

FEBRUARY FREEZE INVITATIONAL

Union College, Alumni Gymnasium Pool, Schenectady, NY

Sunday, February 5th, 2012

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # **AD12-020**
Carolyn Manor, General Chairman

Host: Delmar Dolphins Swim Club

Place: Union College Pool, Schenectady, NY, Colorado Timing System ... 25-yard, 8-lane pool with continuous warm-up/warm-down area

Pool Depths: Depths at Start: 6' 6" at 1 Meter, 6' 9" at 5M. Depths at Turn End: 10' 0" at 1M, 13' 0" at 5M.

Time: WARM UP 7:00am ... START TIME: 8:00am

Meet Director: Amy Zemerling
Meet Marshall: R. Matthew Sweeney
Meet Referee: JoAnn Faucett

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on February 5, 2012
Rules from the current USA Swimming Technical Rules will be in effect.
Entries must be submitted electronically, using Hy-Tek or compatible Software.
Entries should be submitted via e-mail (or may be sent on CD or floppy disk) to; **NIRANJAN_BAJI@YAHOO.COM**
Team entries must be received by **6 PM on JANUARY 26, 2012.**
In the event the meet is oversubscribed, the meet director and meet referee will work together to determine the solution, in the best interest of the swimmers.
Swimmers may enter a maximum of 4 (FOUR) individual events.

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.

Swimming Events:

All events will be timed final events. This will be a pre-seeded meet with the exception of the 500 Freestyle events, which are positive check-in events. For events 25 and 26, the positive check-in deadline is 11:00 AM. For events 51 and 52, the positive check-in deadline is 4:30 PM.

All 500 Freestyle Entries must be slower than the listed Gold qualifying times.

The 500 events will be swum fastest to slowest. We will be using flyover starts for this meet. Please inform your swimmers prior to the meet.

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 number of entries...Swimmers must provide their own timers and counters for the 500s.

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 forms of Proof of Registration are: USA-Swimming ID or USA-Swimming Club Portal Current Team Listing.
If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, to UN-AD (unattached) at a fee of \$100.
DECK REGISTRATIONS WILL NOT BE MADE WITH ANY TEAM ASSOCIATION, PLEASE DO NOT ASK.
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 in changing areas, rest rooms or locker rooms. 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.**

Services:

- A concession stand will be available throughout the meet. No food is to be consumed on the pool deck.
- A meet program which covers all sessions will be available for purchase
- A hospitality room will be available for officials and coaches only in the room above the pool.
- The Deep End swim shop will be selling swimsuits and other equipment.
- Smoking is not permitted in the building. No glass containers allowed on pool deck.
- Absolutely no bags in the stands or on the pool deck. Swimmers need to use the locker rooms and/or the bullpens in the squash courts.

Disabled Athletes:

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

Entry Fees:

An entry summary sheet is included to compute your team entry fees. The entry fees are \$3.50 per individual event, which includes the \$.50 AD travel fund surcharge, \$6.00 per relay, which includes the \$1.00 AD travel fund surcharge and a \$1 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:

Niranjan Baji (518-475-0042)

11 Fairway Ave, Delmar, NY 12054

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

Photographers:

Any photographer or videographer, who intends to take pictures at an Adirondack Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. 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.](#) Swimmers' families, taking photos of their children from the spectator area, are not subject to this policy.

Awards:

Ribbons will be given out to places 1 thru 8 for individual events.

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.

Hotel Accommodations: (Suggestions)

Crest Hill Suites
1415 Washington Ave, Albany, NY 12206
518-454-0007
www.cresthillsuites.com

Homewood Suites by Hilton, Albany
216 Wolf Road, Albany, New York 12205
518-438-4300
www.albany.homewoodsuites.com

Holiday Inn Express
1442 Western Ave, Albany, NY 12203
518-438-0001
www.hiexpress.com/albany-western

If you have any questions please contact - Amy Zemering ... 518-813-4271 or cazemering@verizon.net

FEBRUARY FREEZE INVITATIONAL

Union College, Alumni Gymnasium Pool, Schenectady, NY
Sunday, February 5th, 2012

MORNING SESSION

Warm-up 7:00AM ... Session Begins 8:00AM

Girls Events	Stroke	Boys Events
1	9-10 50 Freestyle	2
3	11-12 50 Freestyle	4
5	9-10 100 IM	6
7	11-12 100 IM	8
9	9 -10 50 Backstroke	10
11	11-12 50 Backstroke	12
13	9-10 50 Butterfly	14
15	11-12 50 Butterfly	16
17	9-10 50 Breaststroke	18
19	11-12 50 Breaststroke	20
21	9-10 100 Freestyle	22
23	11-12 100 Freestyle	24

MID-DAY SESSION 9 - 12 500 Freestyle

Session Begins immediately following morning session but not before 12:00PM

No specific warm up. Use continuous warm up pool

Positive Check-in deadline is 11:00AM

Heat sheets for the 500s will be posted at multiple locations around the pool by 11:45AM

Girls Events	Qualifying Time	Event Description	Qualifying Time	Boys Events
25	Ages 9-10: 8:30.00 Ages 11-12: 6:59.99	500 Freestyle	Ages 9-10: 8:30.00 Ages 11-12: 6:59.99	26

Events 25-26 are Multi Age Events

AFTERNOON SESSION

Warm up immediately following Mid-Day session but not before 1:00PM ... Session Begins 2:00PM

Girls Events	Stroke	Boys Events
27	8 & Under 100 IM	28
29	13&Over 200 IM	30
31	8 & Under 50 Freestyle	32
33	13&Over 50 Freestyle	34
35	8 & Under 50 Butterfly	36
37	13&Over 100 Butterfly	38
39	8 & Under 100 Freestyle	40
41	13&Over 100 Freestyle	42
43	8 & Under 50 Breaststroke	44
45	13&Over 100 Breaststroke	46
47	8 & Under 50 Backstroke	48
49	13&Over 100 Backstroke	50

EVENING SESSION 13 & Over 500 Freestyle

Session Begins immediately following Afternoon session but not before 6:00PM

No specific warm up. Use continuous warm up pool

Positive Check-in deadline is 4:30PM

Heat sheets for the 500s will be posted at multiple locations around the pool by 5:30PM

Girls Events	Qualifying Time	Event Description	Qualifying Time	Boys Events
51	Ages 13-14: 5:49.99 Ages 15 & Over: 5:44.99	500 Freestyle	Ages 13-14: 5:38.99 Ages 15 & Over: 5:19.99	52

Events 51- 52 are Multi Age Events

Real-time results will be provided at DelmarDolphins.com

Delmar Dolphins Swim Club

ENTRY FEE CALCULATION SHEET

February Freeze Invitational

February 5, 2012

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-Mail ADDRESS _____

Number of Girls Individual Entries _____ X \$3.50 = \$ _____

Number of Girl Swimmers _____ X \$1.00 = \$ _____

Number of Boys Individual Entries _____ X \$3.50 = \$ _____

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 *Delmar Dolphins Swim Club*

This form must be returned with check and entry report by **January 26, 2012**.

Entries will be posted to the meet program upon receipt of check only.

DELMAR DOLFINS assumes no responsibility for meet close-out due to late entries.

Mail Entry Reports and Check to: Niranjani Baji (518-475-0042)
11 Fairway Ave
Delmar, NY 12054

E-mail Entry File to: NIRANJAN_BAJI@YAHOO.COM

www.delmardolphins.com