

**DELMAR DOLFIN SWIM CLUB**  
**FEBRUARY FREEZE**  
**FEBRUARY 4, 2023**  
**UNION COLLEGE ALUMNI GYMNASIUM POOL**

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD23-014  
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:** DELMAR DOLFIN SWIM CLUB

**Place:** Union College, Alumni Gymnasium Pool, 807 Union Street, Schenectady, NY 12308  
25 Yard, 8 Lane Competition Pool with continuous warm up/warm down pool  
Colorado 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 4'0" and Five (5) Meters 4'3" from Start End of Pool.  
Depth of Pool at One (1) Meter 7'0" and Five (5) Meters 6'9" from Turn End of Pool.

**Time:**

Session	Age Groups	Warm-Up	Meet Starts
Session 1 - AM	9-10, 11-12	7:30 AM	8:30 AM
Session 2 - PM	8 and Under, 13 and Over	12:30 PM	1:30 PM

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

**Spectator Attendance will be limited per Union College Rules.**  
**Delmar Dolphins plan to provide a live-stream of this meet for those who cannot attend. Live-Stream information will be provided prior to meet.**  
**Volunteers working the meet will be allowed access to the pool.**

**Entry Rules:**

The eligibility of a swimmer will be determined by his or her age on **February 4, 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, January 27, 2023**  
Swimmers may enter a maximum of four (4) individual events and two (2) relays per session  
In the event the meet is 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 Adirondack Meets are reconciled for current USA Swimming Registration. Unregistered 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  
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.

## 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.

## 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 Member Card from SWIMS 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 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.**

## Health, Wellness and COVID-19 Guidelines:

### General

- We are fortunate to be permitted to use the facilities at Union College Alumni Gymnasium, Schenectady, NY. Proper conduct on the part of all swimmers, volunteers, coaches, officials, and anyone else attending is expected at all times. The meet area is restricted to the pool and adjoining locker rooms and the adjacent hallways. Any swimmer found in an area designated out-of-bounds will be barred from participating in the remainder of the meet.
- All individuals are expected to remain socially distant to the extent possible prior to, while in, and when exiting the facility.
- Only Meet personnel, volunteers, coaches and swimmers registered in the meet will be allowed on deck.
- Spectator numbers may be restricted based on capacity limitations
- Swimmers are expected to arrive in their suits. Swimmers may change before they exit the facility within designated locker rooms.
- Locker rooms will be available for restroom purposes and changing out of swim attire at the end of the individual involvement of the meet. Monitors will be stationed at each locker room entrance to ensure limited individuals are inside at any given time.
- Masks are optional for all people entering the building

### Team seating:

- Each team will have ample room for their swimmers and coaches to place their bags and sit.
- Swimmers are expected to remain in their area except when racing, preparing to or completing a race or when needing to use the rest room.

#### Pre-meet warm-up:

- Each team will be assigned warm-up lanes and timeslots.
- Swimmers are expected to minimize their time on the wall while warming up.
- Coaches are expected to oversee and monitor warm-ups to ensure proper distancing is maintained.

#### In-meet warm-up/warm-down:

- All swimmers asked to minimize their time on the wall during warm up/warm down swimming

#### Swimmer Competition:

- If a mask is worn, swimmers should keep their mask on until their heat is called to the blocks, at which time they should place their masks in their bag and place it next to the lane.
- Timers are to step back from the edge of the pool once they have recorded the finish to allow the swimmer space to exit the water and place their mask on.

#### Meet personnel, volunteer, official, and coach Facility Use:

- Restrooms in the lobby are available for use by spectators

All swimmers, spectators, coaches, officials, volunteers, and anyone else attending is required to abide by COVID and any other health and safety measures as specified by Schenectady County, Adirondack Swimming, USA Swimming, and any governing agencies. Failure to do so will result in removal from the premises.

#### Services:

- Concession stand is planned if possible while abiding by any Union College restrictions
- A T-shirt vendor is planned for the meet
- Meet mobile is planned to be used during the meet.
- Spectators entering the pool area will be charged \$5 per person and will receive heat sheets.

#### 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 and \$7.00 per relay event
- The entry fees include the \$.50 AD travel fund surcharge
- There is 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 **DELMAR DOLFINS SWIM CLUB** and mail your check and entry summary sheet to the **Meet Entry Coordinator**.

*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 for Heat Winners and for 1<sup>st</sup> – 8<sup>th</sup> place for individual events and 1<sup>st</sup> - 3<sup>rd</sup> place for relays.

#### Scoring:

This meet will not be scored.

#### 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**

**DELMAR DOLFINs FEBRUARY FREEZE**  
**February 4, 2023**  
**Union College Alumni Gymnasium Pool**

**SESSION 1 - AM**  
**WARM-UPS 7:30 AM ... SESSION BEGINS 8:30AM**

Girls Events	Age Group	Event Description	Boys Events
1	11-12	200 Medley Relay	2
3	9-10	100 IM	4
5	11-12	100 IM	6
7	9-10	50 Backstroke	8
9	11-12	50 Backstroke	10
11	9-10	50 Freestyle	12
13	11-12	50 Freestyle	14
15	9-10	50 Breaststroke	16
17	11-12	50 Breaststroke	18
19	9-10	50 Butterfly	20
21	11-12	50 Butterfly	22
23	9-10	200 Freestyle Relay	24
25	11-12	200 Freestyle Relay	26

**SESSION 2 - PM**  
**WARM-UPS 12:30 PM ... SESSION BEGINS 1:30 PM**

Girls Events	Age Group	Event Description	Boys Events
27	13 & Over	200 Medley Relay	28
29	8 & Under	100IM	30
31	13 & Over	200IM	32
33	8 & Under	50 Backstroke	34
35	13 & Over	100 Backstroke	36
37	8 & Under	50 Freestyle	38
39	13 & Over	100 Freestyle	40
41	8 & Under	50 Breaststroke	42
43	13 & Over	100 Breaststroke	44
45	8 & Under	50 Butterfly	46
47	13 & Over	100 Butterfly	48
49	8 & Under	200 Freestyle Relay	50
51	13 & Over	200 Freestyle Relay	52

**Each Swimmer May Swim a Maximum of four (4) Events and two (2) relays per session.**  
**\$4.50 Per Individual Event Per Athlete**  
**\$7.00 Per Relay**  
**\$2.00 Per Athlete Surcharge**  
**For Manual Entries, Add \$1.00 Per Entry (individual or relay)**

# DELMAR DOLFINs SWIM CLUB

## ENTRY FEE CALCULATION SHEET

Delmar Dolphins February Freeze, Union College Alumni Pool, February 4, 2023

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

Number of Individual Entries	_____	X \$4.50 = \$	_____
Number of Relay Entries	_____	X \$7.00 = \$	_____
Number of Swimmers	_____	X \$2.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____

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

### **ENTRY DEADLINE.. Friday, January 27, 2023**

*MAKE CHECKS PAYABLE TO DELMAR DOLFINs 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:**

Samantha Oliver  
32 Robin Road  
Kinderhook, NY 12106  
**Soliver544@gmail.com**

**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**