

# REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIP

## FRIDAY FEBRUARY 14 THROUGH MONDAY FEBRUARY 17, 2014

### UNION COLLEGE, SCHENECTADY, NY

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD14-012  
JoAnn Faucett, General Chairman

**Host:** Schenectady-Saratoga Swim Club

**Place:** Union College Alumni Gymnasium, Schenectady, NY  
The pool will open at 8:00am on Saturday and 7:30am on Sunday and Monday.  
This is a 25-yard 8-lane pool with a Colorado timing system and display.  
The deep-water setup will be utilized. Continuous warm-up warm-down time is provided.  
**The competition course has not been certified in accordance with 104.2.2C(4).**

**Pool Depths:**

Union College Pool – Water Depths for Deep-End Start		
	At 1 meter	At 5 meters
From Start	10'0"	13'0"
From Turn	6'6"	6'9"

**Time:**

Day	Session	Warm-Up Starts	Session Starts
Friday February 14, 2014	Session 1 Timed Finals	5:30pm	6:15pm
	Session 2 Sat Prelims	8:00am	9:00am
Saturday February 15, 2014	Session 3 Sat Finals	4:00pm	5:00pm
	Session 4 Sun Prelims	8:00am	9:00am
Sunday February 16, 2014	Session 5 Sun Finals	4:00pm	5:00pm
	Session 6 Mon Prelims	7:30am	8:30am
Monday February 17, 2014	Session 7 Mon Finals	4:30pm	5:30pm

**Meet Director:** Kara Haraden 518-365-6516 [hondamen@aol.com](mailto:hondamen@aol.com)  
**Meet Referee:** JoAnn Faucett 518-399-0494 [faucettjm@aol.com](mailto:faucettjm@aol.com)  
**Meet Entry Coordinators:** Patty Rowledge 518-441-5170 and Arianna Arazi 512-658-7729 [entries@schenectadyswimclub.org](mailto:entries@schenectadyswimclub.org)

**Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on February 14, 2014. Rules from the current USA Swimming Technical and Administrative Rules will be in effect. Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software and Emailed to the **Meet Entry Coordinator** at [entries@schenectadyswimclub.org](mailto:entries@schenectadyswimclub.org). Teams using Team Unify, please note that, Meet Manager **does not import the bonus marker from Team Unify**. Entries must be submitted along with a file containing a hard copies of the entries (Hy-Tek by name Microsoft Word Document , **please check the proof of time option**) and emailed to Meet Entry Coordinators. (Teams must also include a Microsoft Word or PDF document with the team entry information requested in the Entry Fee Calculation Sheet.)

- Entries will be accepted on and after January 1, 2014 any entries received before that date will be considered received on January 1, 2014
- AD LSC teams will be given priority on a first come/first served basis. AD team entries for priority placement must be received by Sunday, February 2, 2014.
- The final entry deadline for this meet is Wednesday, February 5, 2014 at 6:00 pm.**
- AD entries received between February 2, 2014 and February 5, 2014 and all entries from other LSC's will be entered in the order they were received, as space allows. **This meet will be limited to approximately 360 swimmers.**
- Entries received after the deadline will be accepted only at the discretion of the meet directors.
- Swimmers may enter one (1) individual event on Friday and up to three (3) individual events (including time trials) plus one (1) relay per day on Saturday, Sunday, and Monday. Swimmers may enter and swim 2 bonus events for each event they have qualified for.
- If the entries for the Friday distance session add-up to a session that exceed 3 hours, bonus swimmers will be cut from the session. Any cut swimmers will be given the opportunity to enter another event. Entry fees will be refunded for any swimmers cut from the distance session and not entered in another bonus event or time trial.

Teams will be notified by Friday, February 7, 2014 of any cuts that occur due to over subscription of the meet. No telephone entries will be accepted. The host team reserves the right to enter their own swimmers and enter additional swimmers –regardless of qualifying times - at the meet directors' discretion.

If the meet becomes oversubscribed, bonus events will be cut first according to seed times and entry fees for these events will be refunded. If still oversubscribed, the meet directors will work with the meet referee to determine a resolution in the best interest of the swimmers.

## Time Trials:

Time Trials may be offered on Sunday, time permitting to ensure that time trials end at least one hour before the start of finals warm-up. Priority will be given to swimmers wishing to swim the 1000 Freestyle, and there will be a limit of one (1) time trial per swimmer.

## Entry Time Updates:

Entry times may be updated until February 7, 2014. No new entries will be accepted after the February 5, 2014 entry deadline. Entry time updates should be sent via email to the entry coordinator at [entries@schenectadyswimclub.org](mailto:entries@schenectadyswimclub.org). Entry time updates must be sent as Hy-Tek format CL2 files or compatible Software with updated times. (New entries will be automatically excluded.)

## 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, at the time their entries are submitted.

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: USA Swimming Athlete Members must be under the supervision of a USA Swimming member coach during warm-up, competition and warm-down. 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 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. When unaccompanied by a member-coach, 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.**

## Meet Format:

Friday Distance Session, Session 1: The fastest heat of the women's 1650 will followed by the fastest heat of the men's 1650. The 1650 Freestyle heats will be swum fastest to slowest starting with the fastest women's heat and then alternating between women's and men's heats. The meet referee reserves the right to combine heats. This event is a timed final.

Morning prelim sessions, Sessions 2, 4, and 6 will be swum with circle-seeded heats. Evening finals sessions, Sessions 3, 5, and 7 will include C-Final, B-Final, and A-Final in that order. All relay events will be swum as timed final events.

Please note that changes to posted schedule may be necessary based on any changing needs of the Union College Swim Team. We will attempt to publish any changes to session and/or warm up starting before meet start.

## Relays:

Relays are timed-final events. The fastest heat will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session. All relays must be positively checked-in by the appropriate scratch deadline. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. Only the fastest two relays per team will score points

Monday Relay – The "Monday Relay Rule" will be in effect. Any relay that wishes to swim with preliminaries during the morning session may do so. All Monday relays will be asked to indicate a preference for swimming with preliminaries or with finals, when that relay is positively check-in at the Clerk of Course. The preliminaries/final preference must be declared by the check-in deadline (Sunday at 6:00pm). The fastest 8 relays that declare a preference to swim during the evening finals will be placed in the final heat in evening. All other Monday relays will swim during preliminaries.

## Scratches:

Scratch sheets will be provided to each team at Meet Check-in. After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event preliminary or timed final heat in which they have been entered and have not been scratched will be barred from their next event. Scratch deadlines are as follows:

- Friday, 5:45 pm: Friday's distance events. (positive check-in)
- Friday, 7:45 pm: All Saturday events (including 800 free relay)
- Saturday, 6:00 pm: All Sunday events (including 400 med relay)
- Sunday, 6:00pm: All Monday events (including 400 free relay)

**Scratches for Finals: This meet will follow the National Championship Scratch Rules as specified in rule 207.12.6.**

## 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:

Each club is expected to provide timers. A schedule of timing assignments will be published prior to the meet on the AD Web site. Swimmers in the 1650 yard Freestyle event will be expected to provide their own timers and counters.

## Deck Entries:

Deck Entries are NOT allowed at AD championship meets.

## 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.

No one will be allowed on the deck except USA-S Registered Officials and 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.

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.

## Services:

Food will be on sale during all sessions of the meet. A meet program will be available for purchase which will cover all sessions. A swimming equipment vendor will be selling equipment during the meet. 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 the Meet Director 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. Fees are as follows:

Individual Events: \$7.50 (includes \$0.50 AD travel fund surcharge)

Relay Events: \$10.00 (includes \$1.00 AD travel fund surcharge and \$1.00 per swimmer surcharge)

Surcharge: \$1.00 per swimmer

Time Trials: \$10.00 (At the discretion of the Meet Directors & Meet Referee)

Manual Entries: \$1.00 surcharge per event

Make your entry check payable to **Schenectady-Saratoga Swim Club** and mail your check and entry summary sheet to the Meet Entry Coordinator at: **Arianna Arazi, 25 Forestbrook Drive, Ballston Lake, NY 12019.**

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.](#) Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

## Awards:

Medals will be awarded to the top three (3) finishers in each individual and relay event. Plaques will be awarded to the top male and female high point finishers as well as the top male and female teams.

## Scoring:

Scoring will be to 16 places. Only the fastest two relays from each team will be scored.

Place	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual Event	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay	40	34	32	30	28	26	24	22	18	14	12	10	8	6	4	2

## 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:

Holiday Inn Schenectady –Walking distance to Union College

100 Nott Terrace, Schenectady, NY 12308 Phone: 518-393-4141 x 485

Fax: 518-377-8400 Sales@hischenectady.com

**If you have any questions please contact the Meet Director or Meet Referee**

# REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIP

FRIDAY FEBRUARY 14 THROUGH MONDAY FEBRUARY 18, 2014

UNION COLLEGE, SCHENECTADY, NY

## SESSION 1 – Friday February 14, 2014

Positive Check-In deadline 5:30pm

Warm-Ups at 5:30pm / Session Starts at 6:15pm

GIRLS EVENTS	QUALIFYING TIMES	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
1	18:45.99	1650 Yard Freestyle <i>Timed Final</i>	17:49.99	2
	Bonus Cut-Off Time: 19:00.00		Bonus Cut-Off Time: 18:10.00	

## SESSION 2/3 – Saturday February 15, 2014

Prelims Warm-Ups at 8:00am / Session Starts at 9:00am

Finals Warm-Ups at 4:00pm / Session Starts at 5:00pm

GIRLS EVENTS	QUALIFYING TIMES	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
3	2:16.29	200 Yard IM	2:09.06	4
5	5:27.11	500 Yard Freestyle	5:14.22	6
7	2:19.99	200 Yard Backstroke	2:12.20	8
9	1:14.19	100 Yard Breaststroke	1:08.99	10
		<i>10 Minute Break</i>		
11	8:34.16	800 Yard Freestyle Relay	7:52.05	12

## SESSION 4/5 – Sunday February 16, 2014

Prelims Warm-Ups at 8:00am / Session Starts at 9:00am

Finals Warm-Ups at 4:00pm / Session Starts at 5:00pm

GIRLS EVENTS	QUALIFYING TIMES	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
13	2:03.09	200 Yard Freestyle	1:54.11	14
15	4:53.99	400 Yard IM	4:39.99	16
17	1:02.19	100 Yard Butterfly	58.30	18
19	26.36	50 Yard Freestyle	24.02	20
		<i>10 Minute Break</i>		
21	4:30.75	400 Yard Medley Relay	4:06.00	22

## SESSION 6/7 – Monday February 17, 2014

Warm-Ups at 7:30am / Session Starts at 8:30am

Finals Warm-Ups at 4:30pm / Session Starts at 5:30pm

GIRLS EVENTS	QUALIFYING TIMES	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
23	57.29	100 Yard Freestyle	52.49	24
25	2:41.89	200 Yard Breaststroke	2:29.12	26
27	1:05.40	100 Yard Backstroke	1:01.68	28
29	2:21.21	200 Yard Butterfly	2:10.50	30
		<i>10 Minute Break</i>		
31	4:01.19	400 Yard Freestyle Relay	3:54.99	32

\*Relays are timed finals, and the fastest heat of all relays will swim with finals.

Finals will follow the same order as prelims.

Swimmers may compete in one (1) individual event on Friday and up to three (3) individual events plus one (1) relay per day on Saturday, Sunday, and Monday.

**\$7.50 Per Individual Event Per Athlete for ALL Athletes**

**\$1.00 Per Athlete Surcharge**

**\$10.00 Per Each Relay**

# SCHENECTADY – SARATOGA SWIM CLUB ENTRY FEE CALCULATION SHEET

REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIP  
FRIDAY FEBRUARY 14 THROUGH MONDAY FEBRUARY 17, 2014  
UNION COLLEGE, SCHENECTADY, NY

TEAM NAME \_\_\_\_\_  
CONTACT PERSON \_\_\_\_\_  
PHONE NUMBER \_\_\_\_\_  
E-Mail ADDRESS \_\_\_\_\_

Number of Individual Entries	_____	X \$7.50 = \$	_____
Number of Swimmers	_____	X \$1.00 = \$	_____
Number of Relays	_____	X \$10.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____

Total Entry Fee Due .....\$ \_\_\_\_\_

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

## ENTRY DEADLINE: February 5, 2014

*MAKE CHECKS PAYABLE TO Schenectady-Saratoga Swim Club*

Email your entries to the Meet Entry Coordinator

**This form Must be returned with Entry Report and Check  
to the Meet Entry Coordinator:**

Arianna Arazi  
25 Forestbrook Drive, Ballston Lake, NY 12019  
512-658-7729 [arbreitstein@gmail.com](mailto:arbreitstein@gmail.com)

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