

# REGION 1 SHORT COURSE INVITATIONAL

FRIDAY, FEBRUARY 12 – MONDAY, FEBRUARY 15, 2016

Union College Alumni Gym – Schenectady, NY  
Niskayuna High School Pool – Niskayuna, NY

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD16-016  
JoAnn Faucett, General Chairman  
It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Host:** Schenectady-Saratoga Swim club

**Place:** Union College Alumni Gymnasium, Schenectady, NY **and** Niskayuna High School, Niskayuna, NY  
These are 25-yard 8-lane pools with Colorado timing systems and displays.  
The deep-water setups will be utilized. Continuous warm-up warm-down time is provided.  
**These competition courses have not been certified in accordance with 104.2.2C(4).**

**Pool Depths:** **Union College Pool – Water Depths:**  
From Start End of Pool, depth of Pool at One (1) Meter is **10'0"** and at Five (5) Meters is **13'0"**.  
From Turn End of Pool, depth of Pool at One (1) Meter is **6'6"** and at Five (5) Meters is **6'9"**.  
**Niskayuna High School Pool – Water Depths:**  
From Start End of Pool, depth of Pool at One (1) Meter 13'0" and Five (5) Meters 13'0"  
From Turn End of Pool, Depth of Pool at One (1) Meter 4'4" and Five (5) Meters 4'8"

**Time:**

Day	Session	Warm-Up Start Time	Session Start Time
Friday February 12, 2016	<b>Session 1</b> Timed Finals	5:00pm	5:50pm
Saturday February 13, 2016	<b>Session 2</b> Saturday Prelims	7:30am	9:00am
	<b>Session 3</b> Saturday Finals	4:00pm	5:00pm
Sunday February 14, 2016	<b>Session 4</b> Sunday Prelims	7:30am	9:00am
	<b>Session 5</b> Sunday Finals	4:00pm	5:00pm
Monday February 15, 2016	<b>Session 6</b> Monday Prelims at Niskayuna High School	7:30am	9:00am
	<b>Session 7</b> Monday Finals	4:30pm	5:30pm

**Meet Directors:** Kara Haraden 518-365-6516 [hondamen@aol.com](mailto:hondamen@aol.com)  
Sara Gregory 518-256-5556 [saradgregory@hotmail.com](mailto:saradgregory@hotmail.com)  
**Meet Referee:** Sean Caron 518-698-5434  
**Meet Entry Coordinator:** Arianna Arazi 512-658-7729 [entries@schenectadyswimclub.org](mailto:entries@schenectadyswimclub.org)

## Entry Rules:

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** at [entries@schenectadyswimclub.org](mailto:entries@schenectadyswimclub.org). The deadline for entries is **Monday, February 1, 2015 at 5:00 PM**; however, the meet may close prior to that date, please read guidelines below.

1. Entries will be accepted on and after January 4, 2016. Entries received prior to that date will be considered as having been received on January 4, 2016. All entries will be accepted in the order they are received, and entered into the meet as space allows. **This meet will be limited to approximately 320 swimmers.**
2. Entries from AD LSC teams received by Friday, January 10, 2016, will be given priority on a first come-first served basis. AD entries received after January 10, 2016 will be accepted in the order they were received, and entered as space allows.
3. Any entries received after the deadline will be accepted only at the discretion of the Meet Director.
4. Swimmers may enter one (1) individual event on Friday, and up to three (3) individual events plus one (1) relay per day on Saturday, Sunday, and Monday, for a **maximum total of 7 individual events and 3 relays for the entire meet.**
5. Swimmers may enter two (2) bonus events for every qualifying event. All entries must have verifiable times equal to or faster than qualifying times. Please see page 4 for a complete list of events and qualifying times and refer to important entry instructions below regarding submission of).
6. If the entries for the Friday distance session add-up to a session that exceeds 3 hours, bonus swimmers may be cut from the session. Any cut swimmers will be given the opportunity to enter another event.
7. The host team reserves the right to enter its own swimmers at any time and regardless of qualifying times.
8. Any schedule changes that may occur during the meet will be announced at the meet and communicated through e-mail to participating team coaches/representatives.

Meet entries will be cut off when meet reaches 320 athletes in any session. If additional changes are still necessary, the Meet Director and Meet Referee will jointly determine a resolution in the best interest of the swimmers. All fees paid for cut entries, if any, will be refunded. Session start-times may also need to be adjusted; attending teams will be notified of any changes via e-mail by Friday, February 5, 2016, and all changes will be posted to the AD Web site.

#### IMPORTANT ENTRY INSTRUCTIONS:

The following three files must be e-mailed to the Meet Entry Coordinator:

- Electronic entries file
- **List of entries with proof of times**

Entry Fee Calculation Sheet must accompany your payment and mailed to the meet entry coordinator.

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)

### Swimming Events:

Session 1 - Friday Distance Session will be a positive check-in session. Swimmers not checked in by the start of warm-up will be scratched from the session. The 1650 Freestyle heats will be swum fastest to slowest starting with the fastest women's heat and then alternating between women's and men's heats. Slower heats may be combined, if necessary. This event is a timed final.

Sessions 2, 4, and 6 – Morning prelim sessions will be swum with circle-seeded heats. The top 24 finishers in prelims will advance to finals.

**NOTE: Monday morning's session will be held at Niskayuna High School at 1626 Balltown Road, Niskayuna, NY 12309 Please note that spectator and deck space at that pool is limited.**

Sessions 3, 5, and 7 – Evening finals sessions will include a break following each GIRLS/BOYS event, during which a brief awards ceremony will take place. Please refer to the Finals and Consolations section below for additional information regarding finals.

All relay events will be swum as timed final events, see the following Relays section for more details.

### Relays:

Relays are timed-final events and will be swum during prelim (morning) sessions, except for the fastest heat. The fastest heat of each relay event (based on seed times) will swim in the evening during the finals session. All relays must be positively checked-in by the appropriate scratch deadline. Relay participants must be declared to the Clerk of Course (computer desk) one hour before the relay swims, but may be changed up to the time of the swim. Note: only the fastest two relays per team may score points

Monday Relay – The "Monday Relay Rule" will be in effect. All Monday relays will be asked to declare a preference for swimming with preliminaries or with finals by the check-in deadline – end of Sunday finals. The fastest 8 relays (based on seed times) that declare a preference to swim during the evening finals will be placed in the final heat to swim the evening finals session (Session 7). All other Monday relays will swim during the morning prelim session (Session 6).

### Finals and Consolations:

Sessions 2, 4, and 6, morning prelim sessions, will be swum with circle-seeded heats. The top 24 finishers in prelims will swim in the evening finals (Sessions 3, 5, and 7), as follows:

- C-Final – The Bonus final (17<sup>th</sup> through 24<sup>th</sup> place finishers from prelims)
- B-Final – The Consolation final (9<sup>th</sup> through 16<sup>th</sup> place finishers from prelims)
- A-Final – Top 8 finishers from prelims.

### Positive Check-In and Scratches:

Scratch sheets will be provided to each team at Meet Check-in. Swimmers who do not show up for an event in which they were seeded will be scratched from their next event.

Scratch deadlines are as follows:

- Session 1 Scratches – Positive check-in deadline is **Friday, 5:00 PM**. Swimmers who do not check-in by the deadline will be scratched.
- Session 2 Scratches – Deadline is **Friday 7:30 PM**. Check-in is for all Saturday individual *and* relay events.
- Session 4 Scratches – Deadline is **Saturday 6:00 PM** for all Sunday individual *and* relay events
- Session 6 Scratches – Deadline is **Sunday, 6:00 PM** for all Monday individual *and* relay events

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

### 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:

For Session 1, Friday distance session, swimmers will be expected to provide their own timers and counters. For all other sessions, participating clubs will be expected to provide lane timers. A schedule of timing assignments will be published prior to the meet on the AD Web site.

## Deck Entries:

**Deck Entries may be accepted at the discretion of the meet host. All deck entry requests must be submitted by the scratch deadline for the corresponding session.**

Deck Entry requests must be submitted at least 1 hour prior to the start of the session, and are subject to the following guidelines.

1. 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 Team Listing or Deck Pass.

**If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, to UN-AD (unattached) at an LSC fee of \$60.00 plus the current USA Swimming Registration fee.**

**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 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.

## Services:

Food will be on sale during all sessions of the meet. A meet program will be available for purchase which will cover all sessions. A swimming equipment vendor will be selling equipment during the meet (at Union College only). **Smoking is NOT permitted in the building.** Glass containers of any kind are strictly prohibited in the pool area.

**PLEASE DO NOT pack any glass containers when going to any pool.**

## 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 \$7.50 per individual event, which includes the \$.50 AD travel fund surcharge, and \$10.00 per relay, which includes the \$1.00 AD travel fund surcharge. There is a \$1 per swimmer surcharge for the meet. Time Trials are \$10.00 and must be approved by the Meet Director & Meet Referee.

**ALL MANUAL ENTRIES, INCLUDING DECK ENTRIES (NON-ELECTRONIC) ARE SUBJECT TO A SURCHARGE OF \$1.00 PER ENTRY, WHICH APPLIES TO INDIVIDUAL AND RELAY ENTRIES.**

Make your entry check payable to **Schenectady-Saratoga Swim Club** and mail your check and entry summary sheet to the **Meet Entry Coordinator: Arianna Arazi, 25 Forestbrook Drive, Ballston Lake, NY 12019.**

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

## 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.*

## Awards:

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

## Scoring:

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

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

## Time Trials:

Time Trials may be offered during the break between prelims and finals sessions, with a limit of one (1) time trial per swimmer. Time trials must be requested by the end warm-up of the prelims session on the day of the time trial, and all requests must be approved by the Meet Director and Meet Referee. Time Trials will be \$10.00 each entry.

**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.

**Hotel Accommodations:**

**Hampton Inn Downtown Schenectady**  
450 State St, Schenectady, NY 12305

<http://www.hamptonschenectady.com>  
518-377-4500

**DoubleTree by Hilton Hotel Schenectady**  
100 Nott Terrace, Schenectady, NY 12308

<http://doubletree3.hilton.com/en/hotels/new-york/doubletree-by-hilton-hotel-schenectady-SCHNTDT/index.html>  
518-393-4141

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

# REGION 1 SHORT COURSE INVITATIONAL

FRIDAY, FEBRUARY 12 – MONDAY, FEBRUARY 15, 2016

Union College Alumni Gym – Schenectady, NY and Niskayuna High School Pool – Niskayuna, NY

<b>SESSION 1 – Friday February 12, 2016</b>				
Warm-Ups and Positive Check-In Deadline at 5:00 PM – Session starts at 5:50 PM				
GIRLS EVENT	QUALIFYING TIME (BONUS QUALIFYING TIME)	EVENT DESCRIPTION	QUALIFYING TIME (BONUS QUALIFYING TIME)	BOYS EVENT
1	18:29.99 (18:45.99)	1650 Yard Freestyle <i>Timed Final</i>	17:29.99 (17:49.99)	2

<b>SESSIONS 2 AND 3 – Saturday February 13, 2016</b>				
Prelims Warm-Ups at 7:30 AM, Session Starts at 9:00 AM Finals Warm-Ups at 4:00 PM, Session Starts at 5:00 PM				
GIRLS EVENT	QUALIFYING TIME (BONUS QUALIFYING TIME)	EVENT DESCRIPTION	QUALIFYING TIME (BONUS QUALIFYING TIME)	BOYS EVENT
3	2:00.99 (2:03.99)	200 Yard Freestyle	1:53.89 (1:59.99)	4
5	1:01.29 (1:03.99)	100 Yard Butterfly	58.69 (1:01.39)	6
7	4:49.99 (4:57.99)	400 Yard IM	4:37.99 (4:47.99)	8
9	1:13.49 (1:15.99)	100 Yard Breaststroke	1:07.59 (1:11.99)	10
<i>10 Minute Break</i>				
11	3:59.99	400 Yard Freestyle Relay	3:49.99	12

<b>SESSION 4 AND 5 – Sunday February 14, 2016</b>				
Prelims Warm-Ups at 7:30 AM / Session Starts at 9:00 AM Finals Warm-Ups at 4:00 PM / Session Starts at 5:00 PM				
GIRLS EVENT	QUALIFYING TIME (BONUS QUALIFYING TIME)	EVENT DESCRIPTION	QUALIFYING TIME (BONUS QUALIFYING TIME)	BOYS EVENT
13	2:15.49 (2:20.49)	200 Yard IM	2:05.99 (2:13.99)	14
15	25.99 (26.99)	50 Yard Freestyle	23.99 (25.49)	16
17	2:15.49 (2:20.29)	200 Yard Backstroke	2:05.99 (2:11.99)	18
19	5:21.99 (5:26.99)	500 Yard Freestyle	5:07.99 (5:12.99)	20
<i>10 Minute Break</i>				
21	4:30.75	400 Yard Medley Relay	4:06.00	22

<b>SESSION 6 AND 7 – Monday February 15, 2016</b>				
Warm-Ups at 7:30 AM / Session Starts at 9:00 AM Finals Warm-Ups at 4:30 PM / Session Starts at 5:30 PM				
GIRLS EVENTS	QUALIFYING TIME (BONUS QUALIFYING TIME)	EVENT DESCRIPTION	QUALIFYING TIME (BONUS QUALIFYING TIME)	BOYS EVENTS
23	55.69 (57.29)	100 Yard Freestyle	52.09 (54.39)	24
25	2:37.99 (2:41.99)	200 Yard Breaststroke	2:26.99 (2:33.99)	26
27	1:02.99 (1:04.99)	100 Yard Backstroke	1:00.09 (1:02.99)	28
29	2:19.99 (2:23.99)	200 Yard Butterfly	2:05.99 (2:13.99)	30
<i>10 Minute Break</i>				
31	8:26.99	800 Yard Freestyle Relay	7:49.99	32

Finals will follow the same order as prelims. Relays are timed finals, and the fastest heat of all relays will swim with finals.

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

one (1) relay per day on Saturday, Sunday, and Monday.

**\$7.50 Per Individual Event Per Athlete for ALL Athletes || \$1.00 Per Athlete Surcharge || \$10.00 Per Each Relay**

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FRIDAY, FEBRUARY 12 – MONDAY, FEBRUARY 15, 2016

Union College Alumni Gym – Schenectady, NY

Niskayuna High School Pool – Niskayuna, NY

## ENTRY FEE CALCULATION SHEET

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 (non-electronic) Entries	_____	X \$1.00 = \$	_____

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

## ENTRY DEADLINE: MONDAY FEBRUARY 1, 2016

MAKE CHECKS PAYABLE TO: *SCHENECTADY-SARATOGA SWIM CLUB*

Email your entries to the Meet Entry Coordinator

**This form Must be returned with Entry Report and Check  
to the Meet Entry Coordinator:**

Arianna Arazi

25 Forestbrook Drive, Ballston Lake, NY 12019

512-658-7729 / [entries@schenectadyswimclub.org](mailto:entries@schenectadyswimclub.org)

**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**