

# FEBRUARY FREEZE INVITATIONAL

## Robison Pool, RPI, Troy, NY

### Sunday, February 3<sup>rd</sup>, 2013

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # **AD13-020**  
Carolyn Manor, General Chairman

**Host:** Delmar Dolphins Swim Club

**Place:** RPI Robison Pool, Rensselaer Polytechnic Institute, Troy, New York  
Short Course, 25-yard, 8-lane pool with continuous warm-up/warm-down area  
Colorado automatic timing system with beeper start and scoreboard readouts  
**The competition course has not been certified in accordance with 104.2.2C(4).**

**Pool Depths:** Depths at Start: 4' 0" at 1 Meter, 4' 10" at 5 Meters. Depths at Turn End: 6' 10" at 1 Meter, 6' 7" at 5 Meters.

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

**Meet Director:** **R. Matthew Sweeney**

**Meet Marshall:** **Alan Rosenblum**

**Meet Referee:** **JoAnn Faucett**

**Meet Entry Coordinator:** **Niranjan Baji**

#### Entry Rules:

The eligibility of a swimmer will be determined by his or her age on February 3, 2013

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) to: [niranjan\\_baji@yahoo.com](mailto:niranjan_baji@yahoo.com)

Team entries must be received by **6 PM on JANUARY 25, 2013**.

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 and 1 (ONE) Relay.**

#### 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 USA Swimming registered 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](http://www.adirondackswimming.org)

Direct registration questions to the Adirondack Registrar, Ann Korzun, 518-877-6571 or [akorzun@adirondackswimming.org](mailto:akorzun@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.**

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.

**These are USA Swimming Rules, there are no exceptions.**

#### 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 33, 34, 35 and 36, the positive check-in deadline is 11:00 AM.**

**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 \$109. 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. Except where venue facilities require otherwise, changing into or out of swimsuits other than locker rooms or other designated areas is not appropriate and is strongly discouraged.**

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:

Food will be on sale throughout the meet. A meet program will be available which will cover all sessions. A swimming equipment vendor will be selling equipment during the meet. There will also be a vendor selling T-shirts

Smoking is NOT permitted in the building. Glass containers of any kind are not allowed in the pool area.

## 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 DOLFIN 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.

**If you have any questions please contact: Matthew Sweeney ... 423-2192 or [rmatthew.sweeney@gmail.com](mailto:rmatthew.sweeney@gmail.com)**

# FEBRUARY FREEZE INVITATIONAL

## Robison Pool, RPI, Troy, NY ... Sunday, February 3<sup>rd</sup>, 2013

### MORNING SESSION

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

Girls Events	Age Group	Stroke	Boys Events
1	9-10	100 Individual Medley	2
3	11-12	100 Individual Medley	4
5	9-10	50 Backstroke	6
7	11-12	50 Backstroke	8
9	9-10	50 Freestyle	10
11	11-12	50 Freestyle	12
13	9-10	100 Backstroke	14
15	11-12	100 Backstroke	16
17	9-10	50 Butterfly	18
19	11-12	50 Butterfly	20
21	9-10	50 Breaststroke	22
23	11-12	50 Breaststroke	24
25	9-10	100 Freestyle	26
27	11-12	100 Freestyle	28
29	9-10	200 Freestyle Relay	30
31	11-12	200 Freestyle Relay	32

### MID-DAY SESSION 500 Freestyle

Warm-up 12:00PM ... **Positive Check-in deadline is 11:00AM** ... Session Begins 12:30PM

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

Girls Events	Age Group	Must be slower than	Event Description	Must be slower than	Boys Events
33	9-10	Ages 9-10: 8:30.00	500 Freestyle	Ages 9-10: 8:30.00	34
	11-12	Ages 11-12: 6:59.99		Ages 11-12: 6:59.99	
35	13-14	Ages 13-14: 5:46.99	500 Freestyle	Ages 13-14: 5:38.99	36
	15 & Over	15 & Over: 5:44.99		15 & Over: 5:19.99	

Events 33-36 are Multi Age Events

### AFTERNOON SESSION

Warm up 1:30PM ... Session Begins 2:30PM

Girls Events	Age Group	Stroke	Boys Events
37	13&Over	200 Individual Medley	38
39	8&Under	100 Individual Medley	40
41	13&Over	50 Freestyle	42
43	8&Under	50 Freestyle	44
45	13&Over	100 Butterfly	46
47	8&Under	50 Butterfly	48
49	13&Over	100 Freestyle	50
51	8&Under	100 Freestyle	52
53	13&Over	100 Breaststroke	54
55	8&Under	50 Breaststroke	56
57	13&Over	100 Backstroke	58
59	8&Under	50 Backstroke	60
61	13&Over	200 Freestyle	62
63	8&Under	100 Freestyle Relay	64
65	13&Over	200 Freestyle Relay	66

**Each Swimmer May Swim A Maximum of 4 Individual Events Per Day Plus 1 Relay**

**\$3.50 Per Individual Event Per Athlete for ALL Athletes**

**\$1.00 Per Athlete Surcharge and \$6.00 Per Each Relay**

**For Manual Entries, Add \$1.00 Per Entry (individual or relay)**

Real-time results will be provided at <http://www.delmardolfins.com>

# Delmar Dolphins Swim Club

## ENTRY FEE CALCULATION SHEET

### February Freeze Invitational

February 3, 2013

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 Girls Relays	_____	X \$6.00 = \$	_____
Number of Boys Individual Entries	_____	X \$3.50 = \$	_____
Number of Boy Swimmers	_____	X \$1.00 = \$	_____
Number of Boys Relays	_____	X \$6.00 = \$	_____
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 25, 2013**.

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:** Niranjan Baji (518-475-0042)  
11 Fairway Ave  
Delmar, NY 12054

**E-mail Entry File to:** [NIRANJAN\\_BAJI@YAHOO.COM](mailto:NIRANJAN_BAJI@YAHOO.COM)

[www.delmardolphins.com](http://www.delmardolphins.com)