

REGION 1 SHORT COURSE CHAMPIONSHIPS

FRIDAY, FEBRUARY 13 – MONDAY, FEBRUARY 16, 2015

UNION COLLEGE ALUMNI GYM – SCHENECTADY, NY

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD15-015
JoAnn Faucett, 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 deep-water setup will be utilized. Continuous warm-up warm-down time is provided.
The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: **Union College Pool – Water Depths**
From Start End of Pool, depth of Pool at One (1) Meter is **10'0"** and at Five (5) Meters is **13'0"**.
From Turn End of Pool, depth of Pool at One (1) Meter is **6'6"** and at Five (5) Meters is **6'9"**.

Time:

Day	Session	Warm-Up Start Time	Session Start Time
Friday February 13, 2015	Session 1 Timed Finals	5:30pm	6:15pm
Saturday February 14, 2015	Session 2 Saturday Prelims	8:00am	9:00am
	Session 3 Saturday Finals	4:00pm	5:00pm
Sunday February 15, 2015	Session 4 Sunday Prelims	8:00am	9:00am
	Session 5 Sunday Finals	4:00pm	5:00pm
Monday February 16, 2015	Session 6 Monday Prelims	7:00am	8:30am
	Session 7 Monday Finals	4:30pm	5:30pm

Meet Directors: Kara Haraden 518-365-6516 hondamen@aol.com and Patty Rowledge 518-441-5170
Meet Referee: Sean Caron 518-698-5434
Meet Entry Coordinator: Arianna Arazi 512-658-7729 entries@schenectadyswimclub.org

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **February 13, 2015**.
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 compatible Software and Emailed to the **Meet Entry Coordinator** at entries@schenectadyswimclub.org. Team entries must be received by the Meet Entry Coordinator by **Monday, February 2, 2015 at 5:00 PM**.

1. Entries will be accepted on and after January 5, 2015. Any entries received prior to that date will be considered as being received on January 5, 2015.
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 Friday, January 18, 2015.
3. AD entries received between January 30, 2015 and February 2, 2015 and all other entries from other LSC's will be entered in the order they were received, as space allows. This meet will be limited to approximately 360 swimmers.
4. Entries received after the deadline will be accepted only at the discretion of the Meet Director.
5. Swimmers may enter one (1) individual event on Friday, and up to three (3) individual events (including time trials) plus one (1) relay per day on Saturday, Sunday, and Monday. Swimmers may enter two (2) bonus events for every qualifying event. All entries must have verifiable times equal to or faster than qualifying times (see page 4 for a complete list of events and qualifying times).
6. If the entries for the Friday distance session add-up to a session that exceeds 3 hours, bonus swimmers will be cut from the session. Any cut swimmers will be given the opportunity to enter another event.
7. If the meet is oversubscribed, bonus entries will be cut first, according to seed times. If, after cutting bonus entries, the meet is still oversubscribed, the Meet Director will work with the Meet Referee to determine how entries are removed, while keeping the best interest of the swimmers in mind.
8. Teams will be notified by Friday, February 6, 2015 of any cuts that occur do to the oversubscription of the meet, and all fees for cut entries will be refunded.
9. The host team reserves the right to enter its own swimmers at any time and regardless of qualifying times.
10. All schedule changes, if any become necessary for any reason, will be published to the AD Web site's Meets page prior to the start of the meet and/or communicated through e-mail to participating team coaches/representatives. Any schedule changes that may occur during the meet will be announced at the meet and communicated through e-mail to participating team coaches/representatives.

IMPORTANT ENTRY INSTRUCTIONS:

The following three files must be e-mailed to the Meet Entry Coordinator:

- Electronic entries file
- List of entries with proof of time
- Entry Fee Calculation Sheet (Microsoft Word, Excel, or PDF)

If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. Attending teams will be notified of any changes via email and all changes will be posted to the AD Web Site. All fees paid for cut entries will be refunded.

202.3.2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

202.3.4A 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

USA Swimming Registration:

ALL Swimmers MUST be USA Swimming Registered, as provided in Article 302, at the time their entries are submitted. Registrations may be obtained from your 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, Ann Korzun, 518-877-6571 or akorzun@adirondackswimming.org

Swimming Events:

Session 1 - Friday Distance Session will be a positive check-in session. Swimmers not checked in by the start of warm-up will be scratched from the session. The 1650 Freestyle heats will be swum fastest to slowest starting with the fastest women's heat and then alternating between women's and men's heats. The meet referee reserves the right to combine heats, if necessary. This event is a timed final.

Sessions 2, 4, and 6 – Morning prelim sessions will be swum with circle-seeded heats. The top 24 finishers in prelims will advance to finals.

Sessions 3, 5, and 7 – Evening finals sessions will include a break following each GIRLS/BOYS event, during which a brief awards ceremony will take place. Please refer to the Finals and Consolations section below for additional information regarding finals.

All relay events will be swum as timed final events, see the following Relays section for more details.

Relays:

Relays are timed-final events and will be swum during prelim (morning) sessions, except for the fastest heat. The fastest heat of each relay event (based on seed times) will swim in the evening during the finals session. All relays must be positively checked-in by the appropriate scratch deadline, noted on the relay card. Relay participants must be declared to the Clerk of Course (computer desk) one hour before the relay swims, but may be changed up to the time of the swim. Note: only the fastest two relays per team may score points

Monday Relay – The "Monday Relay Rule" will be in effect. All Monday relays will be asked to declare a preference for swimming with preliminaries or with finals by the check-in deadline – Sunday at 6:00 PM. The fastest 8 relays (based on seed times) that declare a preference to swim during the evening finals will be placed in the final heat to swim the evening finals session (Session 7). All other Monday relays will swim during the morning prelim session (Session 6).

Finals and Consolations:

Sessions 2, 4, and 6, morning prelim sessions, will be swum with circle-seeded heats. The top 24 finishers in prelims will swim in the evening finals (Sessions 3, 5, and 7).

The evening finals sessions will include three final heats for each event that will be swum in the following order:

- C-Final – The Bonus final (19th through 24th place finishers from prelims)
- B-Final – The Consolation final (13th through 18th place finishers from prelims)
- A-Final – Top 8 finishers from prelims.

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 scratched from their next event. Scratch deadlines are as follows:

- Session 1 Scratches – Positive check-in deadline is Friday, 5:45 PM. Swimmers who do not check-in by the deadline will be scratched.
- Session 2 Scratches – Deadline is Friday, 7:45 PM for all Saturday individual and relay events
- Session 4 Scratches – Deadline is Saturday, 6:00 PM for all Sunday individual and relay events
- Session 6 Scratches – Deadline is Sunday, 6:00 PM for all Monday individual and relay events

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

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.

Timers:

For Session 1, Friday distance session, swimmers will be expected to provide their own timers and counters. For all other sessions, participating clubs will be expected to provide lane timers. A schedule of timing assignments will be published prior to the meet on the AD Web site.

Deck Entries:

Deck Entries will NOT be accepted at this meet

Meet Policy:

Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted in changing areas, rest rooms or locker rooms. Changing into or out of swimsuits other than locker rooms or other designated areas 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.

Services:

Food will be on sale during all sessions of the meet. A meet program will be available for purchase 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 strictly prohibited in the pool area.

PLEASE DO NOT pack any glass containers when going to any pool.

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 \$7.50 per individual event, which includes the \$.50 AD travel fund surcharge, \$10.00 per relay, which includes the \$1.00 AD travel fund surcharge and a \$1 per swimmer surcharge. Time Trials are \$10.00 and must be approved by the Meet Director & Meet Referee.

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 **Schenectady-Saratoga Swim Club** and mail your check and entry summary sheet to the **Meet Entry Coordinator: Arianna Arazi, 25 Forestbrook Drive, Ballston Lake, NY 12019.**

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

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.

Awards:

Medals will be awarded to the top three (3) finishers in each individual and relay event. Plaques will be awarded to the top male and female high point finishers as well as the top male and female teams.

Scoring:

Scoring will be to 16 places. Only the fastest two relays from each team will be scored.

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

Time Trials:

Time Trials may be offered on Sunday, if time will permit the time trials to be completed at least one hour before the start of Session 5 (Finals) warm-up. Priority will be given to swimmers wishing to swim the 1000 Freestyle, and there will be a limit of one (1) time trial per swimmer.

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.

Hotel Accommodations:

Hampton Inn Downtown Schenectady
450 State St
Schenectady, NY 12305

<http://www.hamptonshenectady.com>
518-377-4500

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

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UNION COLLEGE ALUMNI GYM – SCHENECTADY, NY

SESSION 1 – Friday February 13, 2015				
Warm-Ups and Positive Check-In Deadline at 5:30 PM – Session starts at 6:15 PM				
GIRLS EVENT	QUALIFYING TIME (BONUS QUALIFYING TIME)	EVENT DESCRIPTION	QUALIFYING TIME (BONUS QUALIFYING TIME)	BOYS EVENT
1	18:29.99 (18:45.99)	1650 Yard Freestyle <i>Timed Final</i>	17:29.99 (17:49.99)	2

SESSIONS 2 AND 3 – Saturday February 14, 2015				
Prelims Warm-Ups at 8:00 AM, Session Starts at 9:00 AM Finals Warm-Ups at 4:00 PM, Session Starts at 5:00 PM				
GIRLS EVENT	QUALIFYING TIME (BONUS QUALIFYING TIME)	EVENT DESCRIPTION	QUALIFYING TIME (BONUS QUALIFYING TIME)	BOYS EVENT
3	2:16.99 (2:22.29)	200 Yard IM	2:08.99 (2:16.99)	4
5	5:22.99 (5:29.99)	500 Yard Freestyle	5:12.99 (5:18.99)	6
7	2:16.99 (2:21.99)	200 Yard Backstroke	2:09.99 (2:17.99)	8
9	1:13.99 (1:16.99)	100 Yard Breaststroke	1:08.59 (1:12.99)	10
<i>10 Minute Break</i>				
11	8:34.16	800 Yard Freestyle Relay	7:52.05	12

SESSION 4 AND 5 – Sunday February 15, 2015				
Prelims Warm-Ups at 8:00 AM / Session Starts at 9:00 AM Finals Warm-Ups at 4:00 PM / Session Starts at 5:00 PM				
GIRLS EVENT	QUALIFYING TIME (BONUS QUALIFYING TIME)	EVENT DESCRIPTION	QUALIFYING TIME (BONUS QUALIFYING TIME)	BOYS EVENT
13	2:01.99 (2:05.99)	200 Yard Freestyle	1:54.11 (2:01.99)	14
15	4:51.99 (4:59.99)	400 Yard IM	4:37.99 (4:47.99)	16
17	1:02.19 (1:04.99)	100 Yard Butterfly	58.30 (1:00.99)	18
19	26.19 (27.19)	50 Yard Freestyle	24.02 (25.99)	20
<i>10 Minute Break</i>				
21	4:30.75	400 Yard Medley Relay	4:06.00	22

SESSION 6 AND 7 – Monday February 16, 2015				
Warm-Ups at 7:00 AM / Session Starts at 8:30 AM Finals Warm-Ups at 4:30 PM / Session Starts at 5:30 PM				
GIRLS EVENTS	QUALIFYING TIME (BONUS QUALIFYING TIME)	EVENT DESCRIPTION	QUALIFYING TIME (BONUS QUALIFYING TIME)	BOYS EVENTS
23	56.69 (58.29)	100 Yard Freestyle	52.49 (54.99)	24
25	2:39.99 (2:44.99)	200 Yard Breaststroke	2:28.99 (2:35.99)	26
27	1:04.49 (1:07.99)	100 Yard Backstroke	1:01.19 (1:05.19)	28
29	2:20.99 (2:25.99)	200 Yard Butterfly	2:07.99 (2:13.99)	30
<i>10 Minute Break</i>				
31	4:01.19	400 Yard Freestyle Relay	3:54.99	32

Finals will follow the same order as prelims. Relays are timed finals, and the fastest heat of all relays will swim with finals.

Swimmers may compete in one (1) individual event on Friday and up to three (3) individual events plus

one (1) relay per day on Saturday, Sunday, and Monday.

\$7.50 Per Individual Event Per Athlete for ALL Athletes || \$1.00 Per Athlete Surcharge || \$10.00 Per Each Relay

SCHENECTADY-SARATOGA SWIM CLUB REGION 1 SHORT COURSE CHAMPIONSHIPS

FRIDAY, FEBRUARY 13 – MONDAY, FEBRUARY 16, 2015
UNION COLLEGE ALUMNI GYM – SCHENECTADY, NY

ENTRY FEE CALCULATION SHEET

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 (non-electronic) Entries	_____	X \$1.00 = \$	_____

Total Amount Due and Enclosed\$ _____

ENTRY DEADLINE: MONDAY FEBRUARY 2, 2015

MAKE CHECKS PAYABLE TO SCHENECTADY-SARATOGA SWIM CLUB

Email your entries to the Meet Entry Coordinator

**This form Must be returned with Entry Report and Check
to the Meet Entry Coordinator:**

Arianna Arazi
25 Forestbrook Drive, Ballston Lake, NY 12019
512-658-7729 / entries@schenectadyswimclub.org

**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**