200 BREAST	3:06.19	120
121	1:34.39	9-10	100 IM	1:33.39	122
123	1:52.99	8 & U	100 IM	1:52.99	124
125	36.99	11-12	50 BACK	36.49	126
127	43.99	9-10	50 FLY	43.99	128
129	1:39.99	8 & U	100 FREE	1:39.99	130
131	2:43.89	11-12	200 IM	2:43.89	132
133	1:32.99	9-10	100 BACK	1:32.99	134
135	58.79	8 & U	50 BREAST	58.79	136
137	1:19.79	11-12	100 FLY	1:19.79	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 ... March 16  
WARM-UPS 4:45PM ... FINALS BEGIN 5:30PM**

**Each Swimmer May Swim A Maximum of 3 Events Per Day,  
up to a Maximum of 9 Events for the 4 day meet, 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 Senior; \$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 entry for Manual Entries**

# ALBANY STARFISH SWIM CLUB

## ENTRY FEE CALCULATION SHEET

Adirondack Short Course Gold Championships, March 9 & 14-16, 2014

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

## **ENTRY DEADLINE ...**

**March 4, 2014, 5:00 PM**

*MAKE CHECKS PAYABLE TO "AV Starfish Swim Club, Inc."*

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

Mail Check and Form to: Jennifer Angelopoulos  
1691 Van Antwerp Road  
Niskayuna, NY 12309

Email Entries to: StarfishMeetEntries@gmail.com

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

**Albany Starfish Swim Club assumes no responsibility  
for meet close-out due to late entries**

Dear Adirondack Team,

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

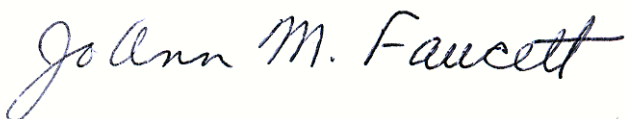
We ask that you would submit a list of your Senior Swimmers (*graduating high school*), who will attend the awards presentation at the Gold Short Course Championships, so we can publish an accurate list for the Program.

Please submit your list by February 22, 2014.  
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

A handwritten signature in cursive script that reads "JoAnn M. Faucett".

Email the list to: [faucettjm@aol.com](mailto: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 2014

Name \_\_\_\_\_

Team \_\_\_\_\_

Years swimming for Adirondack District \_\_\_\_\_

Plans for Next Year \_\_\_\_\_

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