

## AD Club Coaches and Contacts ... R/E Silver Championships

We are providing the following schedule of events to better assist the Silvers Entry Process.

1. Per Announcement – Entries are Due by 5:00PM, Wednesday, February 18, 2015.  
Penny Sorbello (DELM) will import your entries and reply back with a report of your entries as imported  
**Be certain to check your entries immediately and if you have errors, you can resend an updated entry file to Penny by Friday, February 20<sup>th</sup>, 5:00PM**

Teams will have until Friday, February 20, 2015, 5:00PM to resubmit entry files, after which  
**NO ADDITIONAL ELECTRONIC ENTRY FILES WILL BE ACCEPTED**

2. Saturday, February 21, 2015, 9:00AM – Penny will turn the Silvers Meet File over to Bill Faucett

**A. No Additional Electronic Entry Files will be Accepted**

All updates must be made manually (see 3 below), by request of swimmers club/coach

*We will not accept any changes from swimmers parents...*

B. Specific Issues (non-times related) will be emailed directly to the clubs involved

C. Times Reconns will be posted to the "Recon Page" linked on the AD Meet Schedule

### Coaches take special note:

**There will be 2 times recon reports posted to the "recon page" on the AD site;**

1. Meet Entry Times ARE Found in SWIMS but the swimmers also have faster recorded times in SWIMS  
**As Silvers is a "Slower Than" qualifying meet, swimmers MUST enter Silvers with their BEST Recorded SWIMS time in the qualifying period. The swimmers best time found will be used for entry and if that time is a Gold Cut, the entry will be removed from Silvers.**
2. Meet Entry Times are NOT Found in SWIMS, show best time for swimmer if available  
**These times cannot be used for entry as they are NOT recorded in the qualifying period.**  
If swimmer has a Recorded SWIMS time, we will use that time for entry, if the time qualifies.  
If swimmer has NO Recorded or Qualifying SWIMS time, the entry will be removed from Silvers

3. ALL Updates, Additions and Deletions Must be emailed to Bill and plainly described

**Be sure to Identify your Club and use swimmers LEGAL NAMES so we don't make any errors**

Examples: Remove John C Smith from event 62  
Enter John C Smith to event 96 with an entry time of 1:02.43  
Remove James G Williams from Meet ... will not be able to attend  
Add Sally A Jones, DOB 2/23/98, to meet in the following events  
event 43 entry time 56.72  
event 105 entry time 1:02.15

**Changes will be accepted through Monday, February 23, 2015, 5:00PM**

**No further changes will be accepted after that time.**

4. Tuesday, February 24, 2015, AM – Psyche Sheets will be posted and the meet file will be turned over to DELM to prepare the meet program and run meet.

Bill's email [webmaster@adironackswimming.org](mailto:webmaster@adironackswimming.org)

# ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIPS

February 27 - March 1, 2015  
RPI Robison Pool ... Troy, NY

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc. Sanction #AD15-017  
JoAnn Faucett, General Chairman

**Host:** Delmar Dolphins Swim Club

**Place:** RPI Robison Pool, Troy, NY  
Short Course, 25-yard pool, 8 lanes ...Continuous warm-up area ...Colorado automatic timing system with beeper and scoreboard  
**The competition course has not been certified in accordance with 104.2.2C(4).**

**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:** Alan Rosenblum 518-439-4999 alroser5@verizon.net  
**Meet Referee:** JoAnn Faucett 518-399-0494 faucettjm@aol.com  
**Meet Entry Coordinator:** Penny Sorbello 845-235-3393 pennysorbello@msn.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	7:00 am – 7:55 am		8:00 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	7:00 am – 7:55 am		8:00 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 **February 27, 2015.**

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

Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software and Emailed to the **Meet Entry Coordinator.**

Team entries must be received by the **Meet Entry Coordinator** by February 18, 2015, at 5:00pm.

**You will receive a reply to your email with entries ... follow up if you do not receive a reply.**

This meet is open to Adirondack Registered Swimmers Only.

Swimmers must have competed in at least 2 Adirondack Sanctioned Short Course Meets in the 2014-2015 Meet Season.

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

Entry times must have been achieved between January 1, 2014 to date.

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

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

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

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

**As this is a championship meet, Deck Entries and NoTime (NT) Entries will NOT Be Accepted.**

202.3.2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

202.3.4A 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

## USA Swimming Registration:

ALL Swimmers MUST be USA Swimming Registered, as provided in Article 302, at the time their entries are submitted.

Registrations may be obtained from your club registrar. 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, Ann Korzun, 518-877-6571 or [akorzun@adirondackswimming.org](mailto:akorzun@adirondackswimming.org)

## Entry Fees:

Entry fees are \$5.00 per individual event (this includes the \$.50 travel fund surcharge), \$7.00 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.

## Photographers:

Only Professional Photographers or Videographers hired by the host team or Press Photographers, who have been approved in advance by the meet director, will be allowed on deck. A Photographer Registration form must be completed and submitted to the meet director for approval, prior to the meet. 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.

*Parents and Professionals, please refer to the "Meet Policy" above for general restrictions pertaining to all photography at Sanctioned meets.*

## **Meet Policy:**

**Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted behind the starting blocks, including any spectator area behind the starting blocks, in changing areas, rest rooms or locker rooms.**

**Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.**

**No one will be allowed on the deck except USA-S Registered Officials and 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.**

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.

## **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.

## **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 8, 13-15, 2015) will be able to submit entries for that meet on Monday, March 2<sup>nd</sup> 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.

## **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 will be available for sale.

A swimming equipment vendor will be selling equipment during the meet. There will also be a vendor selling T-shirts

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.

## **Results:**

After the meet, the full Officials results and results files will be posted to the Adirondack Swimming website: [www.adirondackswimming.org](http://www.adirondackswimming.org)

During the meet, real-time results will be available via the Meet Mobile app

**If you have any questions please contact the Meet Director or the Meet Referee**

## **\*\* 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 1<sup>st</sup> through last AD Sanctioned Meet Prior to Silver Championships.

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

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

**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.

**Requirements for Silvers** - If a swimmer is to participate in the Adirondack Silver SC Championships, he/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 Silver Championships must use his/her **Best Recorded Yards Time in SWIMS**, for the time period of **Jan 1<sup>st</sup> 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/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 1<sup>st</sup> of last years' SC season through the current seasons Silver Championships**, as the entry time.

**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

February 27 – March 1, 2015 ... 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	2:33.99	13-14 200 IM	2:26.99	4
5	2:27.99	15&Over 200 IM	2:17.69	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	2:32.59	13 -14 200 Backstroke	2:28.59	16
17	2:31.99	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: \$5.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$7.00 Per Relay

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

# ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

February 27 – March 1, 2015 ... RPI Troy, NY

**SATURDAY Session 2, GIRLS ONLY ... Warm-ups 7:00AM ... Meet Starts 8:05AM**

GIRLS	CUTOFF TIME	EVENT
19	20.00	8&Under 25 Butterfly
21	43.99	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	1:11.49	11-12 100 Freestyle
31	52.99	8&Under 50 Backstroke
33	1:32.99	9-10 100 Backstroke
35	1:19.99	11-12 100 Backstroke
37	23.00	8&Under 25 Breaststroke
39	49.99	9-10 50 Breaststroke
41	42.99	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	43.99	22
11-12 50 Butterfly	35.89	24
8&Under 50 Freestyle	44.99	26
9-10 100 Freestyle	1:21.59	28
11-12 100 Freestyle	1:08.99	30
8&Under 50 Backstroke	52.99	32
9-10 100 Backstroke	1:32.99	34
11-12 100 Backstroke	1:18.99	36
8&Under 25 Breaststroke	23.00	38
9-10 50 Breaststroke	49.99	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: \$5.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$7.00 Per Relay

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

# ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

February 27 – March 1, 2015 ... 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	54.59	
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	
	2:50.09	15&Over Cut	2:39.99	
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.  
This includes Relays ... relay teams are to be 13-14 ONLY and 15&Over ONLY**

ENTRIES MUST BE SLOWER THAN CUT TIMES  
Swimmers May Enter 4 Individual Events on Saturday, Plus 1 Relay  
Individual Entries: \$5.00 per event + \$1.00 Surcharge Per Swimmer  
Relay Entries: \$7.00 Per Relay  
All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

# ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

February 27 – March 1, 2015 ... RPI Troy, NY

**SUNDAY Session 5, GIRLS ONLY ... Warm-ups 7:00AM ... 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	1:17.79	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	1:46.09	9-10 100 Breaststroke
89	1:32.59	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	31.29	72
8&Under 100 IM	1:52.99	74
9-10 100 IM	1:33.39	76
11-12 100 IM	1:17.79	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	2:46.99	104

ENTRIES MUST BE SLOWER THAN CUT TIMES

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

Individual Entries: \$5.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$7.00 Per Relay

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



# ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

February 27 – March 1, 2015 ... 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	4:49.99	
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	
	1:19.59	15&Over Cut	1:12.59	
111		13&Over 100 Butterfly		112
	1:13.29	13-14Cut	1:09.99	
	1:08.99	15&Over Cut	1:02.99	
113	N/A	13&Over 200 Free Relay	N/A	114
115		13&Over 500 Freestyle		116
	5:46.99	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.  
 This includes Relays ... relay teams are to be 13-14 ONLY and 15&Over ONLY

**Positive Check-in for 400 IM and 500 Free Events by 3:00 PM**

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Enter 4 Individual Events on Sunday, Plus 1 Relay  
 Individual Entries: \$5.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$7.00 Per Relay

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

**\* 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

### 2015 Adirondack Silver Short Course Championships

TEAM NAME \_\_\_\_\_  
CONTACT PERSON \_\_\_\_\_  
PHONE NUMBER \_\_\_\_\_  
E-Mail ADDRESS \_\_\_\_\_

Number of Individual Entries \_\_\_\_\_ X \$5.00 = \$ \_\_\_\_\_  
Number of Swimmers \_\_\_\_\_ X \$1.00 = \$ \_\_\_\_\_  
Number of Relays \_\_\_\_\_ X \$7.00 = \$ \_\_\_\_\_  
Number of Manual Entries \_\_\_\_\_ X \$1.00 = \$ \_\_\_\_\_

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

**MAKE CHECKS PAYABLE TO "Delmar Dolphins Swim Club"**

### ***ENTRY DEADLINE ...***

***Wednesday February 18, 2015, 5:00 PM***

This form Must be returned with Check and Entry Report  
by February 18, 2015

**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:**

Name: Penny Sorbello  
Address: 3 Concord Rd, Glenmont, NY 12077

**E-mail Entry File to:** PENNYSORBELLO@MSN.COM