

# 2023 STARFISH TROPHY INVITATIONAL

## January 6-8, 2023

Niskayuna High School, Niskayuna, NY

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD23-008  
Don Lipkin, 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:** Albany Starfish Swim Club

**Place:** Niskayuna High School, 1626 Balltown Road, Niskayuna, NY; 8 Lane Short Course, 25 Yard Pool.  
Colorado electronic start and timing system  
**The competition course has not been certified in accordance with 104.2.2C(4)**

**Pool Depths:** **Depth of Pool at One (1) Meter 13' and Five (5) Meters 13' from Start End of Pool.**  
**Depth of Pool at One (1) Meter 4' 4" and Five (5) Meters 4' 8" from Turn End of Pool.**

**Time:**

<u>Session</u>	<u>Age Groups</u>	<u>Positive Check In Deadline</u>	<u>Warm-up Time</u>	<u>Meet Start Time</u>
<b>Session 1 – Fri PM</b>	9-10, 11-12, 13-14, 15 & over	4:30pm for 500 Free	4:00pm	5:00pm
<b>Session 2 – Sat AM</b>	13-14, 15 & over	Friday 5:00pm	7:30am	8:30am
<b>Session 3 – Sat PM</b>	8&U, 9-10, 11-12	Friday 6:00pm	12:00pm	1:00pm
<b>Session 4 – Sat Finals</b>	Finals		4:00pm	5:00pm
<b>Session 5 – Sun AM</b>	13-14, 15 & over	Saturday 5:00pm	7:30am	8:30am
<b>Session 6 – Sun PM</b>	8&U, 9-10, 11-12	Saturday 6:00pm	12:00pm	1:00pm
<b>Session 7 – Sun Finals</b>	Finals		4:00pm	5:00pm

**Meet Director:** Greg Antolick (518) 852-1217, [president@starfishswimclub.org](mailto:president@starfishswimclub.org)  
**Meet Referee:** JoAnn Faucett (518) 496-6136, [faucettjm@aol.com](mailto:faucettjm@aol.com)  
**Meet Entry Coordinator:** Dan Tanski (518) 265-7365, [entries@starfishswimclub.org](mailto:entries@starfishswimclub.org)

### Entry Rules:

The eligibility of a swimmer will be determined by his or her age on January 6, 2023.  
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 **Friday, December 23, 2022**  
Swimmers may enter up to TWO events on Friday and up to THREE individual events and ONE relay per day on Saturday and Sunday.  
In the event the meet is oversubscribed, the Meet Director may cut Relays in order 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.

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 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](#))  
Athletes 18 or older MUST have completed APT to be compliant and allowed to swim in meet.  
Direct registration questions to the Adirondack Registrar, Bill Faucett [office@adirondackswimming.org](mailto:office@adirondackswimming.org)

### Swimming Events:

Session 1: The 500 Freestyle will be swum fastest to slowest starting with the fastest heat of girls, then alternating between boys and girls heats. Slower heats may be combined, if necessary. All Friday Events are timed finals.  
Sessions 2, 3, 5 and 6: Prelims for 11-12, 13-14 and 15 & over will be circle seeded for the top 24 entry times. The top 16 finishes advance to finals.

**Where applicable, entry times must be faster than the listed cutoff times.** For the 400 IM and 500's, boys and girls and age groups will be combined. For the 500 Freestyle, the order will be the fastest heat of girls, the fastest heat of boys with the remaining swimmers combined. Entries with NT will not be accepted for those events that require qualifying times.

## Finals & Consolations:

Sessions 2, 3, 5 and 6: Prelims for 11-12, 13-14 and 15 & over will be circle seeded for the top 24 entry times. The top 16 finishes advance to finals as follows:

B-Final - The Consolation Final (9th through 16th Place)

A-Final - Top 8 finishers from prelims

## Positive Check-In and Scratches:

For Saturday and Sunday events scratch sheets will be provided to each team at meet check in.

Scratch deadlines are as follows

Session 1 (Friday Evening, timed finals): 500 Free Positive Check In by 4:30pm

Session 2 (Saturday AM Prelims): Friday, 5:00pm

Session 3 (Saturday PM 12 & Under): Friday, 6:00pm

Session 4 (Saturday Finals): Scratches should be made within 30 minutes of completion of event during prelims

Session 5 (Sunday AM Prelims): Saturday 5:00pm

Session 6 (Sunday PM 12 & Under): Saturday 5:00pm

Session 7 (Sunday Finals): Scratches should be made within 30 minutes of completion of event during prelims.

## 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. Lane assignments will be posted to the Adirondack Meet Schedule ([www.adirondackswimming.org](http://www.adirondackswimming.org)) on or before **January 2, 2019** and in the program and pool area.

**Swimmers are required to provide their own timers and counters for the 500 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 forms of Proof of Registration are: USA-Swimming ID or USA-Swimming Club Portal Team Listing or Deck Pass.
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 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.

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.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND ADIRONDACK SWIMMING AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.

**This statement (Covid-19) shall also be included in heat sheets.**

## Host Assumption of Risk Disclaimer Statement:

Starfish Swim Club follows all health and safety measures as implemented by the Niskayuna CSD and the New York State and Schenectady County Boards of Health. Athletes, coaches, officials and spectators must follow all posted instructions while attending the 2023 Albany Starfish Swim Club Trophy Invitational. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By attending the 2023 Albany Starfish Swim Club Trophy Invitational event, you voluntarily assume all risks related to exposure to COVID-19.

## Services:

A meet program and meet t-shirt will be available for sale. A wide selection of food will be available from the Starfish Cafe. The Deep End Swim Shop will be on hand for sales of swim equipment. No food or drink is to be consumed in the pool area.

**Please do not bring any glass containers into the facility.**

## 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 \$5.00 per individual timed final event and \$5.50 per individual prelim/final event, which includes the \$.50 AD travel fund surcharge, \$7.00 per relay, which includes the \$1.00 AD travel fund surcharge and a \$2.00 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 **A-V Starfish Swim Club** and mail your check and entry summary sheet to the **Meet Entry Coordinator, Starfish Swim Club, PO Box 9408, Niskayuna, NY 12309**

All entries must be emailed to [entries@starfishswimclub.org](mailto:entries@starfishswimclub.org). 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:

Individual event ribbons will be awarded for 1<sup>st</sup> – 8<sup>th</sup> place

Relay event ribbons will be awarded to the 1<sup>st</sup> – 3<sup>rd</sup> place teams

Awards will be given for individual heat winners for 12 & under swimmers only

High Point awards will be given out for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each age group for both males and females, immediately following the last session for each age group. 8 & Unders will be scored on six events. 9-10 and 11-12 years will be based upon eight events and 13-14 and 15-18 age groups will be scored on best nine events. Coaches should pick up their team's awards, Starfish is not be responsible for mailing.

## Scoring:

Finals and consolations will be scored according to USA Swimming rules.

**Note for Swimmers 19 and Over:** Times for swimmers 19 years old and older are valid and will be entered into SWIMS.

However, these swimmers will not score or be eligible for individual awards, high point awards and meet records.

## Time Trials:

Will not be offered for this meet

## Officials:

There will be an officials meeting conducted promptly 30 minutes before each session. Attendance is MANDATORY to work the meet.

Please sign up in officials room before the start of officials meeting.

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

**2023 STARFISH TROPHY INVITATIONAL  
JANUARY 6-8, 2023 NISKAYUNA HIGH SCHOOL**

**SESSION 1 (FRIDAY PM) WARM-UP 4:00PM SESSION BEGINS 5:00PM**

QUALIFYING TIME	GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS	QUALIFYING TIME
3:35.00	1	9-10 200 Individual Medley	2	3:35.00
3:05.00	3	11-12 200 Individual Medley	4	3:05.00
5:40.00	5	13 & Over 400 Individual Medley	6	5:20.00
3:15.00	7	9-10 200 Freestyle	8	3:15.00
2:40.00	9	11-12 200 Freestyle	10	2:40.00
6:20.00	11	13 & Over 500 Freestyle	12	6:00.00

**SESSION 2 (SATURDAY AM) WARM-UP 7:30AM SESSION BEGINS 8:30AM**

QUALIFYING TIME	GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS	QUALIFYING TIME
	13	13-14 50 Freestyle	14	
	15	15 & Over 50 Freestyle	16	
	17	13-14 100 Backstroke	18	
	19	15 & Over 100 Backstroke	20	
3:20.00	21	13-14 200 Breaststroke	22	3:00.00
3:10.00	23	15 & Over 200 Breaststroke	24	2:50.00
	25	13-14 100 Butterfly	26	
	27	15 & Over 100 Butterfly	28	
	29	13-14 Over 200 Freestyle	30	
	31	15 & Over 200 Freestyle	32	
		5 Minute Break		
	33	13 Over 200 Medley Relay	34	

**SESSION 3 (SATURDAY PM) WARM-UP 12:00PM SESSION BEGINS 1:00PM**

QUALIFYING TIME	GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS	QUALIFYING TIME
	35	9-10 100 Freestyle	36	
	37	11-12 100 Freestyle	38	
	39	8 & Under 50 Freestyle	40	
	41	9-10 50 Backstroke	42	
	43	11-12 50 Backstroke	44	
	45	8 & Under 100 Individual Medley	46	
	47	9-10 100 Individual Medley	48	
	49	11-12 100 Individual Medley	50	
	51	8 & Under 50 Butterfly	52	
	53	9-10 50 Butterfly	54	
	55	11-12 50 Butterfly	56	
1:55.00	57	9-10 100 Breaststroke	58	1:55.00
1:40.00	59	11-12 100 Breaststroke	60	1:40.00
	61	10 & Under 100 Freestyle Relay	62	
	63	11-12 200 Freestyle Relay	64	

**2023 STARFISH TROPHY INVITATIONAL  
JANUARY 6-8, 2023 NISKAYUNA HIGH SCHOOL**

**SESSION 4 (SATURDAY FINALS) WARM-UP 4:00PM SESSION BEGINS 5:00PM**

GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS
13	13-14 50 Freestyle	14
15	15 & Over 50 Freestyle	16
37	11-12 100 Freestyle	38
17	13-14 100 Backstroke	18
19	15 & Over 100 Backstroke	20
43	11-12 50 Backstroke	44
21	13-14 200 Breaststroke	22
23	15 & Over 200 Breaststroke	24
49	11-12 100 Individual Medley	50
25	13-14 100 Butterfly	26
27	15 & Over 100 Butterfly	28
55	11-12 50 Butterfly	56
29	13-14 200 Freestyle	30
31	15 & Over 200 Freestyle	32
59	11-12 100 Breaststroke	60

**SESSION 5 (SUNDAY AM) WARM-UP 7:30AM SESSION BEGINS 8:30AM**

QUALIFYING TIME	GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS	QUALIFYING TIME
	65	13-14 200 Individual Medley	66	
	67	15 & Over 200 Individual Medley	68	
2:50.00	69	13-14 200 Backstroke	70	2:40.00
2:40.00	71	15 & Over 200 Backstroke	72	2:30.00
	73	13-14 100 Breaststroke	74	
	75	15 & Over 100 Breaststroke	76	
2:50.00	77	13-14 200 Butterfly	78	2:40.00
2:40.00	79	15 & Over 200 Butterfly	80	2:30.00
	81	13-14 100 Freestyle	82	
	83	15 & Over 100 Freestyle	84	
		5 Minute Break		
	85	13 & Over 200 Freestyle Relay	86	

**2023 STARFISH TROPHY INVITATIONAL  
JANUARY 6-8, 2023 NISKAYUNA HIGH SCHOOL**

**SESSION 6 (SUNDAY PM) WARM-UP 12:00PM SESSION BEGINS 1:00PM**

QUALIFYING TIME	GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS	QUALIFYING TIME
1:40.00	87	9-10 100 Backstroke	88	1:40.00
1:25.00	89	11-12 100 Backstroke	90	1:25.00
	91	8 & Under 50 Backstroke	92	
	93	9-10 50 Breaststroke	94	
	95	11-12 50 Breaststroke	96	
	97	8 & Under 50 Breaststroke	98	
	99	9-10 50 Freestyle	100	
	101	11-12 50 Freestyle	102	
	103	8 & Under 100 Freestyle	104	
1:50.00	105	9-10 100 Butterfly	106	1:50.00
1:30.00	107	11-12 100 Butterfly	108	1:30.00
	109	10 & Under 100 Medley Relay	110	
	111	11-12 200 Medley Relay	112	

**SESSION 4 (SUNDAY FINALS) WARM-UP 4:00PM SESSION BEGINS 5:00PM**

GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS
65	13-14 200 Individual Medley	66
67	15 & Over 200 Individual Medley	68
89	11-12 100 Backstroke	90
69	13-14 200 Backstroke	70
71	15 & Over 200 Backstroke	72
95	11-12 50 Breaststroke	96
73	13-14 100 Breaststroke	74
75	15 & Over 100 Breaststroke	76
101	11-12 50 Freestyle	102
77	13-14 200 Butterfly	78
79	15 & Over 200 Butterfly	80
107	11-12 100 Butterfly	108
81	13-14 100 Freestyle	82
83	15 & Over 100 Freestyle	84

**Each Swimmer May Swim a Maximum of 2 Individual Events on Friday, and a Maximum of 3 Individual Events and 1 Relay Each Day Saturday and Sunday.**

Individual Entries: \$5.50 per prelims/finals event.

Individual Entries: \$5.00 per timed finals event.

\$2.00 per swimmer surcharge.

Relay Entries: \$7.00 per Relay.

Manual or Deck Entries (non-electronic) are subject to a \$1.00 Surcharge per Entry, Individual or Relay.

**ALBANY STARFISH SWIM CLUB**  
**ENTRY FEE CALCULATION SHEET**  
2023 Starfish Trophy Invitational  
Niskayuna High School, Niskayuna, NY  
JANUARY 6-8, 2023

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

Number of Timed Finals Entries	_____	X \$5.50 = \$	_____
Number of Prelim/Finals Entries	_____	X \$5.00 = \$	_____
Number of Swimmers	_____	X \$2.00 = \$	_____
Number of Relays	_____	X \$7.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____

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

**ENTRY DEADLINE - Friday, Dec. 23<sup>rd</sup>, 2022**

**MAKE CHECKS PAYABLE TO: AV Starfish Swim Club, Inc.**

Email your entries to the Meet Entry Coordinator  
[entries@starfishswimclub.org](mailto:entries@starfishswimclub.org)

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

Starfish Swim Club  
PO Box 9408  
Niskayuna, NY 12309

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