

DELMAR DOLFIN SWIM CLUB
FEBRUARY FREEZE
FEBRUARY 1, 2026
UNION COLLEGE, SCHENECTADY, NEW YORK

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD26-015
Sean Caron, General Chairman
In granting this sanction 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: DELMAR DOLFIN SWIM CLUB

Place: Union College, Alumni Gymnasium Pool, 807 Union Street Schenectady, NY 12308
25 Yard, 8 Lane Pool, and Continuous Warm Up Pool - with Superior timing systems and Colorado displays. Continuous warm-up warm-down time is provided.
The competition course has not been certified in accordance with 104.2.2C(4).

Pool 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"

Time:

Session	Age Groups	Warm-up	Meet Start	Positive Check-In
Session 1 - AM	9-10, 11-12	7:30 AM	8:30 AM	None
Session 2 - PM	8 & Under, 13 & Over	12:30 PM	1:30 PM	None

Meet Directors: Adam Hershberg 518-522-6360 adregistrar12@gmail.com
Nathan Bryant 518-514-8713 bryantjnathan@icloud.com
Meet Referee: JoAnn Faucett 518-496-6136 faucettjm@aol.com
Meet Entry Coordinator: Liz Hulihan 518-598-6964 dolphinsmeetentries@gmail.com

Spectator Limits:

In accordance with Union College regulations, spectator attendance may be limited to comply with building safety rules. After all entries are received, we will notify clubs of the likelihood of limits having to be enforced
Timers will be allowed entry to work their specified shift

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **February 1, 2026**.
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 **Friday, January 23, 2026**.
Swimmers may enter a maximum of four (4) individual events and one (1) relay.

In the event the meet is oversubscribed, the Meet Director may cut relays to achieve the desired timeline. If after removing relays, the meet is still oversubscribed, the Meet Director and Meet Referee will work together to determine how entries are removed, with the best interest of the swimmers in mind. 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 without the use of the backstroke ledge. 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:

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302
All registrations are completed using the USA Swimming Online Member Registration (OMR) system.
Refer to the AD web site, "USA-S Registrations" page for information.
Adirondack Meets are reconciled for current USA Swimming Registration. Unregistered or expired swimmers will be removed from the meet.
Athletes 18 or older MUST have completed APT to be compliant and allowed to swim in meet.
AD swimmers must have Confirmed Birthdates to swim age specific events.
Legal ID must be sent to the LSC Registrar for new members or members new to AD.
Direct registration questions to the Adirondack Registrar, Bill Faucett office@adirondackswimming.org

Swimming Events:

All events will be swum as timed finals. 400IM and 500 Free will be swum as a mixed event fastest to slowest.
Swimmers may only enter 400IM or 500 Free

Entry Fees:

An entry summary sheet is included to compute your team entry fees.

The entry fees are \$7.50 per individual event and \$10.00 per relay. The entry fees include the \$.50 AD travel fund surcharge. There is a \$5.00 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 **DELMAR DOLFINS SWIM CLUB** and mail your check and entry summary sheet to the **Delmar Dolphins Swim Club, C/O Mike Greenberg, 517 Dawson Road, Delmar, NY 12054**

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

Relays:

Each club may enter a maximum of three (3) relays per event.

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. Swimmers must provide their own timers and counters for the 400IM and 500 Free

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 form of Proof of Registration is USA-Swimming Member Card from Member's SWIMS 3.0 Dashboard..
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.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

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 show in compliance USA Swimming Membership Card prior to being 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.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Services:

Concession stand will be available.

Meet mobile is planned to be used during the meet provided good internet access at the pool. Heat Sheets will be available for sale at the concession stand and available on Meet Mobile.

T-shirt/vendor apparel is expected to be on site.

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.

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:

Individual event ribbons will be awarded to 1st through 8th place.

Scoring:

This meet will not be scored.

Officials:

There will be an official's meeting conducted promptly 45 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 the Meet Director or Meet Referee

**Delmar Dolphins February
Freeze
Sunday February 1st
Union College**

7:30 AM Warm-Ups - 8:30 AM Start

Girls Events	Age Group	Event Description	Boys Events
1	11-12	200 Freestyle	2
3	9-10	100 IM	4
5	11-12	200 IM	6
7	9-10	50 Butterfly	8
9	11-12	100 Butterfly	10
11	9-10	50 Freestyle	12
13	11-12	50 Freestyle	14
15	9-10	100 Breaststroke	16
17	11-12	100 Breaststroke	18
19	9-10	100 Backstroke	20
21	11-12	200 Backstroke	22
23	9-10	200 Medley Relay	24
25	11-12	200 Medley Relay	26

12:30 PM Warm Ups - 1:30 PM Start

Girls Events	Age Group	Event Description	Boys Events
27	13 & Over	200 Freestyle	28
29	8 & Under	100 Freestyle	30
31	13 & Over	200 IM	32
33	8 & Under	100 IM	34
35	13 & Over	100 Butterfly	36
37	8 & Under	50 Butterfly	38
39	13 & Over	100 Freestyle	40
41	8 & Under	50 Freestyle	42
43	13 & Over	200 Breaststroke	44
45	8 & Under	50 Breaststroke	46
47	13 & Over	200 Backstroke	48
49	8 & Under	50 Backstroke	50
5 Minute Break			
51	13 & Over	Mixed 400 IM	51
52	13 & Over	Mixed 500 Freestyle	52

Each Swimmer May Swim A Maximum of 4 Events Per Day Plus 1 Relay
\$7.50 Per Individual Event Per Athlete for ALL Athletes
\$5.00 Per Athlete Surcharge
\$10.00 Per Each Relay
For Manual Entries, Add \$1.00 Per Entry (individual or relay)

DELMAR DOLPHINS SWIM CLUB

ENTRY FEE CALCULATION SHEET: February Freeze, Union College, February 1, 2026

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

Number of Individual Entries	_____	X \$7.50 = \$	_____
Number of Swimmers (LSC Surcharge)	_____	X \$5.00 = \$	_____
Number of Relays	_____	X \$10.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____
Total Amount Due and Enclosed			\$ _____

ENTRY DEADLINE.. Friday, January 23, 2026

MAKE CHECKS PAYABLE TO Delmar Dolphins Swim Club

Email your entries to the Meet Entry Coordinator

This form Must be returned with Entry Report and Check to:

Delmar Dolphins Swim Club
C/O Mike Greenberg
517 Dawson Road
Delmar, NY 12054

E-mail entries only to Liz Hulihan – dolphinsmeetentries@gmail.com

**Entries will be posted to the meet program
upon RECEIPT OF CHECK ONLY
Delmar Dolphins Swim Club assumes no responsibility
for meet close-out due to late entries**