

ADIRONDACK GOLD SHORT COURSE CHAMPIONSHIPS

MARCH 13, 2011 (Niskayuna High School Pool)

March 18 - 20, 2011 (RPI Robison Pool)

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction #AD11-025
Carolyn Manor, General Chairman

Host: Albany Starfish Swim Club

Place: March 13, 2011 (Distance)

Niskayuna High School, 1626 Balltown Road, Niskayuna, NY 12309
Short Course 25 Yard Pool, 8 lanes Continuous Warm-up Pool ... Colorado Automatic Timing and Beeper Systems

March 18-20, 2011

RPI Robison Pool, Troy, NY
Short Course 25 Yard Pool, 8 lanes Continuous Warm-up Pool ... Colorado Automatic Timing and Beeper Systems

Pool Depths: Both Nisky Pool & RPI Pool have been certified in accordance with Article 104.2.2C (4)

RPI - Start End 1 meter = 14'0", 5 meters = 13'6"; Turn End 1 meter = 6'7", 5 meters = 6'10" (deep water set up)
Niskayuna - Start End, 1 meter = 13'0" 5 meters = 13'0", Turn End, 1 meter = 4'4" 5 meters = 4'8"

Time:

Session	Warm-up	Positive Check-in Deadline	Session Begins
Sunday Distance 500's	8:30 am	8:30 am	9:30am
Sunday Distance 1650's	Immediately following 500's	10:30 am	30 minutes after 500's end
Friday Morning	7:00 am	7:30 am	8:30 am
Friday Afternoon	12:00 pm	12:00 pm	1:00 pm
Friday Evening Finals	4:45 pm		5:30 pm
Saturday Morning	7:00 am	7:30 am	8:30 am
Saturday Afternoon	12:00 pm	12:00 pm	1:00 pm
Saturday Evening Finals	4:45 pm		5:30 pm
Sunday Morning	7:00 am	7:30 am	8:30 am
Sunday Afternoon	12:00 pm	12:00 pm	1:00 pm
Sunday Evening Finals	4:45 pm		5:30 pm

Meet Co-Directors: Joe Sausto & Jill Dougherty
Meet Marshall: Tim McElrath
Meet Referee: JoAnn Faucett faucettjm@aol.com
Meet Entry Coordinator: Rosemary Lanzi albanystarfish@hotmail.com

Entry Rules: ** Detailed Entry Qualifications Listed Below**

The eligibility of a swimmer will be determined by his or her age on **March 13, 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.

A swimmer may swim three events per day plus relays. There is no limit on the number of relay teams a club may enter.

All entry times must be equal to or faster than the listed qualifying times and must be recorded times in yards,

Entry times must have been achieved between January 1, 2010 and the AD Silver Championships.

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

As this is a Championship Meet, No Deck Entries or No Time (NT) Entries will be accepted.

Entries must be submitted electronically, using Hy-Tek or comparable software and must be **received by March 7, 2011, 5:00 PM.**

Teams must e-mail their entries to: Rosemary Lanzi albanystarfish@hotmail.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 per individual event are \$4.50 for 11&O events or \$4.00 for 10&U events (these include the \$.50 travel fund surcharge) and \$6.00 per relay (this includes the \$1.00 travel fund surcharge). There is also a \$1.00 per swimmer surcharge. All manual entries subject to a \$1.00 per entry surcharge.

Make checks payable to: Albany Starfish Swim Club

Mail Entry Reports and Summary Sheet to: Rosemary Lanzi 2 McGibbon Avenue, Amsterdam, NY 12010

Email Entries to: albanystarfish@hotmail.com

Swimming Events:

All timed finals events require positive check-in and will be deck seeded. This includes all relays, the 1650 freestyle, 500 freestyle, and 400 IM for all age groups, all 8&under and 9-10 individual events, and the 11-12 200's of stroke (breast, back, and butterfly). Swimmers who do not check-in by the deadlines listed in the timetable above will be scratched. All trials and finals events and will be pre-seeded.

Special considerations for distance events:

The fastest heat of the 11-12 200 Breaststroke, 200 Backstroke and 200 Butterfly and 13-14 and Senior 500 Free and 400IM will be swum at finals.

Relays:

All Relays are timed finals and will be swum during prelims.

Finals and Consolations:

Those events that have trials will have finals and consolation finals conducted during the finals session. The top sixteen swimmers of each age group will qualify, the top 8 swimming finals, the next 8 swimming consolation finals.

Scratches:

Positive check-in for timed final events is located at the program sales table as you enter the building. Heat sheets will be posted for all events that are deck seeded.

Swimmers who positively check in for a timed final event and do not show up for the event, will be disqualified from that event and their next scheduled event. **This scratch rule includes 8&unders and 9-10 athletes.**

Swimmers who qualify for finals or consolation finals and want to scratch a final event must inform the announcer within 30 minutes of the announcement of the trial results for that event. **Failure to notify the announcer so that an alternate can be called will result in the swimmer being disqualified for the remainder of the meet.**

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-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.

Sunday Distance, Friday, Saturday and Sunday Morning and Afternoon Warm-up assignments will be posted on AD website.

Friday, Saturday and Sunday Finals warm-ups are as follows;

4:30-4:50 (20 minutes) 13-14 Boys and all Seniors, 4:50-5:10 (20 minutes) 11-12 and 13-14 Girls, 5:10-5:25 (15 minutes) Combined Sprint Lanes 2,3,6,7 ... Pace Lanes 1 ... Continuous Swimming 4,5,8 - (Pool will open at 4:00)

Timers:

Clubs will be required to provide timers for finals and trials, based upon their number of entries. After all Entries have been received, the Team Lane Timing Assignments will be posted to the AD Web Site and in the Meet Program.

Swimmers must provide their own timers for the 400 IM's, 500's and 1650's and also lap counters for the 500's and 1650's.

Zone Information:

Selection to the Adirondack Zone Team for the Eastern Zone Championships will be made from swimmers who have swum in Adirondack meets from October 1st to Gold Short Course Championships and have submitted a zone application to JoAnn Faucett. Details of the trip will be announced at the mandatory zone meeting following the conclusion of Sunday's final session.

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.

Services:

Food will be on sale throughout the meet at the Starfish Cafe. A meet program will be available, which will cover all trial sessions. Finals programs will be available prior to each final session. The Deep End will be selling swim equipment and apparel during the meet. There will be a special meet shirt on sale during the meet.

National Certification:

N2 Certification may be offered for officials at this meet. Details to follow.

Awards:

For individual events medals will be awarded for 1st - 8th place, ribbons for 9 - 16th place. For relays, medals will be awarded to the 1st - 3rd place teams. Team plaques will be awarded to the top 3 teams overall and the first place boys' and girls' teams. Individual high point will be given to the top 3 swimmers in each gender-age group.

Scoring:

Finals and consolations will be scored according to USA Swimming rules.

Immediate Results:

Real Time Results will be available during the meet on the Albany Starfish website: www.albanystarfish.org

Additionally, after the meet, the full Official results and results file will be posted on the Adirondack Swimming website: www.adirondackswimming.org.

Time Trials:

Time trials may be held for swimmers trying to qualify for Speedo Championships (Sectionals), Senior Cut Times or Faster. Each time trial is \$5.00. Coaches must request a time trial from the meet referee and meet director and they will determine when the time trial will be conducted. The meet referee and meet director reserve the right to refuse time trials longer than 200 yards.

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

Officials:

There will be an officials' meeting conducted promptly 45 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in the officials' room before the start of officials' meeting. There will be No Shadowing of New Officials at this meet.

Hotel Accommodations:

Suggestions will be posted on the Adirondack website.

If you have any questions please call Joe Sausto (518) 265-2220 (jsausto@gmail.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 Gold Short Course Championships
March 13, 2011 Niskayuna High School Pool ... Niskayuna, NY
March 18-20, 2011 RPI Robison Pool ... Troy, NY

SESSION 1 ... SUNDAY, March 13th Distance
WARM-UPS 8:30AM ... SESSION BEGINS 9:30AM

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
1	7:40.00	9-10	500 FREE	7:40.00	2
3	6:17.29	11-12	500 FREE	6:17.29	4
5	20:12.19	13-14	1650 FREE	19:39.49	6
7	19:58.89	SENIOR	1650 FREE	18:47.99	8

ALL 500 FREES AND 1650 FREES ARE TIMED FINALS, all heats swim at prelims

FINALS ORDER OF EVENTS

<u>March 18, 2011</u> Session 4 - Friday Finals	<u>March 19, 2011</u> Session 7 - Saturday Finals	<u>March 20, 2011</u> Session 10 - Sunday Finals
11-12 200 Backstroke 13-14 200 Freestyle Senior 200 Freestyle 11-12 50 Breaststroke 13-14 100 Breaststroke Senior 100 Breaststroke 11-12 50 Butterfly 13-14 100 Butterfly Senior 100 Butterfly 11-12 50 Free 13-14 400 IM Senior 400 IM 11-12 200 Freestyle	11-12 200 Butterfly 13-14 100 Backstroke Senior 100 Backstroke 11-12 100 Breast 13-14 100 Freestyle Senior 100 Freestyle 11-12 100 Freestyle 13-14 200 Breaststroke Senior 200 Breaststroke 11-12 100 Backstroke 13-14 500 Freestyle Senior 500 Freestyle 11-12 100 IM	11-12 200 Breaststroke 13-14 50 Freestyle Senior 50 Freestyle 11-12 50 Backstroke 13-14 200 Backstroke Senior 200 Backstroke 11-12 200 IM 13-14 Senior 200 IM Senior 200 IM 11-12 100 Butterfly 13-14 200 Butterfly Senior 200 Butterfly

Each Swimmer May Swim A Maximum of 3 Events Per Day Plus Relays
ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES
\$4.50 Per Event for all 11-12, 13-14 and Senior; **\$4.00** Per Event for all 9-10 and 8 & under
\$1.00 Per Swimmer Surcharge
\$6.00 Per Each Relay
\$1.00 surcharge per entry for Manual Entries

Adirondack Gold Short Course Championships
March 13, 2011 Niskayuna High School Pool ... Niskayuna, NY
March 18-20, 2011 RPI Robison Pool ... Troy, NY

SESSION 2 ... FRIDAY MORNING ... March 18

WARM-UPS 7:00AM ... SESSION BEGINS 8:30AM

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
9	2:14.99	13-14	200 FREE	2:13.99	10
11	2:10.99	SENIOR	200 FREE	2:03.99	12
13	1:21.89	13-14	100 BREAST	1:18.39	14
15	1:20.59	SENIOR	100 BREAST	1:13.99	16
17	1:12.09	13-14	100 FLY	1:09.99	18
19	1:08.99	SENIOR	100 FLY	1:04.99	20
21	5:15.09	13-14	**400 IM	5:05.99	22
23	5:12.79	SENIOR	**400 IM	4:54.99	24
25	N/A	13-14	400 FREE RELAY	N/A	26
27	N/A	SENIOR	400 FREE RELAY	N/A	28

ALL 400 IM's AND RELAYS ARE TIMED FINALS

SESSION 3 ... FRIDAY AFTERNOON ... March 18

WARM-UPS 12:00PM ... SESSION BEGINS 1:00PM

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
29	2:47.99	11-12	**200 BACK	2:47.99	30
31	36.50	9-10	50 FREE	36.50	32
33	41.99	11-12	50 BREAST	41.99	34
35	1:47.69	9-10	100 BREAST	1:47.69	36
37	36.29	11-12	50 FLY	36.29	38
39	1:42.09	9-10	100 FLY	1:42.09	40
41	31.59	11-12	50 FREE	31.59	42
43	2:58.29	9-10	200 FREE	2:58.29	44
45	2:26.19	11-12	200 FREE	2:26.19	46
47	N/A	10&U	400 FREE RELAY	N/A	48
49	N/A	11-12	400 FREE RELAY	N/A	50

ALL 10 & UNDER EVENTS AND RELAYS ARE TIMED FINALS

SESSION 4 ... FRIDAY FINALS ... March 18

WARM-UPS 4:45PM ... FINALS BEGIN 5:30PM

Each Swimmer May Swim A Maximum of 3 Events Per Day Plus Relays
ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES

\$4.50 Per Event for all 11-12, 13-14 and Senior; **\$4.00** Per Event for all 9-10 and 8 & under

\$1.00 Per Swimmer Surcharge

\$6.00 Per Each Relay

\$1.00 surcharge per entry for Manual Entries

Adirondack Gold Short Course Championships
March 13, 2011 Niskayuna High School Pool ... Niskayuna, NY
March 18-20, 2011 RPI Robison Pool ... Troy, NY

SESSION 5 ... SATURDAY MORNING ... March 19
WARM-UPS 7:00AM ... SESSION BEGINS 8:30AM

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
51	1:11.99	13-14	100 BACK	1:09.99	52
53	1:09.99	SENIOR	100 BACK	1:05.99	54
55	1:02.99	13-14	100 FREE	1:00.99	56
57	1:00.19	SENIOR	100 FREE	56.29	58
59	2:56.99	13-14	200 BREAST	2:47.99	60
61	2:55.99	SENIOR	200 BREAST	2:42.59	62
63	5:49.99	13-14	**500 FREE	5:38.99	64
65	5:44.99	SENIOR	**500 FREE	5:19.99	66
67	N/A	13-14	400 MEDLEY RELAY	N/A	68
69	N/A	SENIOR	400 MEDLEY RELAY	N/A	70

ALL RELAYS AND 500 FREES ARE TIMED FINALS

SESSION 6 ... SATURDAY AFTERNOON ... March 19
WARM-UPS 12:00AM ... SESSION BEGINS 1:00PM

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
71	2:57.99	11-12	**200 FLY	2:57.99	72
73	44.89	9-10	50 BACK	44.89	74
75	44.99	8 & U	50 FREE	44.99	76
77	1:30.29	11-12	100 BREAST	1:30.29	78
79	1:21.59	9-10	100 FREE	1:21.59	80
81	52.99	8 & U	50 BACK	52.99	82
83	1:09.99	11-12	100 FREE	1:09.99	84
85	48.79	9-10	50 BREAST	48.79	86
87	52.99	8 & U	50 FLY	52.99	88
89	1:19.99	11-12	100 BACK	1:19.99	90
91	3:14.84	9-10	200 IM	3:14.84	92
93	1:16.69	11-12	100 IM	1:16.69	94
95	N/A	10 & U	200 MEDLEY RELAY	N/A	96
97	N/A	11-12	200 MEDLEY RELAY	N/A	98

ALL 10 & UNDER EVENTS AND ALL RELAYS ARE TIMED FINALS

SESSION 7 ... SATURDAY FINALS ... March 19
WARM-UPS 4:45PM ... FINALS BEGIN 5:30PM

Each Swimmer May Swim A Maximum of 3 Events Per Day Plus Relays
ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES

\$4.50 Per Event for all 11-12, 13-14 and Senior; \$4.00 Per Event for all 9-10 and 8 & under

\$1.00 Per Swimmer Surcharge

\$6.00 Per Each Relay

\$1.00 surcharge per entry for Manual Entries

Adirondack Gold Short Course Championships
March 13, 2011 Niskayuna High School Pool ... Niskayuna, NY
March 18-20, 2011 RPI Robison Pool ... Troy, NY

SESSION 8 ... SUNDAY MORNING ... March 20
WARM-UPS 7:00AM ... SESSION BEGINS 8:30AM

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
99	28.59	13-14	50 FREE	27.59	100
101	27.99	SENIOR	50 FREE	25.59	102
103	2:35.99	13-14	200 BACK	2:32.79	104
105	2:30.99	SENIOR	200 BACK	2:22.99	106
107	2:34.99	13-14	200 IM	2:29.99	108
109	2:27.99	SENIOR	200 IM	2:20.59	110
111	2:40.99	13-14	200 FLY	2:29.99	112
113	2:35.99	SENIOR	200 FLY	2:25.79	114
115	N/A	13-14	200 FREE RELAY	N/A	116
117	N/A	SENIOR	200 FREE RELAY	N/A	118

SESSION 8 ... SUNDAY AFTERNOON ... March 20
WARM-UPS 12:00PM ... SESSION BEGINS 1:00PM

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFING	AGE GROUP	EVENT	QUALIFING	BOYS
119	3:06.19	11-12	200 BREAST	3:06.19	120
121	1:34.39	9-10	100 IM	1:34.39	122
123	1:52.99	8 & U	100 IM	1:52.99	124
125	36.99	11-12	50 BACK	36.99	126
127	44.99	9-10	50 FLY	44.99	128
129	1:39.99	8 & U	100 FREE	1:39.99	130
131	2:43.89	11-12	200 IM	2:43.89	132
133	1:36.15	9-10	100 BACK	1:36.15	134
135	58.79	8 & U	50 BREAST	58.79	136
137	1:19.79	11-12	100 FLY	1:19.79	138
139	N/A	10 & U	200 FREE RELAY	N/A	140
141	N/A	11-12	200 FREE RELAY	N/A	142

ALL 10 & UNDER EVENTS AND ALL RELAYS ARE TIMED FINALS

SESSION 9 ... SUNDAY FINALS ... March 20
WARM-UPS 4:45PM ... FINALS BEGIN 5:30PM

Each Swimmer May Swim A Maximum of 3 Events Per Day Plus Relays
ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES
\$4.50 Per Event for all 11-12, 13-14 and Senior; **\$4.00** Per Event for all 9-10 and 8 & under
\$1.00 Per Swimmer Surcharge
\$6.00 Per Each Relay
\$1.00 surcharge per entry for Manual Entries

ALBANY STARFISH SWIM CLUB

ENTRY FEE CALCULATION SHEET

Adirondack Short Course Gold Championships, March 13 & 18-20, 2011

TEAM NAME: _____

CONTACT PERSON: _____

PHONE NUMBER: _____

E-Mail ADDRESS: _____

Number of Individual Entries 11 & Over	_____	X \$4.50 = \$	_____
Number of Individual Entries 10 & Under	_____	X \$4.00 = \$	_____
Number of Swimmers	_____	X \$1.00 = \$	_____
Number of Relays	_____	X \$6.00 = \$	_____
Number of Manual Entries	_____	X \$1.00 = \$	_____

Total Entry Fee Due\$ _____

Total Amount Due and Enclosed\$ _____

MAKE CHECKS PAYABLE TO "Albany Starfish Swim Club"

This form must be returned with Check and Hard Copy of Entry Report

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

ENTRY DEADLINE ...

Monday March 7, 2011, 5:00 PM

Mail to: Rosemary Lanzi, 2 McGibbon Ave., Amsterdam, NY 12010

***Entries must be sent E-mail to: albanystarfish@hotmail.com**

**This form, entry report and Your Team Check must be received to have entries added to the meet.*

Dear Adirondack Team,

At Adirondack Gold Short Course Championships, we try to recognize Graduating Senior swimmers.

We ask that you would submit a list of your Senior Swimmers (*graduating high school*), who will attend the awards presentation at the Gold Short Course Championships, so we can publish an accurate list for the Program.

Please submit your list by February 25, 2011.
Be sure to indicate team affiliation.

Awards will be given before the start of Finals on the last day of Gold Championships.

Below is a Senior Bio form ... please have your attending seniors complete the form and hand it in to JoAnn Faucett at the Gold meet.

Thank You

Mail the list to: JoAnn Faucett
 4 Edwin Drive
 Charlton, NY 12019

Or email the list to: faucettjm@aol.com
(please, attach a file in MS Works, MS Word, Note Pad OR Word Pad)

If you have any questions, call (518) 399-0494

AD Swimming Senior Bio 2011

Name _____

Team _____

Years swimming for Adirondack District _____

Plans for Next Year _____

Favorite thing about swimming _____

Things you are most proud of _____

Attending Seniors, Please complete this form and hand in to
JoAnn Faucett at Gold Championships.