

CABIN FEVER INVITATIONAL
SATURDAY FEBRUARY 23, 2013
BALLSTON SPA HIGH SCHOOL

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # **AD13-013**
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
The competition course has not been certified in accordance with 104.2.2C(4).

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: 11:45 am	Meet Starts: 12:30 pm
Session 3: 13&Over	500's Positive Check-in: 4:30	Warm-ups: 4:30 pm	Meet Starts: 5:15 pm

Meet Directors: Heidi Larkin (518) 899-3129 heidilarkin1@gmail.com
Meet Marshall: Mike Momrow
Meet Referee: JoAnn Faucett faucettjm@aol.com

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **Saturday, February 23, 2013**. Rules from the current USA Swimming Technical Rules will be in effect. Swimmers may enter up to 4 Individual Events and 1 Relay. Entries must be submitted electronically, using Hy-Tek or compatible Software. Entries should be submitted via e-mail (or may be sent on CD or floppy disk) to; ballstonspaswordfish@gmail.com
Team entries must be received by Wednesday, February 13, 2013 at 5:00 PM. Please be certain you receive a confirmation response to your email with entries, and please follow up if you do NOT receive a reply. 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.
Mail your summary report and entry check, payable to **BALLSTON SPA SWIM CLUB**, to:

Richard Horsch
16 Century Dr
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, 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, Ann Korzun, 518-877-6571 or akorzun@adirondackswimming.org

NOTE: ALL ATHLETES ATTENDING ANY SANCTIONED MEET, MUST BE UNDER THE DIRECT SUPERVISION OF A CURRENTLY REGISTERED AND CERTIFIED, USA SWIMMING COACH MEMBER. 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. Any swimmer entered in the meet 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. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.
These are USA Swimming Rules, there are no exceptions.

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.

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 Adirondack Swimming website (www.adirondackswimming.org). Swimmers have to provide their own timers for the 500'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 \$108.

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:

Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted in changing areas, rest rooms or locker rooms. Except where venue facilities require otherwise, changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and is strongly discouraged.

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:

Richard Horsch
16 Century Dr
Ballston Spa, NY 12020

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

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.

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 12 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 heidilarkin1@gmail.com or (518) 899-3129.

**CABIN FEVER INVITATIONAL
SATURDAY FEBRUARY 23, 2013
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 Medley Relay	32

SESSION 2 (12&Under): WARM-UPS 11:45AM ... SESSION BEGINS 12:30PM

****Positive Check in for Event 57 & 58 by 11:45AM****

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 Medley Relay	56
57	12&under	500 Freestyle	58

SESSION 3 (13&Over): WARM-UPS 4:30 PM ... SESSION BEGINS 5:15PM

****Positive Check in for Event 75 & 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 Medley Relay	74
75	13&Over	500 Freestyle	76

Each Swimmer May Swim A Maximum Of 4 Individual Events Plus 1 Relay

\$3.50 Per Individual Event Per Athlete For All Athletes

\$1.00 Per Athlete Surcharge

\$6.00 Per Each Relay

For Manual Entries, Add \$1.00 Per Entry (Individual Or Relay)

BALLSTON SPA SWIM CLUB

ENTRY FEE CALCULATION SHEET
CABIN FEVER INVITATIONAL ... FEBRUARY 23, 2013

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

Number of Individual Entries	_____	X \$3.50 = \$	_____
Number of Swimmers	_____	X \$1.00 = \$	_____
Number of Relays	_____	X \$6.00 = \$	_____
Number of Manual (non-electronic) 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 Entry Report and Check
(and Hy-Tek Disk if unable to email entry file)

**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 ... WEDNESDAY,
FEBRUARY 13, 2013 AT 5:00 PM.**

*Mail Entries, Entry Report, This Form and Check to:
Richard Horsch, 16 Century Dr, Ballston Spa, NY 12020*

***Entries must be sent via e-mail to: ballstonspaswordfish@gmail.com**

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