

# DELMAR DOLFIN SWIM CLUB

## FEBRUARY FREEZE

### FEBRUARY 1<sup>st</sup> & 2<sup>nd</sup>, 2025

## RPI ROBISON POOL, TROY, NEW YORK

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD25-019  
 Marco Greico, General Chairman  
 In granting this sanction 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 DOLFIN SWIM CLUB

**Place:** RPI Robison Pool, Troy, New York  
 25 Yard, 8 Lane Competition Pool with continuous warm up/warm down area  
 Colorado Timing System with touchpads and beepers  
 The competition course has not been certified in accordance with 104.2.2C(4).

**Pool Depths:** Depth of Pool at One (1) Meter 4'0" 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.

**Time:**

Session	Age Groups	Warm Ups	Meet Starts	Positive Check In
Session 1 - Sat PM	Varies	12:00 PM	1:00 PM	1:00 PM, 1000 Freestyle only
Session 2 - Sun AM	9-10, 11-12	7:30 AM	8:30 AM	None
Session 3 - Sun PM	8 & Under, 13 & Over	12:30 PM	1:30 PM	None

**Meet Director:** Adam Hershberg 518-522-6360 adregistrar12@gmail.com  
 Nathan Bryant 518-514-8713 bryantjnathan@icloud.com  
**Meet Referee:** JoAnn Faucett 518-496-6136 faucettjm@aol.com  
**Meet Entry Coordinator:** Samantha Oliver 518-653-8181 soliver544@gmail.com

**Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on **February 1, 2025**.  
 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 **Wednesday, January 22, 2025**.  
 Swimmers may enter a maximum of three (3) individual events on Saturday and four (4) individual events and one (1) relay on Sunday.

In the event the meet is oversubscribed, the Meet Director may cut relays to achieve the desired timeline. If after removing relays, the meet is still oversubscribed, the Meet Director and Meet Referee will work together to determine how entries are removed, with the best interest of the swimmers in mind. 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 without the use of the backstroke ledge. 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:**

**No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302**  
 All registrations are completed using the USA Swimming Online Member Registration (OMR) system.  
 Refer to the AD web site, "USA-S Registrations" page for information.  
 Adirondack Meets are reconciled for current USA Swimming Registration. Unregistered or expired swimmers will be removed from the meet.  
 Athletes 18 or older MUST have completed APT to be compliant and allowed to swim in meet.  
 AD swimmers must have Confirmed Birthdates to swim age specific events.  
 Legal ID must be sent to the LSC Registrar for new members or members new to AD.  
 Direct registration questions to the Adirondack Registrar, Bill Faucett [office@adirondackswimming.org](mailto:office@adirondackswimming.org)

**Swimming Events:**

All events will be swum as timed finals.  
 There will be a bullpen for 8 and Under swimmers for the 25-yard freestyle only. The bullpen will be near the warmup pool in front of the entrance to the locker rooms. Swimmers should line up behind the blocks for all other 8u events.  
 The 1000 Freestyle will be swum mixed gender fastest to slowest. The number of heats may be limited at the discretion of the meet director and meet referee after entries are received. Clubs will be notified if entries are modified.  
 Swimmers must provide their own timers and lap counters for the 1000 Freestyle.

## Relays:

Each club may enter a maximum of four (4) relays per event.

## Scratches:

Scratches are not required. The 1000 freestyle is Positive Check In. Check in deadline is Saturday at 1:00PM

## 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. Club assignments will be posted to the Adirondack Swimming Website and at the pool. Swimmers must provide their own timers and lap counters for the 1000 Freestyle.

## 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 form of Proof of Registration is USA-Swimming Member Card from Member's SWIMS 3.0 Dashboard..
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.  
Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.  
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 show in compliance USA Swimming Membership Card prior to being 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.

All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

## Services:

Full concession stand will be available for all sessions..  
Meet mobile is planned to be used during the meet provided good internet access at the pool.  
Heat Sheets will be available for sale at the concession stand and available on Meet Mobile.  
The Deep End Swim Store is planned to be on site with equipment sales  
T-shirt vendor will be onsite for apparel sales

## 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 \$6.50 per individual event and \$9.00 per relay. The entry fees include the \$.50 AD travel fund surcharge  
There is a \$5.00 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 the **Delmar Dolphins Swim Club, C/O Matt Allinson, 24 Leonard Place, Delmar, NY 12054**

*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 awarded to the top 8 places in each event.

**Scoring:**

This meet will not be scored.

**Officials:**

There will be an official's meeting conducted promptly 45 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**

**Delmar Dolphins February Freeze**  
**February 1st and 2nd, 2025**  
**RPI Robison Pool**

**Session 1 - Saturday PM**  
**12:00 PM Warm-Ups - 1:00 PM Start**  
**Max individual 4 events per swimmer**

<b>Girls Events</b>	<b>Age Group</b>	<b>Event Description</b>	<b>Boys Events</b>
1	11 and over	200 Backstroke	2
3	13 and over	400 IM	4
5	Open	100 Freestyle	6
7	11 and over	200 Breaststroke	8
9	Open	100 Butterfly	10
11	13 and over	1000 Freestyle	11

**Session 2 - Sunday AM**  
**7:30 AM Warm-Ups - 8:30 AM Start**  
**Max individual 4 events and 1 relay per swimmer**

<b>Girls Events</b>	<b>Age Group</b>	<b>Event Description</b>	<b>Boys Events</b>
12	11-12	200 Freestyle	13
14	9-10	100 IM	15
16	11-12	100 IM	17
18	9-10	50 Backstroke	19
20	11-12	100 Backstroke	21
22	9-10	50 Freestyle	23
24	11-12	50 Freestyle	25
26	9-10	50 Breaststroke	27
28	11-12	50 Breaststroke	29
30	9-10	50 Butterfly	31
32	11-12	100 Butterfly	33
34	9-10	200 Freestyle Relay	35
36	11-12	200 Freestyle Relay	37

**Session 3 - Sunday PM**  
**12:30 PM Warm Ups - 1:30 PM Start**  
**Max individual 4 events and 1 relay per swimmer**

<b>Girls Events</b>	<b>Age Group</b>	<b>Event Description</b>	<b>Boys Events</b>
38	13 & Over	200 Freestyle	39
40	8 & Under	50 Freestyle	41
42	13 & Over	200 IM	43
44	8 & Under	100 IM	45
46	13 & Over	100 Backstroke	47
48	8 & Under	50 Backstroke	49
50	13 & Over	50 Freestyle	51
52	8 & Under	25 Freestyle	53
54	13 & Over	100 Breaststroke	55
56	8 & Under	50 Breaststroke	57
58	13 & Over	200 Butterfly	59
60	8 & Under	50 Butterfly	61
62	13 & Over	200 Medley Relay	63

**Each Swimmer May Swim a Maximum of 4 events on Saturday and 4 Events Plus 1 Relay on Sunday**

**\$6.50 Per Individual Event Per Athlete for ALL Athletes**  
**\$5.00 Per Athlete Surcharge**  
**\$9.00 Per Each Relay**  
**For Manual Entries, Add \$1.00 Per Entry (individual or relay)**

# DELMAR DOLPHINS SWIM CLUB

ENTRY FEE CALCULATION SHEET: February Freeze, RPI Robison Pool, February 1 & 2, 2025

TEAM NAME \_\_\_\_\_

CONTACT PERSON \_\_\_\_\_

PHONE NUMBER \_\_\_\_\_

E-Mail ADDRESS \_\_\_\_\_

Number of Individual Entries	_____	X \$6.50 = \$	_____
Number of Swimmers (LSC Surcharge)	_____	X \$5.00 = \$	_____
Number of Relays	_____	X \$9.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____

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

## ENTRY DEADLINE.. Wednesday, January 22, 2025

*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:**

Delmar Dolphins Swim Club  
C/O Matt Allinson  
24 Leonard Place  
Delmar, NY 12054

E-mail entries only to Sam Oliver – [soliver544@gmail.com](mailto:soliver544@gmail.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**