

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIPS

March 4-6, 2011 ... RPI Robison Pool ... Troy, NY

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc. Sanction #AD11-024
Carolyn Manor, General Chairman

Host: Delmar Dolphins Swim Club

Place: RPI Robison Pool, Troy, NY
This pool has been certified in accordance with Article 104.2.2C (4)
Short Course, 25-yard pool, 8 lanes ... Continuous warm-up area ... Colorado automatic timing system with beeper and scoreboard

Pool Depths: Start End at 1 meter = 4'0", 5 meters = 4'10", Turn End at 1 meter = 6'10", 5 meters = 6'7"

Meet Director: Rod MacDonald (rod@isdps.org) and Amy Zemerling (thezemerings@hotmail.com)

Meet Referee: JoAnn Faucett (faucettjm@aol.com)

Meet Marshall: Amy Zemerling (thezemerings@hotmail.com)

Entry Coordinator: Nirranjan Baji (nirranjan_baji@yahoo.com)

Time:

Session	Warm-Up Time	Meet Start
Session 1 – all 11 & over	2:00 pm – 2:55 pm	3:00 pm
Session 2 – all 12 & Under Girls	7:30 am – 8:00 am	8:05 am
Session 3 – all 12 & Under Boys	11:30 am – 12:00 pm	12:05 pm
Session 4 – all 13 & over	3:00 pm – 3:40 pm	3:45 pm
Session 5 – all 12 & Under Girls	7:30 am – 8:00 am	8:05 am
Session 6 – all 12 & Under Boys	11:30 am – 12:00 pm	12:05 pm
Session 7 – all 13 & over	3:00 pm – 3:40 pm	3:45 pm

Entry Rules: **Detailed Entry Qualifications Listed Below.

The eligibility of a swimmer will be determined by his or her age on **March 4, 2011**.

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

This meet is open to Adirondack Registered Swimmers Only.

Swimmers must have competed in at least 2 Sanctioned Adirondack Short Course Meets in the 2010-2011 Meet Season.

Swimmers may enter 3 events on Friday and 4 events and 1 relay on both Saturday and Sunday.

All entry times must be Slower than the listed cutoff times, recorded in yards.

Entry times must have been achieved between January 1, 2010 to date.

All entry times will be verified through the results database in SWIMS.

If an athlete achieves a time faster than the cutoff time after their entries have been submitted they must withdraw from that event at Silvers.

As this is a championship meet, there will be No Deck Entries and No NT (no time) entries allowed.

Entries must be submitted electronically, using Hy-Tek or compatible Software. Team entries must be received by **February 23, 2011, at 6:00pm**.

Teams must email their entries to: nirranjan_baji@yahoo.com

You will receive a reply to your email with entries ... follow up if you do not receive a reply.

USA Swimming Registration:

All swimmers must be currently registered with USA Swimming, Inc. Registrations may be obtained from your club registrar.

ALL 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.

Entry Fees:

Entry fees are \$4.00 per individual event ([this includes the \\$.50 travel fund surcharge](#)), \$6.00 per relay event ([this includes the \\$1.00 travel fund surcharge](#)), and a \$1.00 per swimmer surcharge. All Manual Entries subject to a \$1.00 surcharge per entry.

Make checks payable to:

Delmar Dolphins Swim Club

Mail Entry Report and Summary Sheet to:

Nirranjan Baji, 11 Fairway Ave, Delmar NY 12054

Email Entries to:

nirranjan_baji@yahoo.com

Swimming Events:

Scratch sheets will be given to all coaches upon arrival for each session. Coach's will have until the start of warm-ups for the designated session to hand in all their scratches to the computer table. This will enable the meet coordinators to get heat sheets printed in sufficient time for the start of the meet. The 13 & Over 500 Freestyle and 400 IM will have positive check-in by 11:30 am both Saturday & Sunday. For the 9-10 Girls 500 Freestyle, positive check-in by 9:00 am on Saturday and for the 9-10 Boys 500 Freestyle, positive check-in by 1:00 pm on Saturday. Failure to check in for these 2 events will result in being scratched from the event.

Entries to the 500 Freestyle and the 400 IM will be limited to the fastest 16 boys and 16 girls from each age group. Each swimmer entering either of these events must have previously swam the event and have a recorded time in SWIMS since January 1, 2010. These events will be seeded after positive check-in and will be swum fastest heat of girls, fastest heat of boys for the 13 & over. All age groups need to obtain their heat and lane assignments from the heat sheets posted behind the blocks. Be sure to check with your coaches. Any swimmer cut from the 500 Freestyle or the 400 IM events will have their entry fee returned to their club.

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. **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 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.

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 the designated sprint lanes. We ask that you inform your swimmers of this and ask them to cooperate fully with the club officials and marshals in charge of the area.

Warm-up times and meet start times are subject to change based on the number of entries for each session.

Scoring:

The meet will be scored according to USA Swimming rules.

Gold Championship Qualification: Swimmers who swim times at this meet which qualify them for events at the Adirondack Gold Short Course Championship Meet (March 13, 18-20, 2011) will be able to submit entries for that meet on Monday, March 7th through their team representative.

Awards:

Ribbons will be awarded for first through sixteen places in all individual events, and first through third in relay events. Awards for the 13&Over events will be provided for both the 13-14 and 15 & Over age groups. High Point Awards will be awarded for each age group and gender for first through third place. Team trophies will be awarded based on total points to the top three large teams and top three small teams.

Timers:

Clubs will be required to provide timers based upon their number of entries. After all entries have been received, Team Lane Timing Assignments will be posted on the AD Web Site, as well as in the meet program and around the pool area. Swimmers have to provide their own timers and lap counters for the 500 yard freestyle events.

Supervision:

Due to the size and nature of the facility in which the meet will be held, it is particularly important that coaches and parents closely monitor the conduct of swimmers at all times. Swimmers should bring books, playing cards, games, etc. for quiet amusement. Only athletes, coaches and officials displaying current USA-S cards and scheduled meet workers are allowed on the pool deck. Swim bags are to be left in the bullpen area and are not allowed on deck or in the spectator stands. Swimmers are not allowed in the spectator stands. Glass containers are strictly prohibited at the meet.

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.

Officials Meeting:

There will be a Mandatory officials' meeting conducted promptly 1 hour before each session. Please sign up in the officials' room before the start of the meeting. There will be no Shadowing of New Officials at this meet.

Services:

A meet program and meet t-shirt will be available for sale.

A wide selection of food will be available from the Cafe. In addition, there will be high quality, well-priced swim equipment and other items for sale from The Deep End. No food or drink is to be consumed in the pool area.

Please do not bring any glass containers into the facility

Seating:

Seating at RPI is limited. Procedures will be posted on the AD web site before the meet.

Official meet results and results file will be posted to the Adirondack Swimming website.

If you have any questions please call Amy Zemerings 518-813-4271 thezemerings@hotmail.com or JoAnn Faucett 518-399-0494 faucettjm@aol.com

**** Detailed Adirondack Swimming Championship Meet Requirements**

To: **AD Team Contacts, Coaches and Athletes**

From: Adirondack Swimming

Adirondack Swimming Athletes ONLY May Enter Either of our Short Course Championship Meets. These meets, Silvers and Golds, are Championship Meets and there will be NO DECK ENTRIES and Entries with No Entry Time (NT) will not be accepted.

There will be no "relay only" swimmers in our championship meets. All swimmers must qualify to swim the meet in one or more individual events to be able to participate in any relays.

Adirondack Swimming approved that there be minimal participation requirements to qualify for entry to our Silver and Gold Short Course (SC) Championship Meets. (*Updated October 2010, AD Fall Meeting*). All swimmers must have participated in at least two (2) AD Sanctioned Meets, in the Current SC Season to qualify. Qualifying times must have been achieved from January 1, of the previous Short Course Season through Silver Championships.

Observed or Approved Meets May NOT be Used to Fulfill the Minimum Meet Requirement to attend AD Championship Meets. However, All Times from these meets are used for entry qualification.

Requirements for Silvers - If a swimmer is to participate in the Adirondack Silver SC Championships, he or she must have competed in at least Two (2) AD Sanctioned meets in the current SC Season, prior to the Silver Championships. A swimmer entering an event in Silver Championships must use the **Best Recorded Yards Time in SWIMS**, for the time period of **Jan 1st of last years' SC season to Date**, as the entry time. If a swimmer has no recorded time in SWIMS for an event, a "Verifiable" High School Varsity time may be used for entry/seeding purposes or if the event has not been swum, the entry must contain an accurate estimated entry time as determined by the swimmers coach. **All entries for the 400IM and 500Free MUST be recorded times, coach estimates will not be accepted for these events.**

Requirements for Golds - If a swimmer is to participate in the Adirondack Gold SC Championships, he or she must have competed in at least two (2) AD Sanctioned meets in the current SC Season, prior to Silver Championships. A swimmer entering an event in Gold Championships must use a **Recorded and Qualifying Yards Time in SWIMS**, for the time period of **Jan 1st of last years' SC season through the current seasons Silver Championships**, to qualify to swim the event. If a swimmer has no recorded time in SWIMS for an event, a "Verifiable" High School Varsity time may be used for entry/seeding purposes. Unlike Silvers, Swimmers may Only Swim events in Golds, in which they have achieved a recorded qualifying time in the date span accepted. **Coach estimated times are NOT acceptable.**

Large Team/Small Team Criteria - Large Teams will be any AD Team with 75 or more Registered Athletes, Small Teams will be any AD Team with less than 75 Registered Athletes. This is Registered to USA Swimming and has no bearing on the number of swimmers entered in the championship meets.

Exceptions will be made in the following circumstances;

1. If a swimmer has transferred to AD from another LSC, at a time where it was too late to be entered in the required number of meets to qualify. This will apply to swimmers who **HAVE MOVED** to our LSC where a change of home address has been made. **The transfer must have been completed by the AD LSC Registrar at least 30 days in advance of the meet.**
2. If a swimmer has had a prolonged medical condition which has not allowed him or her to swim until a time where it was too late to be entered in the required number of meets to qualify. **The swimmers coach MUST notify the Meet Director and Meet Referee, by mail or email, at least 30 days in advance of the meet.**
3. If a swimmer ages up between Silvers and Golds and he or she is too fast for Silvers at the younger age group and too slow for Golds at the older age group, the swimmer may swim at the older age group without having the Gold cut times. Swimmer must enter the meet using actual achieved times and the meet host will allow the times as exceptions if they are too slow for the cutoffs.

Final Approval of ALL Exceptions will be by joint decision of the Meet Referee and Meet Director.

Entries with no entry time (NT) will not be accepted.

These meets, Silvers and Golds, are Championship Meets and there will be NO DECK ENTRIES. Adirondack Swimming Athletes ONLY May Enter Either of our Short Course Championship Meets.

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 4-6, 2011 ... RPI Troy, NY

FRIDAY, Session 1 ... Warm-ups 2:00pm ... Meet Starts 3:00pm

GIRLS	CUTOFF TIME	EVENT	CUTOFF TIME	BOYS
1	2:43.89	11-12 200 IM	2:43.89	2
3	2:34.99	13-14 200 IM	2:29.99	4
5	2:27.99	15&Over 200 IM	2:20.59	6
7	2:26.19	11-12 200 Freestyle	2:26.19	8
9	2:14.99	13-14 200 Freestyle	2:13.99	10
11	2:10.99	15&Over 200 Freestyle	2:03.99	12
13	2:47.99	11-12 200 Backstroke	2:47.99	14
15	2:35.99	13 -14 200 Backstroke	2:32.79	16
17	2:30.99	15&Over 200 Backstroke	2:22.99	18

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Swim 3 Individual Events on Friday.

Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 4-6, 2011 ... RPI Troy, NY

SATURDAY Session 2, GIRLS ONLY ... Warm-ups 7:30AM ... Meet Starts 8:05AM

GIRLS	CUTOFF TIME	EVENT
19	20.00	8&Under 25 Butterfly
21	44.99	9-10 50 Butterfly
23	36.29	11-12 50 Butterfly
25	44.99	8&Under 50 Freestyle
27	1:21.59	9-10 100 Freestyle
29	1:09.99	11-12 100 Freestyle
31	52.99	8&Under 50 Backstroke
33	1:36.15	9-10 100 Backstroke
35	1:19.99	11-12 100 Backstroke
37	23.00	8&Under 25 Breaststroke
39	48.79	9-10 50 Breaststroke
41	41.99	11-12 50 Breaststroke
43	3:14.84	9-10 200 IM
45	52.99	8&Under 50 Butterfly
47	1:19.79	11-12 100 Butterfly
49	N/A	9-10 200 Medley Relay
51	N/A	8&Under 100 Medley Relay
53	N/A	11-12 200 Medley Relay
55	7:40.00	9-10 500 Freestyle
57	3:06.19	11-12 200 Breaststroke

SATURDAY Session 3, BOYS ONLY ... Warm-ups 11:30AM ... Meet Starts 12:05PM

EVENT	CUTOFF TIME	BOYS
8&Under 25 Butterfly	20.00	20
9-10 50 Butterfly	44.99	22
11-12 50 Butterfly	36.29	24
8&Under 50 Freestyle	44.99	26
9-10 100 Freestyle	1:21.59	28
11-12 100 Freestyle	1:09.99	30
8&Under 50 Backstroke	52.99	32
9-10 100 Backstroke	1:36.15	34
11-12 100 Backstroke	1:19.99	36
8&Under 25 Breaststroke	23.00	38
9-10 50 Breaststroke	48.79	40
11-12 50 Breaststroke	41.99	42
9-10 200 IM	3:14.84	44
8&Under 50 Butterfly	52.99	46
11-12 100 Butterfly	1:19.79	48
9-10 200 Medley Relay	N/A	50
8&Under 100 Medley Relay	N/A	52
11-12 200 Medley Relay	N/A	54
9-10 500 Freestyle	7:40.00	56
11-12 200 Breaststroke	3:06.19	58

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Swim 4 Individual Events on Saturday, Plus 1 Relay
 Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer
 Relay Entries: \$6.00 Per Relay
 All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 4-6, 2011 ... RPI Troy, NY

SATURDAY Session 4 ... Warm-ups 3:00PM ... Meet Starts 3:45PM

GIRLS	CUTOFF TIME	EVENT	CUTOFF TIME	BOYS
59		13&Over 100 Freestyle		60
	1:02.99	13-14 Cut	1:00.99	
	1:00.19	15&Over Cut	56.29	
61		13&Over 200 Butterfly		62
	2:40.99	13-14 Cut	2:29.99	
	2:35.99	15&Over Cut	2:25.79	
63		13&Over 100 Backstroke		64
	1:11.99	13-14 Cut	1:09.99	
	1:09.99	15&Over Cut	1:05.99	
65		13&Over 200 Breaststroke		66
	2:56.99	13-14 Cut	2:47.99	
	2:55.99	15&Over Cut	2:42.59	
67	N/A	13&Over 200 Medley Relay	N/A	68

**All events in this session are Multi-Age/Multi-Score events.
Events will be seeded and swum as single events, however,
events will be scored separately as 13-14 and 15&Over.**

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Swim 4 Individual Events on Saturday, Plus 1 Relay

Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 4-6, 2011 ... RPI Troy, NY

SUNDAY Session, GIRLS ONLY ... Warm-ups 7:30AM ... Meet Starts 8:05AM

GIRLS	CUTOFF TIME	EVENT
69	16.50	8&Under 25 Freestyle
71	36.50	9-10 50 Freestyle
73	31.59	11-12 50 Freestyle
75	1:52.99	8&Under 100 IM
77	1:34.39	9-10 100 IM
79	1:16.69	11-12 100 IM
81	20.00	8&Under 25 Backstroke
83	44.89	9-10 50 Backstroke
85	36.99	11-12 50 Backstroke
87	58.79	8&Under 50 Breaststroke
89	1:47.69	9-10 100 Breaststroke
91	1:30.29	11-12 100 Breaststroke
93	1:39.99	8&Under 100 Freestyle
95	1:42.09	9-10 100 Butterfly
97	2:57.99	11-12 200 Butterfly
99	N/A	8&Under 100 Free Relay
101	N/A	9-10 200 Free Relay
103	N/A	11-12 200 Free Relay
105	2:58.29	9-10 200 Freestyle
107	6:17.29	11-12 500 Freestyle

SUNDAY Session 6, BOYS ONLY ... Warm-ups 11:30AM ... Meet Starts 12:05PM

EVENT	CUTOFF TIME	BOYS
8&Under 25 Freestyle	16.50	70
9-10 50 Freestyle	36.50	72
11-12 50 Freestyle	31.59	74
8&Under 100 IM	1:52.99	76
9-10 100 IM	1:34.39	78
11-12 100 IM	1:16.69	80
8&Under 25 Backstroke	20.00	82
9-10 50 Backstroke	44.89	84
11-12 50 Backstroke	36.99	86
8&Under 50 Breaststroke	58.79	88
9-10 100 Breaststroke	1:47.69	90
11-12 100 Breaststroke	1:30.29	92
8&Under 100 Freestyle	1:39.99	94
9-10 100 Butterfly	1:42.09	96
11-12 200 Butterfly	2:57.99	98
8&Under 100 Free Relay	N/A	100
9-10 200 Free Relay	N/A	102
11-12 200 Free Relay	N/A	104
9-10 200 Freestyle	2:58.29	106
11-12 500 Freestyle	6:17.29	108

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Swim 4 Individual Events on Saturday, Plus 1 Relay

Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 4-6, 2011 ... RPI Troy, NY

SUNDAY Session 7 ... Warm-ups 3:00PM ... Meet Starts 3:45PM

GIRLS	CUTOFF TIME	EVENT	CUTOFF TIME	BOYS
109		13&Over 400IM		110
	5:15.09	13-14 Cut	5:05.99	
	5:12.79	15&Over Cut	4:54.99	
111		13&Over 50 Freestyle		112
	28.59	13-14 Cut	27.59	
	27.99	15&Over Cut	25.59	
113		13&Over 100 Breaststroke		114
	1:21.89	13-14Cut	1:18.39	
	1:20.59	15&Over Cut	1:13.99	
115		13&Over 100 Butterfly		116
	1:12.09	13-14Cut	1:09.99	
	1:08.99	15&Over Cut	1:04.99	
117	N/A	13&Over 200 Free Relay	N/A	118
119		13&Over 500 Freestyle		120
	5:49.99	13-14 Cut	5:38.99	
	5:44.99	15&Over Cut	5:19.99	

**All events in this session are Multi-Age/Multi-Score events.
Events will be seeded and swum as single events, however,
events will be scored separately as 13-14 and 15&Over.**

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Swim 4 Individual Events on Sunday, Plus 1 Relay
Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer
Relay Entries: \$6.00 Per Relay
All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

Delmar Dolphins SwimClub

ENTRY FEE CALCULATION SHEET

2011 Adirondack Silver Short Course Championships

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

Number of Individual Entries _____ X \$4.00 = \$ _____
Number of Swimmers _____ X \$1.00 = \$ _____
Number of Relays _____ X \$6.00 = \$ _____
Number of Manual Entries _____ X \$1.00 = \$ _____

Total Amount Due and Enclosed\$ _____

MAKE CHECKS PAYABLE TO "Delmar Dolphins Swim Club"

ENTRY DEADLINE ...

Wednesday February 23, 2011, 6:00 PM

This form Must be returned with Check and Entry Report
by Wednesday, February 23, 2011

**Delmar Dolphins Swim Club assumes no responsibility
for meet close out due to late entries.**

Entries will be posted to the meet program
upon RECEIPT OF CHECK ONLY

Mail Entry Reports and Check to: Niranjana Baji
11 Fairway Ave, Delmar NY 12054

E-mail Entry File to: niranjana_baji@yahoo.com