

# REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIP

## Friday February 18 through Monday February 21, 2011

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc., Sanction #AD11- 018  
Carolyn Manor, 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 is provided.  
Pool Depths for deep-water setup: Start End 1 meter = 10'0", 5 meters = 13'0" ... Turn End 1 meter = 6'6", 5 meters = 6'9"

### Friday February 18

Timed Finals: Warm-up 6:00pm Start 6:45pm  
(Pool will remain open until 9:00pm for warm-up/warm-down)

### Saturday February 19

Prelims: Warm-up 8:00am Start: 9:00am  
Finals: Warm-up 4:00pm Start: 5:00pm

### Sunday February 20

Prelims: Warm-up 8:00am Start 9:00am  
Finals: Warm-up 4:00pm Start 5:00pm

### Monday February 21

Prelims: Warm-up 7:30am Start 8:30am  
Finals: Warm-up 4:30pm Start 5:30pm

**Please note that the 1000/1650 session is on Friday.**

**Meet Directors:** Carolyn Manor [manor1017@aol.com](mailto:manor1017@aol.com) and Vic Romanov [vicromanov@schenectadyswimclub.org](mailto:vicromanov@schenectadyswimclub.org)

**Meet Marshall:** Vic Romanov

**Meet Referee:** JoAnn Faucett 518-399-0494

**Meet Entry Coordinator:** Patty Rowledge 518-374-7854 [prowledg@nycap.rr.com](mailto:prowledg@nycap.rr.com)

**Entry Rules:** The eligibility of a swimmer will be determined by his or her age on February 18, 2010. Rules from the current USA swimming Technical Rules will be in effect.  
**Swimmers may enter and swim up to one (1) event Friday night.** Swimmers may compete in up to three (3) individual events, plus one (1) relay, **per day on Sat-Mon.** Swimmers may enter and swim two (2) bonus events for each event qualified for up to the maximum of three (3) events per day. In the event the meet is oversubscribed, bonus events will be cut first according to seed times and entry fees for these events will be refunded. If still oversubscribed, the meet director will work with the meet referee to determine a resolution in the best interest of the swimmers.

Entries must be submitted using Hy-Tek software and emailed to Patty Rowledge [prowledg@nycap.rr.com](mailto:prowledg@nycap.rr.com). The deadline for Adirondack teams for priority placement is Tuesday, February 2, 2011. All entries must be received by **Tuesday, February 9, 6:00 PM.** Entries received after the deadline will be accepted only at the discretion of the meet directors. Teams will be notified by Monday February 14 of any cuts that occur due to over oversubscription of the meet. No telephone entries will be accepted.

**Deck Entries:** Deck entries are NOT allowed during championship meets.

**Entry Fees:**

Individual Events	\$7.50
Relay Events	\$10.00
Surcharge	\$1.00 per swimmer
Time Trials:	\$10.00 (At the discretion of the Meet Directors & Meet Referee)
Manual Entries:	\$1.00 surcharge per event

Make checks payable to: Schenectady-Saratoga Swim Club  
Mail completed entries to: Patty Rowledge  
21 Haviland Drive  
Scotia, NY 12302 518-374-7854

### 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](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 DIRECTORS 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.

**Meet Format:** The meet will be swum with circle-seeded preliminary heats in the morning session with C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. All relay events, as well as the 1000 freestyle and 1650 freestyle will be swum as timed final events.

• Relay Events: Relays are timed-final events. The fastest heat will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session. All relays must be positively checked-in by the appropriate scratch deadline. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. Only the fastest two relays per team will score points

• Friday Distance Events (W/M 1000, 1650): The fastest heat of the women's 1000 yard Freestyle followed by the fastest heat of the men's 1000 yard Freestyle followed by the fastest heat of the women's 1650 followed by the fastest heat of the men's 1650 will be swum Friday evening. The women's and men's heats will be swum alternately. The meet referee reserves the right to combine heats. The heat order and schedule will be published after the scratch deadline. These events are timed finals.

Time Trials for the 1000 free and 1650 free will be available after the prelim session on Sunday.

Any changes to session and /or warm up starting times due to any changing needs of the Union College swim team will be published before meet start.

**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 barred from their next event. Scratch deadlines are as follows:

- Friday, 5:45 pm: Friday's distance events. (positive check-in)
- Friday, 7:45 pm: All Saturday events (including 800 free relay)
- Saturday, 6:00 pm: All Sunday events (including 400 med relay)
- Sunday, 6:00pm: All Monday events (including 400 free relay)

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

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

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

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

**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 designated sprint lanes. We ask that all coaches and swimmers cooperate fully with officials and marshals in charge.

A full schedule of warm-up information will be published before the start of the meet. The competition course will close 10 minutes before the start of each session.

**Timers:** Each club is expected to provide timers. A schedule of timing assignments will be published prior to the meet. Swimmers in the 1000 yd and 1650 yd freestyle events will be expected to provide their own timers and counters.

**Officials:** All USA Swimming certified officials are welcome. Please sign up in the officials' room upon arrival at the meet. There will be an officials' meeting 45 minutes prior to the beginning of each session. Attendance is mandatory to work the meet.

**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 and 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.**

**Concessions:** A wide selection of foods and beverages will be available for all sessions.

# REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIPS

## Order of Events

### Friday February 18, 2011 – Timed Finals

Warm-up 6:00pm Start 6:45pm

Female	Qual. Time	Event	Qual. Time	Male
1	11:17.60	1000 Yd Freestyle Timed Final	10:46.08	2
3	18:58.75	1650 Yd Freestyle Timed Final	18:09.50	4

### Saturday February 19, 2011 – Preliminaries

Warm-up 8:00am Start: 9:00am

Female	Qual. Time	Event	Qual. Time	Male
5	2:16.29	200 Yd Ind. Medley	2:09.06	6
7	5:27.11	500 Yd Freestyle	5:14.22	8
9	1:14.19	100 Yd Breaststroke	1:07.59	10
11	2:21.49	200 Yd Backstroke	2:12.20	12
13	26.36	50 Yd Freestyle	24.02	14
		10 Minute Break		
15	8:34.16	800 Yd Free Relay*	7:52.05	16

### Sunday February 20, 2011 – Preliminaries

Warm-up 8:00am Start: 9:00am

Female	Qual. Time	Event	Qual. Time	Male
17	1:05.40	100 Yd Backstroke	1:01.68	18
19	2:03.09	200 Yd Freestyle	1:54.11	20
21	1:02.19	100 Yd Butterfly	58.30	22
23	4:58.88	400 Yd Ind. Medley	4:43.23	24
		10 Minute Break		
25	4:30.75	400 Yd Med. Relay*	4:06.00	26

### Monday February 21, 2011 – Preliminaries

Warm-up 7:30am Start 8:30am

Female	Qual. Time	Event	Qual. Time	Male
27	57.29	100 Yd Freestyle	52.49	28
29	2:41.89	200 Yd Breaststroke	2:29.12	30
31	2:21.21	200 Yd Butterfly	2:10.50	32
		10 Minute Break		
33	4:01.19	400 Yd Free Relay*	3:54.99	34

\*Relays are timed finals, and the fastest heat of all relays will swim with finals.

Finals will follow the same order as prelims.

The events file for Team Manager may be downloaded from the Adirondack LSC website at [www.adirondackswimming.org](http://www.adirondackswimming.org).

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

one (1) relay per day on Saturday – Monday.

**ENTRY FEE CALCULATION SHEET**  
Region 1 Championships, February 18-21, 2011  
*Schenectady-Saratoga Swim Club*

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 Entries	_____	X	\$1.00 = \$	_____

Total Entry Fee Due .....\$ \_\_\_\_\_

Total Amount Due and Enclosed .....\$ \_\_\_\_\_

*MAKE CHECKS PAYABLE TO "Schenectady-Saratoga Swim Club"*

This form must be returned with Entry Report and Check

**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**

**ENTRY DEADLINE... Feb 9, 2011, 6:00 PM**

Mail Entries, Entry Report, This Form and Check to: Patty Rowledge  
21 Haviland Drive  
Scotia , NY 12302 518-374-7854

**\*Entries must be sent E-mail to: [prowledg@nycap.rr.com](mailto:prowledg@nycap.rr.com)**

*\*Your Team Check Must be received to have entries added to the meet.*