

# Intro to Varsity Meet

## Bethlehem Central High School

### Sunday, October 17, 2010

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # **AD11-003**  
Carolyn Manor, General Chairman

**Host:** Delmar Dolphins Swim Club

**Place:** Bethlehem Central High School Pool, 700 Delaware Avenue Delmar, NY 12054  
Short Course, 6 lanes, 25 yards  
International Sports Timing system

**Depth of Pool at One (1) Meter – 12 feet ... Five (5) Meters – 11 feet from Start End of Pool**

**Depth of Pool at One (1) Meter – 4 feet ... Five (5) Meters – 4.5 feet from Turn End of Pool**

**Time:**

Session	Age Groups	Warm Up	Meet Start
Session 1	11-12, 13-14	8:00AM	9:00AM
Session 2	11-12, 13-14	15 min warm up immediately following Session 1 Not before 12:30PM	Immediately after warm up for Session 2

**Meet Director:** Amy Zemerling ([thezemerings@hotmail.com](mailto:thezemerings@hotmail.com))

**Meet Marshall:** Amy Zemerling

**Meet Referee:** Sean Caron ([Sean.Caron@linium.com](mailto:Sean.Caron@linium.com))

#### Entry Rules:

The eligibility of a swimmer will be determined by his or her age on October 17, 2010

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

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

Entries may be mailed on CD or Floppy Disk or via e-mail to: [niranjan\\_baji@yahoo.com](mailto:niranjan_baji@yahoo.com)

**Team entries must be received by 9:00pm on Friday, October 8, 2010.**

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.

Please be certain you receive a reply to your email with entries. Follow up if you do NOT receive a reply

#### 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 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. Fly over starts will be in use.

**A swimmer may enter and swim a maximum of 3 (THREE) individual events and 2 (TWO) relays**

All Relay Cards MUST be submitted to the scorer's table at least 10 minutes before the start of Session 1

#### 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.

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### Timers:

Clubs will be required to provide timers based upon their number of entries. Timer Lane assignments will be posted to the Adirondack Swimming website ([www.adirondackswimming.org](http://www.adirondackswimming.org)) on Thursday, October 14, 2010  
Swimmers have to provide their own timers and counters for the 500's

### 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 \$102.**  
**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:

Food and drink will be on sale throughout the meet. No food or drink may be consumed in the pool area. A meet program will be available. Smoking is NOT permitted in or around the building. Due to limited seating, absolutely no coolers, swim bags, or backpacks will be allowed in the pool seating area. 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.

### 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 \$1.00 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 **Delmar Dolphins Swim Club** and mail your check and entry summary sheet to:

**Niranjan Baji, 11 Fairway Avenue, Delmar, NY 12054**

Phone: **518-475-0042**

Email: **niranjan\_baji@yahoo.com**

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

### Awards:

Ribbons will be given out to places 1 through 6 for individual events and places 1 through 3 for relays

### 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.

Intro to Varsity Meet  
Bethlehem Central High School  
October 17, 2010

**SESSION 1**

**Warm-Ups 8:00 am .. Meet Begins 9:00 am**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	11-12	200 Medley Relay	2
3	13-14	200 Medley Relay	4
5	11-12	200 Freestyle	6
7	13-14	200 Freestyle	8
9	11-12	200 IM	10
11	13-14	200 IM	12
13	11-12	50 Freestyle	14
15	13-14	50 Freestyle	16
17	11-12	100 Butterfly	18
19	13-14	100 Butterfly	20
21	11-12	100 Freestyle	22
23	13-14	100 Freestyle	24
25	11-12	200 Freestyle Relay	26
27	13-14	200 Freestyle Relay	28
29	11-12	100 Backstroke	30
31	13-14	100 Backstroke	32
33	11-12	100 Breaststroke	34
35	13-14	100 Breaststroke	36
37	11-12	400 Freestyle Relay	38
39	13-14	400 Freestyle Relay	40

**SESSION 2**

**15 min Warm-Up at 12:30 PM or immediately following Session 1 .. Meet Begins immediately following warm-ups**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
41	11-12	500 Freestyle	42
43	13-14	500 Freestyle	44

**Each swimmer may swim a maximum of 3 individual events and 2 relays.**

*Delmar Dolphins Swim Club*  
ENTRY FEE CALCULATION SHEET  
Intro to Varsity, Bethlehem HS Pool, October 17, 2010

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 "Delmar Dolphins Swim Club"*

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**

**Delmar Dolphins Swim Club assumes no responsibility  
for meet close-out due to late entries**

**ENTRY DEADLINE.. 9PM October 8, 2010**

Mail Entries, Entry Report, This Form and Check to:  
**Niranjan Baji, 11 Fairway Ave, Delmar, NY 12054**  
**\*Entry File May be sent E-mail to: *niranjan\_baji@yahoo.com***  
*\*Your Team Check Must be received to have entries added to the meet.*