

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIPS

March 2-4, 2012 ... RPI Robison Pool ... Troy, NY

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc. Sanction #AD12-021
Carolyn Manor, General Chairman

Host: Delmar Dolphins Swim Club

Place: RPI Robison Pool, Troy, NY
This pool has been certified in accordance with Article 104.2.2C (4)
Short Course, 25-yard pool, 8 lanes ... Continuous warm-up area ... Colorado automatic timing system with beeper and scoreboard

Pool Depths: Start End at 1 meter = 4'0", 5 meters = 4'10", Turn End at 1 meter = 6'10", 5 meters = 6'7"

Meet Director: Rod MacDonald (rod@isdps.org)
Meet Referee: JoAnn Faucett (faucettjm@aol.com)
Meet Marshall: Alan Rosenblum (alrose5@verizon.net)
Entry Coordinator: Dwight Cheu (dwightcheu@gmail.com)

Time:

Session	Warm-Up Time	Positive Check-in	Meet Start
Session 1 – all 11 & over	2:00 pm – 2:55 pm		3:00 pm
Session 2 – all 12 & Under Girls	7:30 am – 8:00 am		8:05 am
Session 3 – all 12 & Under Boys	11:30 am – 12:00 pm		12:05 pm
Session 4 – all 13 & over	3:00 pm – 3:40 pm		3:45 pm
Session 5 – all 12 & Under Girls	7:30 am – 8:00 am		8:05 am
Session 6 – all 12 & Under Boys	11:30 am – 12:00 pm		12:05 pm
Session 7 – all 13 & over	3:00 pm – 3:40 pm	3:00pm for 400IM and 500 Free	3:45 pm

Entry Rules: ****Detailed Entry Qualifications Listed Below.**

The eligibility of a swimmer will be determined by his or her age on **March 2, 2012**.

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

This meet is open to Adirondack Registered Swimmers Only.

Swimmers must have competed in at least 2 Sanctioned Adirondack Short Course Meets in the 2011-2012 Meet Season.

Swimmers may enter 3 events on Friday and 4 events and 1 relay on both Saturday and Sunday.

All entry times must be Slower than the listed cutoff times, recorded to SWIMS in yards only.

Additionally, for the 13&Over 500 free, the entry time must be slower than the Gold cut time AND faster than the new Silver cut time.

Entry times must have been achieved between January 1, 2011 to date.

All entry times will be verified through the results database in SWIMS.

If an athlete achieves a Gold cut time after their entries have been submitted they must withdraw from that event at Silvers.

As this is a championship meet, there will be No Deck Entries and No NT (no time) entries allowed.

Entries must be submitted electronically, using Hy-Tek or compatible Software. Team entries must be received by **February 22, 2012, at 6:00pm**.

Teams must email their entries to: dwightcheu@gmail.com

You will 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, 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.

Entry Fees:

Entry fees are \$4.00 per individual event (this includes the \$.50 travel fund surcharge), \$6.00 per relay event (this includes the \$1.00 travel fund surcharge), and a \$1.00 per swimmer surcharge. All Manual Entries subject to a \$1.00 surcharge per entry.

Make checks payable to:

Delmar Dolphins Swim Club

Mail Entry Report and Summary Sheet to:

Dwight Cheu 69 Cambridge Dr. Glenmont, NY 12077

Email Entries to:

dwightcheu@gmail.com

Swimming Events:

Scratch sheets will be given to all coaches upon arrival for each session. Coach's will have until the start of warm-ups for the designated session to hand in all their scratches to the computer table. This will enable the meet coordinators to get heat sheets printed in sufficient time for the start of the meet. The 13 & Over 500 Freestyle and 400 IM will have positive check-in by 3:00 pm Sunday.

Failure to check in for these events will result in being scratched from the event.

Entries to the 500 Freestyle and the 400 IM will be seeded after positive check-in and will be swum fast to slow, alternating girls and boys heats and combining girls and boys in the slowest heat if necessary.

All swimmers need to obtain their heat and lane assignments from the heat sheets posted behind the blocks. Be sure to check with your coaches.

Meet Policy:

Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted in changing areas, rest rooms or locker rooms.

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.

Warm-up Procedures:

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 and ask them to cooperate fully with the club officials and marshals in charge of the area.

Warm-up times and meet start times are subject to change based on the number of entries for each session.

A complete and detailed warm-up schedule will be posted to the AD Web Site after entries are received.

Scoring:

The meet will be scored according to USA Swimming rules.

Gold Championship Qualification: Swimmers who swim times at this meet which qualify them for events at the Adirondack Gold Short Course Championship Meet (March 11, 16-18, 2012) will be able to submit entries for that meet on Monday, March 5th through their team representative.

Awards:

Ribbons will be awarded for first through sixteen places in all individual events, and first through third in relay events. Awards for the 13&Over events will be provided for both the 13-14 and 15 & Over age groups. High Point Awards will be awarded for each age group and gender for first through third place. Team trophies will be awarded based on total points to the top three large teams and top three small teams.

Photographers:

Any photographer or videographer, who intends to take pictures at an Adirondack Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Adirondack Swimming website as well as from the Meet Director. [Click here for a direct link to the registration form.](#)

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

Timers:

Clubs will be required to provide timers based upon their number of entries. After all entries have been received, Team Lane Timing Assignments will be posted on the AD Web Site, as well as in the meet program and around the pool area. Swimmers have to provide their own timers and lap counters for the 500 yard freestyle events.

Supervision:

Due to the size and nature of the facility in which the meet will be held, it is particularly important that coaches and parents closely monitor the conduct of swimmers at all times. Swimmers should bring books, playing cards, games, etc. for quiet amusement. Only athletes, coaches and officials displaying current USA-S cards and scheduled meet workers are allowed on the pool deck. Swim bags are to be left in the bullpen area and are not allowed on deck or in the spectator stands. Swimmers are not allowed in the spectator stands. Glass containers are strictly prohibited at the meet.

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 Meeting:

There will be a Mandatory officials' meeting conducted promptly 1 hour before each session. Please sign up in the officials' room before the start of the meeting. **There will be no Shadowing of New Officials at this meet.**

Services:

A meet program and meet t-shirt will be available for sale.

A wide selection of food will be available from the Cafe. In addition, there will be high quality, well-priced swim equipment and other items for sale from The Deep End. No food or drink is to be consumed in the pool area.

Please do not bring any glass containers into the facility

Seating:

Seating at RPI is limited. Procedures will be posted on the AD web site before the meet.

Official meet results and results file will be posted to the Adirondack Swimming website.

**If you have any questions please call Rod MacDonald 518-527-8416 rod@isdps.org
or JoAnn Faucett 518-399-0494 faucettjm@aol.com**

**** Detailed Adirondack Swimming Championship Meet Requirements**

To: AD Team Contacts, Coaches and Athletes

From: Adirondack Swimming

Adirondack Swimming Athletes ONLY May Enter Either of our Short Course Championship Meets. These meets, Silvers and Golds, are Championship Meets and there will be NO DECK ENTRIES and Entries with No Entry Time (NT) will not be accepted.

There will be no "relay only" swimmers in our championship meets.

All swimmers must qualify to swim the meet in one or more individual events to be able to participate in any relays.

Swimmers must have participated in at least two (2) AD Sanctioned Meets, in the Current SC Season to qualify.

Current Season is September 1st through last AD Sanctioned Meet Prior to Silver Championships.

Qualifying times must have been achieved from January 1, of the previous Short Course Season through Silver Championships.

Observed or Approved Meets May NOT be Used to Fulfill the Minimum Meet Requirement to attend AD Championship Meets. However, All Times (in SWIMS) from these meets are used for entry qualification.

Requirements for Silvers - If a swimmer is to participate in the Adirondack Silver SC Championships, he or she must have competed in at least Two (2) AD Sanctioned meets in the current SC Season, prior to the Silver Championships. A swimmer entering an event in Silver Championships must use his/her **Best Recorded Yards Time in SWIMS**, for the time period of **Jan 1st of last years' SC season to Date**, as the entry time.

Requirements for Golds - If a swimmer is to participate in the Adirondack Gold SC Championships, he or she must have competed in at least two (2) AD Sanctioned meets in the current SC Season, prior to Silver Championships. A swimmer entering an event in Gold Championships must use a **Recorded and Qualifying Yards Time in SWIMS**, for the time period of **Jan 1st of last years' SC season through the current seasons Silver Championships**, to qualify to swim the event.

Recorded SWIMS Times ONLY may be used for entry in Silver and Gold Championships.

Swimmers may NOT enter any Individual Event in Silvers or Golds, where he/she has NO Recorded Time in SWIMS.

Varsity meet times (not in SWIMS) will no longer be used for qualifying in our AD Silver and Gold Championships.

Coach estimated entry times are NO longer allowed for entry to Silvers.

Large Team/Small Team Criteria - Large Teams will be any AD Team with 75 or more Registered Athletes, Small Teams will be any AD Team with less than 75 Registered Athletes. This is Registered to USA Swimming and has no bearing on the number of swimmers entered in the championship meets by each team.

Exceptions will be made in the following circumstances;

1. If a swimmer has transferred to AD from another LSC, at a time where it was too late to be entered in the required number of meets to qualify. This will apply to swimmers who **HAVE MOVED** to our LSC where a change of home address has been made. **The transfer must have been completed by the AD LSC Registrar at least 30 days in advance of the meet.**
2. If a swimmer has had a prolonged medical condition which has not allowed him or her to swim until a time where it was too late to be entered in the required number of meets to qualify. **The swimmers coach MUST notify the Meet Director and Meet Referee, by mail or email, at least 30 days in advance of the meet.**
3. If a swimmer ages up between Silvers and Golds and he or she is too fast for Silvers at the younger age group and too slow for Golds at the older age group, the swimmer may swim in Golds, at the older age group, without having the Gold cut times. Swimmer must enter the meet using actual achieved times and the meet host will allow the times as exceptions if they are too slow for the cutoffs.

Final Approval of ALL Exceptions will be by joint decision of the Meet Referee and Meet Director.

Entries with no entry time (NT) will not be accepted.

These meets, Silvers and Golds, are Championship Meets and there will be NO DECK ENTRIES.

Adirondack Swimming Athletes ONLY May Enter Either of our Short Course Championship Meets.

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 2-4, 2012 ... RPI Troy, NY

FRIDAY, Session 1 ... Warm-ups 2:00pm ... Meet Starts 3:00pm

GIRLS	CUTOFF TIME	EVENT	CUTOFF TIME	BOYS
1	2:43.89	11-12 200 IM	2:43.89	2
3	2:34.99	13-14 200 IM	2:26.99	4
5	2:27.99	15&Over 200 IM	2:18.59	6
7	2:26.19	11-12 200 Freestyle	2:26.19	8
9	2:14.99	13-14 200 Freestyle	2:13.99	10
11	2:10.99	15&Over 200 Freestyle	2:01.49	12
13	2:47.99	11-12 200 Backstroke	2:47.99	14
15	2:35.99	13 -14 200 Backstroke	2:32.79	16
17	2:30.99	15&Over 200 Backstroke	2:22.99	18

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Enter 3 Individual Events on Friday.

Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 2-4, 2012 ... RPI Troy, NY

SATURDAY Session 2, GIRLS ONLY ... Warm-ups 7:30AM ... Meet Starts 8:05AM

GIRLS	CUTOFF TIME	EVENT
19	20.00	8&Under 25 Butterfly
21	44.99	9-10 50 Butterfly
23	36.29	11-12 50 Butterfly
25	44.99	8&Under 50 Freestyle
27	1:21.59	9-10 100 Freestyle
29	1:09.99	11-12 100 Freestyle
31	52.99	8&Under 50 Backstroke
33	1:36.15	9-10 100 Backstroke
35	1:19.99	11-12 100 Backstroke
37	23.00	8&Under 25 Breaststroke
39	48.79	9-10 50 Breaststroke
41	41.99	11-12 50 Breaststroke
43	3:14.84	9-10 200 IM
45	52.99	8&Under 50 Butterfly
47	1:19.79	11-12 100 Butterfly
49	N/A	9-10 200 Medley Relay
51	N/A	8&Under 100 Medley Relay
53	N/A	11-12 200 Medley Relay
55	3:06.19	11-12 200 Breaststroke

SATURDAY Session 3, BOYS ONLY ... Warm-ups 11:30AM ... Meet Starts 12:05PM

EVENT	CUTOFF TIME	BOYS
8&Under 25 Butterfly	20.00	20
9-10 50 Butterfly	44.99	22
11-12 50 Butterfly	36.29	24
8&Under 50 Freestyle	44.99	26
9-10 100 Freestyle	1:21.59	28
11-12 100 Freestyle	1:09.99	30
8&Under 50 Backstroke	52.99	32
9-10 100 Backstroke	1:36.15	34
11-12 100 Backstroke	1:19.99	36
8&Under 25 Breaststroke	23.00	38
9-10 50 Breaststroke	48.79	40
11-12 50 Breaststroke	41.99	42
9-10 200 IM	3:14.84	44
8&Under 50 Butterfly	52.99	46
11-12 100 Butterfly	1:19.79	48
9-10 200 Medley Relay	N/A	50
8&Under 100 Medley Relay	N/A	52
11-12 200 Medley Relay	N/A	54
11-12 200 Breaststroke	3:06.19	56

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Enter 4 Individual Events on Saturday, Plus 1 Relay

Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 2-4, 2012 ... RPI Troy, NY

SATURDAY Session 4 ... Warm-ups 3:00PM ... Meet Starts 3:45PM

GIRLS	CUTOFF TIME	EVENT	CUTOFF TIME	BOYS
57		13&Over 100 Freestyle		58
	1:02.99	13-14 Cut	59.99	
	1:00.19	15&Over Cut	55.99	
59		13&Over 200 Butterfly		60
	2:40.99	13-14 Cut	2:29.99	
	2:35.99	15&Over Cut	2:25.79	
61		13&Over 100 Backstroke		62
	1:11.99	13-14 Cut	1:09.99	
	1:09.99	15&Over Cut	1:05.99	
63		13&Over 200 Breaststroke		64
	2:56.99	13-14 Cut	2:47.99	
	2:55.99	15&Over Cut	2:42.59	
65	N/A	13&Over 200 Medley Relay	N/A	66

**All events in this session are Multi-Age/Multi-Score events.
Events will be seeded and swum as single events, however,
events will be scored separately as 13-14 and 15&Over.**

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Enter 4 Individual Events on Saturday, Plus 1 Relay

Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 2-4, 2012 ... RPI Troy, NY

SUNDAY Session, GIRLS ONLY ... Warm-ups 7:30AM ... Meet Starts 8:05AM

GIRLS	CUTOFF TIME	EVENT
67	16.50	8&Under 25 Freestyle
69	36.50	9-10 50 Freestyle
71	31.59	11-12 50 Freestyle
73	1:52.99	8&Under 100 IM
75	1:34.39	9-10 100 IM
77	1:16.69	11-12 100 IM
79	20.00	8&Under 25 Backstroke
81	44.89	9-10 50 Backstroke
83	36.99	11-12 50 Backstroke
85	58.79	8&Under 50 Breaststroke
87	1:47.69	9-10 100 Breaststroke
89	1:30.29	11-12 100 Breaststroke
91	1:39.99	8&Under 100 Freestyle
93	1:42.09	9-10 100 Butterfly
95	2:57.99	11-12 200 Butterfly
97	N/A	8&Under 100 Free Relay
99	N/A	9-10 200 Free Relay
101	N/A	11-12 200 Free Relay
103	2:53.99	9-10 200 Freestyle

SUNDAY Session 6, BOYS ONLY ... Warm-ups 11:30AM ... Meet Starts 12:05PM

EVENT	CUTOFF TIME	BOYS
8&Under 25 Freestyle	16.50	68
9-10 50 Freestyle	36.50	70
11-12 50 Freestyle	31.59	72
8&Under 100 IM	1:52.99	74
9-10 100 IM	1:34.39	76
11-12 100 IM	1:16.69	78
8&Under 25 Backstroke	20.00	80
9-10 50 Backstroke	44.89	82
11-12 50 Backstroke	36.99	84
8&Under 50 Breaststroke	58.79	86
9-10 100 Breaststroke	1:47.69	88
11-12 100 Breaststroke	1:30.29	90
8&Under 100 Freestyle	1:39.99	92
9-10 100 Butterfly	1:42.09	94
11-12 200 Butterfly	2:57.99	96
8&Under 100 Free Relay	N/A	98
9-10 200 Free Relay	N/A	100
11-12 200 Free Relay	N/A	102
9-10 200 Freestyle	2:53.99	104

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Enter 4 Individual Events on Sunday, Plus 1 Relay

Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 2-4, 2012 ... RPI Troy, NY

SUNDAY Session 7 ... Warm-ups 3:00PM ... Meet Starts 3:45PM

GIRLS	CUTOFF TIME	EVENT	CUTOFF TIME	BOYS
105		13&Over 400IM		106
	5:15.09	13-14 Cut	5:05.99	
	5:12.79	15&Over Cut	4:54.99	
107		13&Over 50 Freestyle		108
	28.59	13-14 Cut	27.59	
	27.99	15&Over Cut	25.59	
109		13&Over 100 Breaststroke		110
	1:21.89	13-14Cut	1:18.39	
	1:20.59	15&Over Cut	1:13.99	
111		13&Over 100 Butterfly		112
	1:12.09	13-14Cut	1:09.99	
	1:08.99	15&Over Cut	1:04.99	
113	N/A	13&Over 200 Free Relay	N/A	114
115		13&Over 500 Freestyle		116
	5:49.99	13-14 Cut (Gold)	5:38.99	
	*5:57.29	13-14 Silvers Cut	*5:51.99	
	5:44.99	15&Over Cut (Gold)	5:19.99	
	*5:57.29	15&O Silvers Cut	*5:51.99	

**All events in this session are Multi-Age/Multi-Score events.
Events will be seeded and swum as single events, however,
events will be scored separately as 13-14 and 15&Over.**

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Enter 4 Individual Events on Sunday, Plus 1 Relay

Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

*** New Silvers Cut for 13 & Over 500 Free
Swimmers must be Faster than or equal to the Silvers Cut
AND Slower than the Gold cut**

Delmar Dolphins Swim Club

ENTRY FEE CALCULATION SHEET

2012 Adirondack Silver Short Course Championships

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

Number of Individual Entries	_____	X \$4.00 = \$	_____
Number of Swimmers	_____	X \$1.00 = \$	_____
Number of Relays	_____	X \$6.00 = \$	_____
Number of Manual Entries	_____	X \$1.00 = \$	_____

Total Amount Due and Enclosed\$_____

MAKE CHECKS PAYABLE TO "Delmar Dolphins Swim Club"

ENTRY DEADLINE ...

Wednesday February 22, 2012, 6:00 PM

This form Must be returned with Check and Entry Report
by February 22, 2012

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

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

Mail Entry Reports and Check to: Dwight Cheu
69 Cambridge Dr. Glenmont, NY 12077

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