

Jack Frost Invitational 2017

Southern Saratoga YMCA ... 2/12/2017

Held under the Approval of Adirondack Swimming, Inc. Approval # APP17-005

In granting this Approval it is understood and agreed that USA Swimming and Adirondack Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Host: Southern Saratoga YMCA Barracudas

Place: Southern Saratoga YMCA, 1 Wall St., Clifton Park, NY
Short Course 25 Yard Pool, 8 lanes
Daktronics Automatic Timing System, Starting System, & Scoreboard

The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: Start End 1 meter= 9'6" ... 5 meters= 8'9" Turn End 1 meter= 3'6" ... 5 meters= 4'3"

Time: Session 1: 10 & Under – Warm Ups @ 7:00am, Start @ 8:00am
Session 2: Distance Events – Warm Ups @ 12:00pm, Start @ 12:30pm
Session 3: 11 & Over – Warm Ups @ 2:00pm, Start @ 3:00pm

Meet Director: Dan Carter & Carl Hatt (southernsarotogabarracudas@gmail.com & hatt9090@gmail.com)
Admin Official: Greg Wheeler (gpwusa@gmail.com)

Attending Teams:
North Country League and Oneida YMCA Dolphins

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on [December 1, 2016](#)
Rules from the current USA Swimming Technical Rules will be in effect.
[Swimmers may enter 4 Individual Events and 3 Relays](#)
[Entries must be received by Thursday January 12th 2017](#)
Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software.
Entries must be submitted via e-mail to: Dan Carter (southernsarotogabarracudas@gmail.com)
Swimmers may swim-up in age group in any or all events entered.
All coaches are responsible for making certain that swimmers and parents understand the entry requirements for the meet.

USA Swimming Registration:

Club athletes may obtain USA Swimming Registration from your Club Registrar
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

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 Warm Up Schedule will be provided to each club at least one week before the meet date.

Meet Policy:

**Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted in changing areas, rest rooms or locker rooms.
Deck changes are prohibited.**

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.

Timers:

Clubs will be required to provide timers based upon their number of entries. The organizing team will make timing assignments. The lane assignments will be posted outside the official's room and throughout the meet facility. A copy will be displayed in the program. Please report to the chief timer on deck 15 minutes prior to your timing assignments.
Swimmers have to provide their own timers and counters for all events in Session 2 – Distance Events (500's, 1000's, 1650's and 400 IM's).

Awards:

Awards for individual events, ribbons will be awarded for finishes 1st through 8th place.
For relays ribbons will be awarded for 1st through 8th place.

Services:

A concession stand will be available throughout the meet. No food or drink will be allowed in the pool, locker rooms, or anywhere outside of the designated areas. GLASS containers of any kind are NOT permitted in the pool or spectator areas. This policy will be strictly enforced.
Smoking is NOT permitted in the facility.

Meet Notes:

This meet is an Adirondack Swimming Approved Meet. When all conditions of Approval are met, all times achieved by USA Swimming, Inc. Registered Athletes will be loaded to the USA Swimming National Database, SWIMS. **For times to be used, all swims must be observed by a minimum of 2, USA Swimming Registered and Certified Stroke and Turn Officials, one located at each end of the pool, at all times during the meet. The meet must also be overseen by a current USA Swimming Admin Official.**

As this is Not a Sanctioned Meet, it may Not be used to satisfy the Adirondack Swimming Minimum Meet Requirement for Championship Eligibility. However, All legal times achieved May be used for entry qualification purposes in any USA Swimming Sanctioned Meet.

Inclement Weather/Cancelation:

There is no alternate for the meet if it is cancelled.

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****All Events Are Mixed Events****

Session #1 – 10 + Under

Warm-up @ 7:00am, Start @ 8:00am

1	8 & Under	100 Medley Relay
2	9-10	200 Medley Relay
3	8 & Under	100 Freestyle
4	9-10	200 Freestyle
5	8 & Under	25 Butterfly
6	9-10	50 Butterfly
7	8 & Under	25 Backstroke
8	9-10	50 Backstroke
9	8 & Under	50 Freestyle
10	9-10	100 Freestyle
11	8 & Under	25 Breaststroke
12	9-10	50 Breaststroke
13	8 & Under	25 Freestyle
14	9-10	50 Freestyle
15	8 & Under	100 IM
16	9-10	100 IM
17	8 & Under	100 Freestyle Relay
18	9-10	200 Freestyle Relay

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Session #2 – Distance Events Warm-up @ 12:00pm, Start @ 12:30pm

19	Open	500 Freestyle
20	Open	1000 Freestyle
21	Open	1650 Freestyle
22	Open	400 IM

Session #2 – Qualifying Times

Event 19 - 500 Freestyle

Girls		Boys	
Age Group	Qualifying Time	Age Group	Qualifying Time
8&Under	8:00.00	8&Under	8:00.00
9-10	8:00.00	9-10	8:00.00
11-12	7:35.00	11-12	7:35.00
13-14	7:15.00	13-14	7:05.00
15-18	6:50.00	15-18	6:40.00

Event 20 - 1000 Freestyle

Girls		Boys	
Age Group	Qualifying Time	Age Group	Qualifying Time
Open	16:00.00	Open	15:00.00

Event 21 - 1650 Freestyle

Girls		Boys	
Age Group	Qualifying Time	Age Group	Qualifying Time
Open	25:00.00	Open	24:00.00

Event 22 - 400 IM

Girls		Boys	
Age Group	Qualifying Time	Age Group	Qualifying Time
Open	6:00.00	Open	5:40.00

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Session #3 – 11 + Over Warm-up @ 2:00pm, Start @ 3:00pm

24	11-12	200 Medley Relay
25	13 & Over	200 Medley Relay
26	11-12	200 Freestyle
27	13 & Over	200 Freestyle
28	11-12	50 Butterfly
29	13 & Over	100 Butterfly
30	Open	200 Breaststroke
- Break -	5 Minutes	Warm Ups
31	Open	400 Freestyle Relay
32	11-12	50 Freestyle
33	13 & Over	50 Freestyle
34	11-12	50 Breaststroke
35	13 & Over	100 Breaststroke
36	Open	200 Backstroke
37	Open	400 Medley Relay
- Break -	5 Minutes	Warm Ups
38	Open	200 Butterfly
39	11-12	50 Backstroke
40	13 & Over	100 Backstroke
41	11-12	100 Freestyle
42	13 & Over	100 Freestyle
43	11-12	200 IM
44	13 & Over	200 IM
46	11-12	200 Freestyle Relay
47	13 & Over	200 FREESTYLE RELAY

Each Swimmer May Swim A Maximum of 4 Individual Events Per Day Plus 3 Relays

\$2.50 PER INDIVIDUAL EVENT, \$6.00 PER RELAY EVENT

\$1.00 SURCHARGE PER SWIMMER

\$1.00 SURCHARGE PER EVENT FOR MANUAL ENTRIES

**“Southern Saratoga Barracudas”
ENTRY FEE CALCULATION SHEET**

Jack Frost Invitational

Southern Saratoga YMCA, February 12th, 2017

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-Mail ADDRESS _____

Number of Individual Entries _____ X \$2.50 = \$ _____

Number of Swimmers _____ X \$1.00 = \$ _____

Number of Relays _____ X \$6.00 = \$ _____

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

Total Amount Due and Enclosed\$ _____

ENTRY DEADLINE.. 1/12/2017

MAKE CHECKS PAYABLE TO “Southern Saratoga YMCA”

Email your entries to Dan Carter (southernсарatogabarracudas@gmail.com)

Please title the email “*Jack Frost Invitational Entries – Team Name*”

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

Dan Carter
1 Wall St., Clifton Park, NY 12065
518-371-2139

southernсарatogabarracudas@gmail.com

Entries will be posted to the meet program
upon RECEIPT OF CHECK ONLY
“Southern Saratoga Barracudas” assumes no responsibility
for meet close-out due to late entries