

HOMETOWN SPLASHDOWN!

Sunday, November 7, 2010

Sanction: Held under the sanction of USA Swimming, Inc., and Adirondack Swimming, Inc., Sanction #AD11-007
Carolyn Manor, General Chairman.

Host: Greater Glens Falls Flyers Swim Club, Inc.

Place: **Glens Falls High School**
10 Quade St., Glens Falls, NY
6 lane, 25-yard pool, with Daktronics Automatic timing system and display

Pool Depths: Start end: 10'6" at 1 meter; 10'0" at 5 meters. Turn end: 4'1" at 1 meter; 4'6" at 5 meters

Time:

Warm-ups	11-12 Girls	All Boys	13 & Over Girls	Sprint Lanes 1,2,3,5,6	Meet Start
Session 1	7:30-7:45am	7:45-8:00am	8:00-8:15am	8:15-8:25am	8:30am
Warm-ups	All Girls	All Boys		Sprint Lanes 1,2,3,5,6	Meet Start
Session 2	12:30-12:45pm	12:45-1:00pm		1:00-1:10pm	1:15pm

Meet Director: Richard Zuccaro (518) 792-6799; zuccarorj@roadrunner.com

Meet Marshall: Peter Marshall

Meet Referee: JoAnn Faucett faucettjm@aol.com

Entry rules:

The eligibility of a swimmer will be determined by his or her age on November 7, 2010.

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

Swimmers may enter FOUR individual events plus ONE relay.

This is a DEVELOPMENTAL meet: Swimmers entering this meet must be slower than the listed cutoff times for each event.

No Time (NT) Entries will Not be accepted for this meet.

Entries must be submitted on floppy diskette or CD using the Hy-Tek Meet Manager or Team Manager software.

The preferred method is to email entries as an attachment to waltont4@aol.com

TEAM ENTRIES MUST BE RECEIVED BY WEDNESDAY., OCTOBER 27.

***Mail entries, reports, and fees to: Liz Dalaba, 173 Aviation Rd., Queensbury, NY 12804.**

No phone entries will be accepted.

In the event the meet is oversubscribed, the meet director and meet referee will work together to determine a solution in the best interest of the swimmers.

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 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

Direct registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or 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:

Swimmers may swim 4 individual events and one relay.

This is a DEVELOPMENTAL meet: Swimmers entering this meet must be slower than the listed cutoff times for each event.

Any age may enter Open events.

Scratches:

The meet will NOT have a positive check-in. Swimmers not reporting to their block at the time of their event will be scratched from that event. Please familiarize your swimmers with the scratch rule.

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. Complete Warm-up Schedule Posted above. See "Time".

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. Athletes must be USA-S registered and show a USA-S id card (those already in meet have been confirmed)
If a swimmer can not prove USA-S registration, Adirondack will accept deck registration in meets allowing deck entries, to UN-AD (unattached, Adirondack) only, at a fee of \$100.00.
Deck registrations will not be made with any team association.
3. A coach must make the request for the entry.
4. Deck entries will be allowed at the discretion of a combined decision of the Meet Director & Meet Referee.
5. Deck entries are subject to a \$1.00 surcharge, per entry, which applies to all entries, individual or relays.

Timers:

Clubs will be required to provide timers based upon their number of entries.
We will assign lanes and will post a timing schedule on the AD website.

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:

Programs, t-shirts, and a variety of concession food will be available for sale.
Concession in cafeteria. **Team camp-out area in gymnasium across from pool.**

Disabled athletes:

Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities are required to contact the Meet Director at least two 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.
Entry fees are \$3.50 per individual event (includes \$.50 travel fund surcharge), and \$6.00 per relay (includes \$1.00 travel fund surcharge). In addition, there is a \$1.00 per swimmer surcharge.
All Manual (non-electronic) entries are subject to a \$1.00 Surcharge per entry, individual or relay.

Make your entry check payable to: ***Flyers Swim Club***

Mail your check, summary sheet, and Entry report to:

LIZ DALABA, 173 AVIATION RD., QUEENSBURY, NY 12804

**To save mailing cost and avoid damage, entries may be emailed to waltont4@aol.com*

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

Awards:

Medals to 1st through 6th place for individual events; ribbons to 1st through 3rd place for relays.
Heat ribbons will be awarded for all individual events in all age groups.

Officials:

There will be an official's meeting conducted thirty minutes before each session. Attendance is mandatory to work the meet.
Please sign up in official's room (computer room on deck) before the meeting.

DIRECTIONS TO GLENS FALLS HIGH SCHOOL: 10 Quade St., Glens Falls

NORTHWAY EXIT 18, MAIN ST., EAST TOWARDS GLENS FALLS. SECOND TRAFFIC LIGHT, LEFT (WESTERN AVE.). STOP SIGN, RIGHT (SHERMAN AVE.). HS PARKING LOT ON LEFT, PAST TRACK. POOL ENTRANCE BEHIND FRONT WING. LOOK FOR SIGNS.

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SESSION 1

Warm-ups 7:30am-8:25am ... Meet Starts 8:30am

GIRLS	CUT-OFF	AGE	EVENT	CUT-OFF	BOYS
1	2:30.49	13-14	200 IM	2:20.29	2
3	2:25.29	Open	200 IM	2:11.69	4
5	1:13.99	11-12	100 IM	1:11.49	6
7	1:02.19	13-14	100 Freestyle	57.39	8
9	59.89	Open	100 Freestyle	53.59	10
11	29.49	11-12	50 Freestyle	28.59	12
13	1:08.49	13-14	100 Backstroke	1:04.19	14
15	1:06.19	Open	100 Backstroke	59.19	16
17	33.89	11-12	50 Backstroke	33.49	18
19	1:07.79	13-14	100 Butterfly	1:02.89	20
21	1:05.49	Open	100 Butterfly	58.69	22
23	32.39	11-12	50 Butterfly	32.09	24
25	1:17.59	13-14	100 Breaststroke	1:12.09	26
27	1:15.29	Open	100 Breaststroke	1:07.59	28
29	37.79	11-12	50 Breaststroke	37.29	30
31	n/a	Open	200 Freestyle Relay	n/a	32
33	n/a	11-12	200 Freestyle Relay	n/a	34

SESSION 2

Warm-ups 12:30pm-1:10pm ... Meet Starts 1:15pm

GIRLS	CUT-OFF	AGE	EVENT	CUT-OFF	BOYS
35	1:22.59	10&U	100 IM	1:21.09	36
37	1:57.19	8&U	100 IM	1:55.19	38
39	32.19	10&U	50 Freestyle	31.59	40
41	16.50	8&U	25 Freestyle	16.50	42
43	n/a	7&U	25 Freestyle	n/a	44
45	38.09	10&U	50 Backstroke	38.29	46
47	20.00	8&U	25 Backstroke	20.00	48
49	n/a	7&U	25 Backstroke	n/a	50
51	37.29	10&U	50 Butterfly	36.69	52
53	20.00	8&U	25 Butterfly	20.00	54
55	41.99	10&U	50 Breaststroke	42.19	56
57	23.00	8&U	25 Breaststroke	23.00	58
59	1:11.89	10&U	100 Freestyle	1:10.79	60
61	46.19	8&U	50 Freestyle	48.19	62
63	n/a	10&U	200 Mixed Free Relay	n/a	63
64	n/a	8&U	100 Mixed Free Relay	n/a	64

Swimmers may enter FOUR individual events and ONE relay
Swimmers' entry times must be slower than listed cut-off times

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at Glens Falls High School

This form must be returned with Entry Report and check

ENTRY DEADLINE OCTOBER 27, 2010

TEAM NAME _____

CONTACT PERSON _____ PHONE _____

E-MAIL ADDRESS _____

Number of Girls individual entries _____ X \$3.50 = \$ _____

Number of Girls swimmers _____ X \$1.00 = \$ _____

Number of Girls relays _____ X \$6.00 = \$ _____

Number of Boys individual entries _____ X \$3.50 = \$ _____

Number of Boys swimmers _____ X \$1.00 = \$ _____

Number of Boys relays _____ X \$6.00 = \$ _____

Number of Manual Entries _____ X \$1.00 = \$ _____

TOTAL AMOUNT DUE & ENCLOSED \$ _____

Make checks payable to the FLYERS SWIM CLUB

ENTRIES WILL BE POSTED TO THE MEET PROGRAM
UPON RECEIPT OF CHECK.

**THE FLYERS ASSUME NO RESPONSIBILITY FOR MEET CLOSE-OUT
DUE TO LATE ENTRIES**

Mail entries report, this form, and check to:

Liz Dalaba, 173 Aviation Rd., Queensbury, NY 12804

You may email entries to Tom Walton: waltont4@aol.com

Entry deadline October 27th