

BALLSTON SPA SWIM CLUB CABIN FEVER INVITATIONAL SATURDAY FEBRUARY 19, 2011 BALLSTON SPA HIGH SCHOOL

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # **AD11-026**
Carolyn Manor, General Chairman

Host: BALLSTON SPA SWIM CLUB

Place: BALLSTON SPA HIGH SCHOOL
220 BALLSTON AVENUE
BALLSTON SPA, NY 12020

SHORT COURSE 25 YARD POOL, 6 LANES ... IST AUTOMATIC TIMER AND BEEPER SYSTEM

Pool Depths: One Meter 13'0", Five Meters 13'0" from Start End of Pool ...One Meter 4'4" and Five Meters 4'8" from Turn End of Pool.

| | | | |
|----------------------------------|--------------------------------|--------------------|-----------------------|
| Time: Session 1: 10&Under | | Warm-ups: 7:00 am | Meet Starts: 7:45 am |
| Session 2: 12&Under | 500's Positive Check-in: 12:00 | Warm-ups: 11:15 am | Meet Starts: 12:00 pm |
| Session 3: 13&Over | 500's Positive Check-in: 4:30 | Warm-ups: 3:45 pm | Meet Starts: 4:30 pm |

| | | | |
|------------------------|---------------|----------|--|
| Meet Directors: | Heidi Larkin | 899-3129 | jihlarkin@hotmail.com |
| | Paul Bennice | 884-8594 | PKACB@aol.com |
| Meet Marshall: | Jane Tatlock | | |
| Meet Referee: | JoAnn Faucett | | |

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on Saturday February 19th, 2011.

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

Swimmers may enter a maximum of 4 Individual Events plus 1 Relay.

Entries must be submitted electronically, using Hy-Tek Meet or compatible Software.

Entries may be submitted on CD or Floppy Disk or via e-mail to; **Jodi Bedson at 1stbase@gmail.com**.

Team entries must be received **by February 8th, 2011, by 5:00PM**.

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 and with holding to the timeline.

Entries must be emailed Jodi Bedson: 1stbase@gmail.com

Mail your hard copies and entry check, payable to Ballston Spa Swim Club, to:

Jodi Bedson 11 Deer Run Drive Ballston Spa, NY 12020

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:

THIS IS A PRE-SEEDED MEET. All events will be timed finals, except for the 500 events, which require positive check-in by the start of the session in which the event is held. The 500 yard freestyle will be swum starting with the fastest heat of girls, fastest heat of boys, and then combined. We will be using Flyover Starts for this meet. Please inform your swimmers prior to the meet.

Scratches:

Swimmers in the 500 Freestyle who do not positively check in by the deadlines will be scratched. Coaches – be sure your swimmers check-in.

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 Specific Warm-up Schedule will be posted to the Adirondack Swimming Website.

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 \$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.

Timers:

Clubs will be required to provide timers based upon their number of entries. Lane assignments will be posted at the pool and in the program as well as on the Ballston Spa Swordfish website (www.ballstonspaswimclub.net). Swimmers must provide their own timers AND their own lap counters for the 500's.

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 will be on sale throughout the meet. No food or drink is to be consumed in the pool area. A meet program will be available which will cover all sessions. A swimming equipment vendor will be selling equipment during the meet. Smoking is NOT permitted in the school grounds. Parents, coaches and swimmers are not to bring glass containers of any kind into 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 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 **BALLSTON SPA SWIM CLUB** and mail your check and entry summary sheet to:
Jodi Bedson
11 Deer Run Drive
Ballston Spa, NY 12020

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

Awards:

Medals will be awarded for 1st-6th place in individual events and 1st place in relay events. Ribbons will be awarded for 7th-12th place in individual events and 2nd-6th in relays. Heat ribbons will be awarded for swimmers 10 and under.

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.

If you have any questions please contact Heidi Larkin at 899-3129 or Paul Bennice at 884-8594

Cabin Fever Invitational
 Ballston Spa Swim Club
 Saturday February 19, 2011
 Ballston Spa High School

SESSION 1 (10&Under): WARM-UPS 7:00AM ...SESSION BEGINS 7:45AM

| GIRLS EVENTS | AGE GROUP | EVENT DESCRIPTION | BOYS EVENTS |
|--------------|-----------|---------------------|-------------|
| 1 | 10&Under | 100 Backstroke | 2 |
| 3 | 8&Under | 100 IM | 4 |
| 5 | 9-10 | 100 IM | 6 |
| 7 | 8&Under | 25 Backstroke | 8 |
| 9 | 9-10 | 50 Backstroke | 10 |
| 11 | 8&Under | 25 Freestyle | 12 |
| 13 | 9-10 | 50 Freestyle | 14 |
| 15 | 8&Under | 25 Butterfly | 16 |
| 17 | 9-10 | 50 Butterfly | 18 |
| 19 | 8&Under | 25 Breaststroke | 20 |
| 21 | 9-10 | 50 Breaststroke | 22 |
| 23 | 8&Under | 50 Backstroke | 24 |
| 25 | 9-10 | 100 Breaststroke | 26 |
| 27 | 8&Under | 50 Freestyle | 28 |
| 29 | 10&Under | 100 Freestyle | 30 |
| 31 | 10&Under | 200 Freestyle Relay | 32 |

SESSION 2 (12&Under): WARM-UPS 11:15 AM ...SESSION BEGINS 12:00PM

****Positive Check in for Event 57 and 58 by 12:00PM****

| GIRLS EVENTS | AGE GROUP | EVENT DESCRIPTION | BOYS EVENTS |
|--------------|-----------|---------------------|-------------|
| 33 | 11-12 | 200 Freestyle | 34 |
| 35 | 11-12 | 100 IM | 36 |
| 37 | 12&under | 200 IM | 38 |
| 39 | 11-12 | 50 Backstroke | 40 |
| 41 | 12&under | 100 Backstroke | 42 |
| 43 | 11-12 | 50 Freestyle | 44 |
| 45 | 11-12 | 50 Butterfly | 46 |
| 47 | 12&under | 100 Butterfly | 48 |
| 49 | 11-12 | 50 Breaststroke | 50 |
| 51 | 12&under | 100 Breaststroke | 52 |
| 53 | 11-12 | 100 Freestyle | 54 |
| 55 | 11-12 | 200 Freestyle Relay | 56 |
| 57 | 12&under | 500 Freestyle | 58 |

SESSION 3 (13&Over): WARM-UPS 3:45 PM ...SESSION BEGINS 4:30 PM

****Positive Check in for Event 75 and 76 by 4:30PM****

| GIRLS EVENTS | AGE GROUP | EVENT DESCRIPTION | BOYS EVENTS |
|--------------|-----------|---------------------|-------------|
| 59 | 13&Over | 200 Freestyle | 60 |
| 61 | 13&Over | 200 IM | 62 |
| 63 | 13&Over | 100 Backstroke | 64 |
| 65 | 13&Over | 50 Freestyle | 66 |
| 67 | 13&Over | 100 Butterfly | 68 |
| 69 | 13&Over | 100 Breaststroke | 70 |
| 71 | 13&Over | 100 Freestyle | 72 |
| 73 | 13&Over | 200 Freestyle Relay | 74 |
| 75 | 13&Over | 500 Freestyle | 76 |

\$3.50 per individual event, \$6.00 per relay + \$1.00 per swimmer surcharge
All Manual and Deck Entries Subject to a \$1.00 surcharge, individual and relay
Swimmers May Swim a Maximum of 4 Individual Events plus 1 Relay

BALLSTON SPA SWIM CLUB

ENTRY FEE CALCULATION SHEET
CABIN FEVER INVITATIONAL, FEBRUARY 19th, 2011

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

| | | | |
|------------------------------|-------|---------------|-------|
| Number of Individual Entries | _____ | X \$3.50 = \$ | _____ |
| Number Swimmers | _____ | X \$1.00 = \$ | _____ |
| Number Relays | _____ | X \$6.00 = \$ | _____ |
| Number of Manual Entries | _____ | X \$1.00 = \$ | _____ |

Total Entry Fee Due\$ _____

Total Amount Due and Enclosed\$ _____

MAKE CHECKS PAYABLE TO BALLSTON SPA SWIM CLUB

This form must be returned with Check and Hard Copy of Entries

**Entries will be posted to the meet program
upon RECEIPT OF CHECK ONLY**

**BALLSTON SPA SWIM CLUB assumes no responsibility
for meet close-out due to late entries**

**ENTRY DEADLINE:
Tuesday February 8, 2011
By 5:00pm**

Mail Entries, Entry Report, This Form and Check to:

Jodi Bedson, 11 Deer Run Drive., Ballston Spa, NY 12020

***Entries May be sent via E-mail to: 1stbase@gmail.com**

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