

**CABIN FEVER INVITATIONAL  
SATURDAY FEBRUARY 20, 2016  
BALLSTON SPA HIGH SCHOOL**

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD16-021  
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:** 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:** Depth of Pool at One (1) Meter 13' 0" and Five (5) Meters 13' 0" from Start End of Pool.  
Depth of Pool at One (1) Meter 4' 4" and Five (5) Meters 4' 8" from Turn End of Pool.

<b>Time:</b> Session 1: 10&Under		Warm-ups: 6:55 am	Meet Starts: 7:45 am
Session 2: 12&Under	500's Positive Check-in: 11:30	Warm-ups: 11:10 am	Meet Starts: 12:00 pm
Session 3: 13&Over	500's Positive Check-in: 4:00	Warm-ups: 3:40 pm	Meet Starts: 4:30 pm

<b>Meet Director:</b>	Jill Hodge	<a href="mailto:jmhodge11@gmail.com">jmhodge11@gmail.com</a>	518-885-2936
<b>Meet Referee:</b>	JoAnn Faucett	<a href="mailto:faucettjm@aol.com">faucettjm@aol.com</a>	
<b>Meet Entry Coordinator:</b>	Richard Horsch	<a href="mailto:ballstonspaswordfish@gmail.com">ballstonspaswordfish@gmail.com</a>	518-884-0230

**Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on **Saturday, February 20, 2016**. Rules from the current USA Swimming Technical and Administrative Rules will be in effect. Swimmers may enter up to 4 Individual Events and 1 Relay. 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 **Wednesday, February 10, 2016 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.**

**Oversubscribed Meet Procedures:**

In the event that any of the sessions in the meet become oversubscribed and the session length interferes with the session start times, the following events will be removed from the session.

Session 1 ( 10 and Under )	Events 31 & 32	200 Freestyle Relay
Session 2 ( 12 & Under )	In order of removal: Events 55 & 56 Events 37 & 38	200 Freestyle Relay 200 IM
Session 3 ( 13 & Over )	In order of removal: Events 73 & 74 Events 75 & 76	200 Freestyle Relay 500 Freestyle

**If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. Attending teams will be notified of any changes via email and all changes will be posted to the AD Web Site. All fees paid for cut entries will be refunded.**

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:**

**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](http://www.adirondackswimming.org)). **Swimmers have to provide their own timers and counters 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 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 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 \$4.50 per individual event, which includes the \$.50 AD travel fund surcharge, \$7.00 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 the **Meet Entry Coordinator**. Richard Horsch 16 Century Dr Ballston Spa, NY 12020

*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 for 1st-3rd place in individual events. Ribbons will be awarded for 4th-10th place in individual events and 1st-3rd 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 Jill Hodge at [jmhodge11@gmail.com](mailto:jmhodge11@gmail.com) or 518-885-2936.**

**2016 CABIN FEVER INVITATIONAL  
SATURDAY FEBRUARY 20, 2016  
BALLSTON SPA HIGH SCHOOL**

**SESSION 1 (10&Under): WARM-UPS 6:55AM ... 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 11:10 AM ... SESSION BEGINS 12:00 PM**

**\*\*Positive Check in for Event 57 & 58 by 11:30 AM\*\***

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

**SESSION 3 (13&Over): WARM-UPS 3:40 PM ... SESSION BEGINS 4:30 PM**

**\*\*Positive Check in for Event 75 & 76 by 4:00PM\*\***

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

**Each Swimmer May Swim A Maximum Of 4 Individual Events Plus 1 Relay  
\$4.50 Per Individual Event Per Athlete For All Athletes  
\$1.00 Per Athlete Surcharge and \$7.00 Per Each Relay  
For Manual Entries, Add \$1.00 Per Entry (Individual Or Relay)**

# **BALLSTON SPA SWIM CLUB**

## ENTRY FEE CALCULATION SHEET

2016 CABIN FEVER INVITATIONAL ... FEBRUARY 20, 2016

TEAM NAME \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

E-Mail ADDRESS \_\_\_\_\_

Number of Individual Entries \_\_\_\_\_ X \$4.50 = \$ \_\_\_\_\_

Number of Swimmers \_\_\_\_\_ X \$1.00 = \$ \_\_\_\_\_

Number of Relays \_\_\_\_\_ X \$7.00 = \$ \_\_\_\_\_

Number of Manual (non-electronic) Entries \_\_\_\_\_ X \$1.00 = \$ \_\_\_\_\_

Total Entry Fee Due and Enclosed .....\$ \_\_\_\_\_

**ENTRY DEADLINE ... WEDNESDAY,  
FEBRUARY 10, 2016 AT 5:00 PM.**

*MAKE CHECKS PAYABLE TO BALLSTON SPA SWIM CLUB*

Email your entries to the Meet Entry Coordinator

This form Must be returned with Entry Report 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.*

**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**