

2010 Starfish Senior Distance Meet

November 7, 2010

Niskayuna High School, Niskayuna NY

- Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc. Sanction # AD11-008
Carolyn Manor, General Chairman
- Host:** Albany Starfish Swim Club
- Facility:** Niskayuna High School Pool 1626 Balltown Road, Niskayuna, NY 12309
Eight lane 25-yard competitive course Colorado Automatic Timing & Beeper Systems
Continuous warm-up / warm-down pool will be available to swimmers throughout the meet
- Pool Depths:** DEEP END START, Start End, 1 meter = 13'0" 5 meters = 13'0", Turn End, 1 meter = 4'4" 5 meters = 4'8"
- Meet Director:** Rosemary Lanzi (rosemary.lanzi@gmail.com)
Meet Referee: JoAnn Faucett
Meet Marshal: Tim McElrath
- Sessions:** This meet will be one session only
Warm-up begins at 9:00 am. The meet start time is 10:00 am
- Format:** This is a Positive Check-in Meet. All events are Senior/Open events and will be swum as Timed Finals.
The positive check-in deadline is 9:15 am for all events. All events will be seeded at this time.
- Entry Rules:** The eligibility of a swimmer will be determined by his or her age on November 7, 2010.
Swimmers may enter any number of events in which he/she has qualified, but may not compete in more than four (4) individual events
Rules from the current USA Swimming Technical Rules will be in effect. Entries must be submitted using Hy-Tek software and must be received **on or before 5:00 pm on Sunday, October 31, 2010**. The Albany Starfish Swim Club is not responsible for entry errors submitted by the teams. In case the meet is over subscribed, the Meet Director reserves the right to limit the number of entries based on any or all of the following: postmark of entry; entry time; number of heats; and whether team is from outside of the Adirondack LSC. In the event entries are returned, the respective team's coach / club representative will be notified before November 4, 2010 and entry fees will be refunded.
- Bonus Events:** Make 1 individual event receive 2 bonus events
Make 2 individual events receive 2 bonus events
No bonus events for the 1000 or 1650 Freestyle events
Bonus events must be clearly marked as such on your entry – check the "Bonus" box in Team Manager and Team Unify entries
- 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 USA-S ID Card (unless already in meet and confirmed as registered).
If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, in meets allowing Deck Entries, to UN-AD (unattached, Adirondack) ONLY at a fee of \$100.
DECK REGISTRATIONS WILL NOT BE MADE WITH ANY TEAM ASSOCIATION, PLEASE DO NOT ASK;
3. Coach makes request for the entry.
4. All Deck Entries will be allowed at the discretion of a combined decision of the Meet Director and Meet Referee.
5. Deck entries will only be allowed if the swimmer has the cut time in one event
6. **ALL Deck Entries will be subject to a \$1.00 Surcharge per entry**
- USA-S Registrations:** All swimmers must be currently registered with USA Swimming, Inc.
Registrations may be obtained from your club registrar.
ALL Adirondack Swimmers MUST be registered with the AD Registrar by the Meet Entry Deadline.
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
Direct registration questions to the Adirondack Registrar, Kathleen Furman 518-384-0223 or
kfurman@adirondackswimming.org
NOTE: ALL ATHLETES ATTENDING ANY SANCTIONED MEET, MUST BE UNDER THE DIRECT SUPERVISION OF A CURRENTLY REGISTERED AND CERTIFIED, USA SWIMMING COACH. IF YOU ARE AN UNATTACHED ATHLETE, OR YOUR COACH WILL NOT BE ATTENDING THE MEET, YOU AND/OR YOUR COACH, MUST CONTACT THE MEET DIRECTOR OR AN ATTENDING COACH, IN ADVANCE, TO MAKE ARRANGEMENTS FOR AN ATTENDING COACH TO ASSUME RESPONSIBILITY FOR YOU.
This is a USA Swimming Rule, there are no exceptions.
Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, 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. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

Events: **ALL EVENTS WILL BE POSITIVE CHECK-IN.** If swimmer fails to check-in for their events – they will be scratched from the event. All events will be timed finals. All swimmers need to obtain their heat and lane assignments from the heat sheets posted behind the starting blocks in the pool area. There will be only 1 session. Two 20-minute breaks will be built into the timeline, one after Event 4 (500 Freestyle) and one before event 15 (1000 Freestyle). During these two 20-minute breaks, the main pool will be open for warm-ups. Events 1,2,3,4,15,16,17,18 may be swum fastest to slowest and may alternate female and male.

Entries: Entries must be submitted via e-mail to Rosemary Lanzi at rosemary.lanzi@gmail.com using Hy-Tek or Team Unify Software. **All entries must be received on or before 5:00 PM Sunday, October 31, 2010** Please check all entries carefully prior to submission.

Fees: Entry fees are \$3.75 for each individual event (which includes \$0.50 travel fund surcharge). There is a \$1.00 per swimmer surcharge for all participants. All Manual or Deck Entries are subject to a \$1.00 Surcharge per entry.
Make checks payable to: Albany Starfish Swim Club

Mail Entries and Checks to:
Rosemary Lanzi
2 McGibbon Avenue
Amsterdam, NY 12010

e-mail: rosemary.lanzi@gmail.com

Seating: In an effort to provide adequate viewing for spectators who would like to watch their swimmer's event, but otherwise remain outside the pool area, we have set aside a Temporary Seating Section. This Section will be immediately to your left as you enter the pool area. While other spectator sections are available for more permanent seating, we encourage all spectators to avoid a "camping" mentality and leave the pool area during periods when your child is not swimming.

Awards/Scoring: No awards will be distributed at this meet. No scoring will be done.

Timers: **Swimmers will need to provide their own timers for the 400 IM, 500 Free, 1000 Free and 1650 Freestyle events.** Clubs will be required to provide timers for all the 200 yard events based on their number of entries. Lane assignments will be posted to the Adirondack Meet Schedule on or before November 5, 2010
www.adirondackswimming.org

Timeline: Timeline will be sent to all coaches 2 days before event

Meet Policy: 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. Swimmers, parents and coaches are expected to dispose of all trash in proper receptacles, clean their respective areas of any debris prior to their departure and observe all posted rules and regulation while on the grounds. **No one will be allowed on the deck except USA-S Registered Officials, 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 any 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.**

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 designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to cooperate fully with club officials and meet marshals in charge of the area. A swimmer that fails to exit the pool immediately after the conclusion of warm-ups will not be allowed to swim at this meet.

Disabled Athletes: Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities are required to contact the Meet Director and Meet Referee at least 2 weeks in advance of the meet so that provisions can be made for any special accommodations.

Concession: There will be a limited selection of food available in the Pool Lobby

Merchant: Limited swim equipment will be sold in the Pool Lobby by The Deep End

Time Trials: If time permits, time trials may be held for swimmers trying to qualify for Speedo Championships, Senior Cut Times or faster. Each time trial is \$5.00. Coaches must request a time trial from the Meet Director and Meet Referee and the Meet Director and Meet Referee will determine when the time trial will be conducted. The Meet Director/Meet Referee reserves the right to refuse time trials longer than 200 meters.

Parking: There is ample free parking in the high school parking lots.

Miscellaneous: Albany Starfish Swim Club assumes no responsibility for lost or stolen property. Pets of any kind are not permitted within the facility. Smoking is not permitted anywhere on the school grounds.

Officials Meeting: There will be an officials meeting conducted 30 minutes prior to the session. Attendance is MANDATORY to work the meet. Please sign up in the Official's room before the start of the official's meeting (back room on pool deck).

If you have any questions, please contact Rosemary Lanzi at 518-225-1714, or rosemary.lanzi@gmail.com

2010 Starfish Senior Distance Meet
Sunday, November 7, 2010
Niskayuna High School, Niskayuna NY

Meet Warm-up 9:00 am Meet Start 10:00 am

Female	Qualifying Time	Event	Qualifying Time	Male
1	5:44.29	400 Individual Medley	5:25.49	2
3	6:22.39	500 Freestyle	6:03.19	4
		20 minute break Pool will be open for warm-ups		
5	2:39.59	200 Backstroke	2:29.79	6
7	3:00.69	200 Breaststroke	2:49.39	8
9	2:24.99	200 Freestyle	2:15.69	10
11	2:40.99	200 Butterfly	2:31.99	12
13	2:42.99	200 Individual Medley	2:31.99	14
		20 minute break Pool will be open for warm-ups		
15	13:08.29	1000 Freestyle	12:34.39	16
17	21:53.19	1650 Freestyle	20:51.99	18

Make 1 individual event receive 2 bonus events

Make 2 individual events receive 2 bonus events

No bonus events for the 1000 or 1650 Freestyle events

**Bonus events must be clearly marked as such on your entry – check the “Bonus” box in
Team Manager and Team Unify entries**

Swimmers can swim only 4 individual events in total

ALL EVENTS ARE SENIOR/OPEN EVENTS

ALL EVENTS ARE POSITIVE CHECK-IN

Swimmers must provide their own timers and counters for
400 IM, 500 Freestyle, 1000 Freestyle & 1650 Freestyle

STARFISH SWIM CLUB
ENTRY FEE CALCULATION SHEET
2010 Starfish Senior Distance Meet
Sunday, November 7, 2010
Niskayuna High School, Niskayuna NY

TEAM NAME: _____

CONTACT PERSON: _____

PHONE NUMBER: _____

E-Mail ADDRESS: _____

Number of Girls Individual Entries	_____	X \$3.75 = \$	_____
Number of Girl Swimmers	_____	X \$1.00 = \$	_____
Number of Boys Individual Entries	_____	X \$3.75 = \$	_____
Number of Boy Swimmers	_____	X \$1.00 = \$	_____
Number of Manual Entries	_____	X \$1.00 = \$	_____

Total Entry Fee Due\$ _____

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

MAKE CHECKS PAYABLE TO: **Albany Starfish Swim Club, Inc.**

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

ENTRY DEADLINE - 5:00 pm / Sunday, October 31, 2010

Mail This Form and Check to:
Rosemary Lanzi, 2 McGibbon Avenue, Amsterdam, NY 12010
Entries should be sent electronically to: rosemary.lanzi@gmail.com

Your Team Check Must be received to have entries added to the meet.
PLEASE include a copy of your entries with your check