

# Jack Frost Invitational 2018

## Southern Saratoga YMCA ... 1/6/2018

### Held under the Approval of Adirondack Swimming, Inc. Approval # APP18-004

In granting this Approval it is understood and agreed that USA Swimming and Adirondack Swimming, Inc. shall be free and held harmless from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Host:** Southern Saratoga YMCA Barracudas

**Place:** Southern Saratoga YMCA, 1 Wall St., Clifton Park, NY  
Short Course 25 Yard Pool, 8 lanes  
Daktronics Automatic Timing System, Starting System, & Scoreboard

The competition course has not been certified in accordance with 104.2.2C(4).

**Pool Depths:** Start End 1 meter= 9'6" ... 5 meters= 8'9" Turn End 1 meter= 3'6" ... 5 meters= 4'3"

**Time:** Session 1: 10 & Under – Warm Ups @ 7:00am, Start @ 8:00am  
Session 2: Distance Events – Warm Ups @ 1:00pm, Start @ 1:30pm  
Session 3: 11 & Over – Warm Ups @ 3:00pm, Start @ 4:00pm

**Meet Director:** Dan Carter ([southernsaratogabarracudas@gmail.com](mailto:southernsaratogabarracudas@gmail.com))

**Admin Official:** Greg Wheeler ([gpwusa@gmail.com](mailto:gpwusa@gmail.com))

### Attending Teams:

North Country League and Oneida YMCA Dolphins

### Entry Rules:

The eligibility of a swimmer will be determined by his or her age on [December 1, 2017](#)

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

[Swimmers may enter 4 Individual Events and 3 Relays](#)

[Entries must be received by Tuesday December 19<sup>th</sup> 2017](#)

Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software.

Entries must be submitted via e-mail to: Dan Carter ([southernsaratogabarracudas@gmail.com](mailto:southernsaratogabarracudas@gmail.com))

Swimmers may swim-up in age group in any or all events entered.

All coaches are responsible for making certain that swimmers and parents understand the entry requirements for the meet.

### USA Swimming Registration:

Club athletes may obtain USA Swimming Registration from your Club Registrar

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)

### 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.

A Warm Up Schedule will be provided to each club at least one week before the meet date.

### Meet Policy:

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

**Deck changes are prohibited.**

### 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.

### Timers:

Clubs will be required to provide timers based upon their number of entries. The organizing team will make timing assignments. The lane assignments will be posted outside the official's room and throughout the meet facility. A copy will be displayed in the program. Please report to the chief timer on deck 15 minutes prior to your timing assignments.

Swimmers have to provide their own timers and counters for all events in Session 2 – Distance Events (500's, 1000's, 1650's and 400 IM's).

### Awards:

Awards for individual events, ribbons will be awarded for finishes 1<sup>st</sup> through 8<sup>th</sup> place.

For relays ribbons will be awarded for 1<sup>st</sup> through 8<sup>th</sup> place.

### Services:

A concession stand will be available throughout the meet. No food or drink will be allowed in the pool, locker rooms, or anywhere outside of the designated areas. GLASS containers of any kind are NOT permitted in the pool or spectator areas. This policy will be strictly enforced. Smoking is NOT permitted in the facility.

**Meet Notes:**

This meet is an Adirondack Swimming Approved Meet. When all conditions of Approval are met, all times achieved by USA Swimming, Inc. Registered Athletes will be loaded to the USA Swimming National Database, SWIMS. **For times to be used, all swims must be observed by a minimum of 2, USA Swimming Registered and Certified Stroke and Turn Officials, one located at each end of the pool, at all times during the meet. The meet must also be overseen by a current USA Swimming Admin Official.**

As this is Not a Sanctioned Meet, it may Not be used to satisfy the Adirondack Swimming Minimum Meet Requirement for Championship Eligibility. However, All legal times achieved May be used for entry qualification purposes in any USA Swimming Sanctioned Meet.

**Inclement Weather/Cancelation:**

There is no alternate for the meet if it is cancelled.

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**Session #1 – 10 & Under**

**Warm-up @ 7:00am, Start @ 8:00am**

<b>Girls Event #'s</b>	<b>Age</b>	<b>Event</b>	<b>Boys Event #'s</b>
1	8 & Under	100 Medley Relay	1
2	9-10	200 Medley Relay	2
3	8 & Under	100 Freestyle	4
5	9-10	200 Freestyle	6
7	8 & Under	25 Butterfly	8
9	9-10	50 Butterfly	10
11	8 & Under	25 Backstroke	12
13	9-10	50 Backstroke	14
15	8 & Under	50 Freestyle	16
17	9-10	100 Freestyle	18
19	8 & Under	25 Breaststroke	20
21	9-10	50 Breaststroke	22
23	8 & Under	25 Freestyle	24
25	9-10	50 Freestyle	26
27	8 & Under	100 IM	28
29	9-10	100 IM	30
31	8 & Under	100 Freestyle Relay	31
32	9-10	200 Freestyle Relay	32

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### Session #2 – Distance Events      Warm-up @ 1:00pm, Start @ 1:30pm

\*\*\*All Session 2 Events are Mixed\*\*\*

33	Open	500 Freestyle
34	Open	1000 Freestyle
35	Open	1650 Freestyle
36	Open	400 IM

#### Session #2 – Qualifying Times

##### Event 19 - 500 Freestyle

Girls		Boys	
Age Group	Qualifying Time	Age Group	Qualifying Time
8&Under	8:00.00	8&Under	8:00.00
9-10	8:00.00	9-10	8:00.00
11-12	7:35.00	11-12	7:35.00
13-14	7:15.00	13-14	7:05.00
15-18	6:50.00	15-18	6:40.00

##### Event 20 - 1000 Freestyle

Girls		Boys	
Age Group	Qualifying Time	Age Group	Qualifying Time
Open	16:00.00	Open	15:00.00

##### Event 21 - 1650 Freestyle

Girls		Boys	
Age Group	Qualifying Time	Age Group	Qualifying Time
Open	25:00.00	Open	24:00.00

##### Event 22 - 400 IM

Girls		Boys	
Age Group	Qualifying Time	Age Group	Qualifying Time
Open	6:00.00	Open	5:40.00

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Session #3 – 11 & Over      Warm-up @ 3:00pm, Start @ 4:00pm

Girls Event #'s	Age	Event	Boys Event #'s
37	11-12	200 Medley Relay	37
38	13 & Over	200 Medley Relay	38
39	11-12	200 Freestyle	40
41	13 & Over	200 Freestyle	42
43	11-12	50 Butterfly	44
45	13 & Over	100 Butterfly	46
47	Open	200 Breaststroke	47
- Break -	5 Minutes	Warm Ups	
48	Open	400 Freestyle Relay	48
49	11-12	50 Freestyle	50
51	13 & Over	50 Freestyle	52
53	11-12	50 Breaststroke	54
55	13 & Over	100 Breaststroke	56
57	Open	200 Backstroke	57
58	Open	400 Medley Relay	58
- Break -	5 Minutes	Warm Ups	
59	Open	200 Butterfly	59
60	11-12	50 Backstroke	61
62	13 & Over	100 Backstroke	63
64	11-12	100 Freestyle	65
66	13 & Over	100 Freestyle	67
68	11-12	200 IM	69
70	13 & Over	200 IM	71
72	11-12	200 Freestyle Relay	72
73	13 & Over	200 FREESTYLE RELAY	73

**Each Swimmer May Swim A Maximum of 4 Individual Events Per Day Plus 3 Relays**

**\$2.50 PER INDIVIDUAL EVENT, \$6.00 PER RELAY EVENT**  
**\$2.00 SURCHARGE PER SWIMMER**  
**\$1.00 SURCHARGE PER EVENT FOR MANUAL ENTRIES**

**“Southern Saratoga Barracudas”  
ENTRY FEE CALCULATION SHEET**

***Jack Frost Invitational***

**Southern Saratoga YMCA, January 6th, 2018**

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

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

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

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

Number of Individual Entries \_\_\_\_\_ X \$2.50 = \$ \_\_\_\_\_  
Number of Swimmers \_\_\_\_\_ X \$2.00 = \$ \_\_\_\_\_  
Number of Relays \_\_\_\_\_ X \$6.00 = \$ \_\_\_\_\_  
Number of Manual (non-electronic) Entries \_\_\_\_\_ X \$1.00 = \$ \_\_\_\_\_  
Total Amount Due and Enclosed .....\$ \_\_\_\_\_

**ENTRY DEADLINE.. 12/19/2017**

**MAKE CHECKS PAYABLE TO “Southern Saratoga YMCA”**

Email your entries to Dan Carter ([southernsaratogabarracudas@gmail.com](mailto:southernsaratogabarracudas@gmail.com))  
Please title the email “*Jack Frost Invitational Entries – Team Name*”

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

Dan Carter  
1 Wall St., Clifton Park, NY 12065  
518-371-2139  
[southernsaratogabarracudas@gmail.com](mailto:southernsaratogabarracudas@gmail.com)

Entries will be posted to the meet program  
upon RECEIPT OF CHECK ONLY  
“Southern Saratoga Barracudas” assumes no responsibility  
for meet close-out due to late entries