

# February Freeze Invitational

## Sunday February 7, 2016

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD16-011  
JoAnn Faucett, General Chairman

It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**Host:** Delmar Dolphins Swim Club

**Place:** RPI Robinson Pool, Troy, NY  
Short Course 25 Yard Pool, 8 Lanes  
Colorado Automatic Timing and Beeper System

**The competition course has not been certified in accordance with 104.2.2C(4).**

**Pool Depths:** Depth of Pool at One (1) Meter 4'00" and Five (5) Meters 4'10" from Start End of Pool.  
Depth of Pool at One (1) Meter 6'10" and Five (5) Meters 6'7" from Turn End of Pool.

<b>Time:</b> Session 1:	WARM UP 7:00 AM ....	START TIME 8:00
Session 2:	WARM UP 12:00 PM....	START TIME 12:30
Session 3:	WARM UP 1:30 PM.....	START TIME 2:30

<b>Meet Director:</b>	Alan Rosenblum	(518)439-4999	<a href="mailto:alroser5@verizon.net">alroser5@verizon.net</a>
<b>Meet Referee:</b>	JoAnn Faucett		<a href="mailto:faucettjm@aol.com">faucettjm@aol.com</a>
<b>Meet Entry Coordinator:</b>	Penny Sorbello	(845)235-3393	<a href="mailto:pennysorbello@msn.com">pennysorbello@msn.com</a>

### Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **February 7, 2016**. 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**. Team entries must be received by the Meet Entry Coordinator by **January 28, 2016**

**Swimmers may enter Four (4) individual events**

**Entries will be accepted on a first come first served basis.**

**Once a session is full, no additional entries will be accepted for that session.**

**The host team reserves the right to enter their swimmers in the meet at any time.**

**If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed.**

**Attending teams will be notified of any changes via email and all changes will be posted to the AD Web Site. All fees paid for cut entries will be refunded.**

202.3.2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

202.3.4A 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

### USA Swimming Registration:

ALL Swimmers MUST be USA Swimming Registered, as provided in Article 302, at the time their entries are submitted. Registrations may be obtained from your club registrar. 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)

### Swimming Events:

All events will be swum as timed finals, Sessions 1 and 3 will be pre-seeded, Session 2 requires positive check-in by 11:30AM and can be limited to a 60 minute session.

### 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 their number of entries. A schedule will be posted to the AD web site. Swimmers have to provide their own timers for the 500's

## 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 Team Listing or Deck Pass.  
**If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, to UN-AD (unattached) at an LSC fee of \$60.00 plus the current USA Swimming Registration fee.  
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 behind the starting blocks, including any spectator area behind the starting blocks, in changing areas, rest rooms or locker rooms.**

**Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.**

**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 concession will be available 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.

## Entry Fees:

An entry summary sheet is included to compute your team entry fees. The entry fees are **\$4.50** per individual event for sessions 1 and 3, and \$4.75 per event for session 2 with positive check-in. These fees includes the \$.50 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 Dolphins Swim Club"** and mail your check and entry summary sheet to the **Meet Entry Coordinator**

Penny Sorbello  
3 Concord Rd  
Glenmont, NY 12077

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

## Photographers:

Only Professional Photographers or Videographers hired by the host team or Press Photographers, who have been approved in advance by the meet director, will be allowed on deck. A Photographer Registration form must be completed and submitted to the meet director for approval, prior to the meet. 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.

*Parents and Professionals, please refer to the "Meet Policy" above for general restrictions pertaining to all photography at Sanctioned meets.*

## Awards:

**Ribbons will be give 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 the Meet Director or Meet Referee**

**FEBRUARY FREEZE INVITATIONAL**  
**Sunday February 7, 2016... Robinson Pool, RPI, Troy, NY**

**SESSION 1**

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

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	9-10	100 Individual Medley	2
3	11-12	100 Individual Medley	4
5	9-10	50 Freestyle	6
7	11-12	50 Freestyle	8
9	9-10	100 Backstroke	10
11	11-12	100 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

**SESSION 2 ... 500 FREESTYLE**

WARM-UPS 12:00PM...Positive Check-In Deadline is 11:30 AM ...SESSION BEGINS 12:30PM

Heat sheets for the 500s will be posted at multiple locations around the pool by 12:00 PM

GIRLS EVENTS	AGE GROUP	MUST BE SLOWER THAN	EVENT DESCRIPTION	MUST BE SLOWER THAN	BOYS EVENTS
25	9-12	Ages 9-10 7:49.99 Ages 11-12 6:44.99	500 Freestyle	Ages 9-10 7:49.99 Ages 11-12 6:44.99	26
27	13 & OVER	Ages 13-14 5:49.99 15 & Over 5:43.99	500 Freestyle	Ages 13-14 5:33.99 15 & Over 5:21.99	28

Session 2 events are multi-age, awarded and scored by age groups 9-10, 11-12, 13-14, and 15 & Over

**SESSION 3**

WARM-UPS 1:30PM...SESSION BEGINS 2:30PM

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
29	8&Under	100 Individual Medley	30
31	13 & over	200 Individual Medley	32
33	8&Under	50 Freestyle	34
35	13 & over	50 Freestyle	36
37	8&Under	50 Butterfly	38
39	13 & over	100 Butterfly	40
41	8&Under	100 Freestyle	42
43	13 & over	100 Freestyle	44
45	8&Under	50 Breaststroke	46
47	13 & over	100 Breaststroke	48
49	8&Under	50 Backstroke	50
51	13 & over	100 Backstroke	52

**Each Swimmer May Swim A Maximum of 4 Events per Day**

**\$4.50 Sessions 1&3, \$4.75 Session 2, per individual Event per Athlete plus a \$1.00 per Athlete Surcharge  
 For manual entries Add \$1.00 per entry**

# “Delmar Dolphins Swim Club”

ENTRY FEE CALCULATION SHEET February Freeze Invitational February 7, 2016

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

Number of Individual Entries \_\_\_\_\_ X \$4.50 = \$ \_\_\_\_\_  
Number of Individual Entries Positive Check-in \_\_\_\_\_ X \$4.75 = \$ \_\_\_\_\_  
Number of Swimmers \_\_\_\_\_ X \$1.00 = \$ \_\_\_\_\_  
Number of Manual (non-electronic) Entries \_\_\_\_\_ X \$1.00 = \$ \_\_\_\_\_  
  
Total Amount Due and Enclosed .....\$ \_\_\_\_\_

## ENTRY DEADLINE.. January 28, 2016

*MAKE CHECKS PAYABLE TO Delmar Dolphins 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:**

Penny Sorbello (845-235-3393) 3 Concord Rd  
Glenmont, NY 12077  
[PENNYSORBELLO@MSN.COM](mailto:PENNYSORBELLO@MSN.COM)

**Entries will be posted to the meet program  
upon RECEIPT OF CHECK ONLY.  
DELMAR DOLPHINS SWIM CLUB assumes no responsibility for  
meet close-out due to late entries**