

DELMAR DOLFINS FEBRUARY FREEZE INVITATIONAL

Union College, Alumni Gymnasium Pool, Schenectady, NY

Sunday, February 6th, 2011

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # **AD11-023**
Carolyn Manor, General Chairman

Host: Delmar Dolphins Swim Club

Place: Union College Pool, Schenectady, NY, Colorado Timing System
25-yard, 8-lane pool with continuous warm-up/warm-down area

Pool Depths: Depths at Start: 10' 0" at 1M, 13' 0" at 5M. Depths at Turn End: 6' 6" at 1M, 6' 9" at 5M.

Time: WARM UP 7:00am ... START TIME: 8:00am

Meet Directors: **Matt Fabrizio, Ron Hotaling**

Meet Marshall: **Amy Zemerling**

Meet Referee: **JoAnn Faucett**

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on February 5, 2011
Rules from the current USA Swimming Technical Rules will be in effect.

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.

Swimmers may enter a maximum of 4 events.

An entry summary sheet is included to compute your team entry fees. No team entries will be accepted with required fees.

The Delmar Dolphins are not responsible for any entry errors submitted by the teams.

- The entry fees are \$3.50 per individual event (this includes the \$.50 travel fund surcharge).
- There is \$1.00 per swimmer charge
- All manual (non electronic) entries are subject to \$1.00 Surcharge per Entry.

Team entries must be submitted electronically, using Hy-Tek or compatible Software.

Submit your entries via e-mail to: [dwightcheu@gmail.com](mailto:dwrightcheu@gmail.com) no later than January 28, 2011 by 6pm ET

Mail hard copies and entry fees to:

Dwight Cheu
69 Cambridge Drive
Glenmont NY 12077

MAKE CHECKS PAYABLE TO: DELMAR DOLFINS SWIM CLUB

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, 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:

All events will be timed final events. This will be a pre-seeded meet with exception of the 500 Freestyle and 400 IM, which are positive check-in by 11am and 2pm respectively. We will be using flyover starts for this meet. Please inform your swimmers prior to the meet.

500's entry times must be slower than the Gold qualifying times. For each of 12 & Under and 13 & Over age groups, the 500s will be swum as a combined girls/boys event with the 8 fastest girls in Heat 1, the 8 fastest boys in Heat 2 and then a final third heat of the 8 fastest girls and boys combined. I.E. there will be a maximum of three heats for each girls/boys age group. 500 Freestyle Heat sheets will be posted at each end of the pool 30 minutes prior to the start of the 500s. If this event is over-subscribed, refunds will be mailed to each team after the meet.

Questions: Call Amy Zemerling at (518) 763-1256 or Dwight Cheu at (518) 469-1544 or [dwightcheu@gmail.com](mailto:dwrightcheu@gmail.com)

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:

Clubs will be required to provide timers based upon their number of entries. Swimmers have to provide their own timers and counters for the 500's and 400 IM'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 Proof of Registration (those already in meet have been confirmed as registered). Acceptable forms of Proof of Registration are: USA-Swimming ID or USA-Swimming Club Portal Current Team Listing.
If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, to UN-AD (unattached) at a fee of \$100. 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:

- A concession stand will be available throughout the meet. No food is to be consumed on the pool deck.
- A meet program which covers all sessions will be available for purchase
- A hospitality room will be available for officials and coaches only in the room above the pool.
- The Deep End swim shop will be selling swimming suites and supplies.
- Smoking is not permitted in the building.
- No glass containers allowed on pool deck.

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.

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.

Awards:

Ribbons will be given out to places 1 thru 8 for individual events.

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Sunday, February 6th, 2011

MORNING SESSION

7:00 am Warm-ups ... 8:00 am Meet Start

(see AD web site for warm-up lane assignments by team)

Girls Events	Stroke	Boys Events
1	9-10 50 Freestyle	2
3	11-12 50 Freestyle	4
5	9-10 100 IM	6
7	11-12 100 IM	8
9	9 -10 50 Backstroke	10
11	11-12 50 Backstroke	12
13	9-10 50 Butterfly	14
15	11-12 50 Butterfly	16
17	9-10 50 Breaststroke	18
19	11-12 50 Breaststroke	20
21	9-10 100 Freestyle	22
23	11-12 100 Freestyle	24

MID-DAY SESSION

500s will start immediately following Event 24

Swimmers should warm-up in the warm-up/cool-down pool

Positive Check-in deadline for the 500 Free is 11:00am

Girls Events	Cut Times	Stroke	Cut Times	Boys Events
25		9-12 500 Freestyle		26
	7:40.00	9-10 Cut Times	7:40.00	
	6:17:29	11-12 Cut Times	6:17:29	
27		13&Over 500 Freestyle		28
	5:49.99	13-14 Cut Times	5:38.99	
	5:44.99	Senior Cut Times	5:19.99	

Events 25-28 are Multi Age Events

All 500 Freestyle Entries must be slower than the listed Gold cut times

AFTERNOON SESSION

Warm-ups will start no earlier than 1:00pm ... Session will begin no earlier than 1:50pm

Positive Check-in deadline for the 400 IM is 2:00pm

Girls Events	Stroke	Boys Events
29	13&Over 50 Freestyle	30
31	8 & Under 50 Freestyle	32
33	13&Over 200 IM	34
35	8 & Under 50 Butterfly	36
37	13&Over 100 Butterfly	38
39	8 & Under 100 Freestyle	40
41	13&Over 200 Freestyle	42
43	8 & Under 50 Breaststroke	44
45	13&Over 100 Breaststroke	46
47	8 & Under 50 Backstroke	48
49	13&Over 100 Backstroke	50
51	8 & Under 100 IM	52
53	13&Over 100 Freestyle	54
55	13&Over 400 IM	56

(Heat sheets for the 400 IM will be posted at each end of the pool by 3pm)

Delmar Dolphins Swim Club

ENTRY FEE CALCULATION SHEET

February Freeze Invitational

February 6, 2011

TEAM NAME _____
CONTACT PERSON _____
PHONE NUMBER _____
E-Mail ADDRESS _____

Number of Girls Individual Entries	_____	X \$3.50 = \$	_____
Number of Girl Swimmers	_____	X \$1.00 = \$	_____
Number of Girls Relays	_____	X \$6.00 = \$	_____
Number of Boys Individual Entries	_____	X \$3.50 = \$	_____
Number of Boy Swimmers	_____	X \$1.00 = \$	_____
Number of Boys Relays	_____	X \$6.00 = \$	_____
Number of Manual 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 check and entry report by **January 28, 2011**.

Entries will be posted to the meet program upon receipt of check only.

DELMAR DOLFINS assumes no responsibility for meet close-out due to late entries.

Mail Entry Reports and Check to: Dwight Cheu (518-469-1544)
69 Cambridge Drive
Glenmont, NY 12077

E-mail Entry File to: DwightCheu@gmail.com

www.delmardolphins.com