

AD Coaches and Contacts ... R/E AD SC Championship Meets

As of February 1, 2023, the Times Recon process has not yet been completed in the new SWIMS 3.0. Unless the Times Recon is finished and functional at the time of our Silvers and Golds meets, we will be using the following process for times verification.

PROOF OF TIME

1. Verification of times for all individual events is required, *with exception of 8&U events in Silvers.*
2. Relay entries do not require proof of time (NT entries are not accepted, an entry time is required.)
3. Proof of times, including the date and name of the meet where the time was achieved must be included in the entry file.
4. Any additional requested proof of times must be submitted prior to the Scratch Deadline for the session in which the event is being swum. The Proof of Times must include the name and USA-S ID of the athlete as well as the meet, event and time swum.
5. All entry times must be Yards times, Recorded to SWIMS in the Qualifying Period for the meet.
6. After the meet, the host will conduct an audit of entry times vs. meet results. Based on the results of this audit, a team may be required to provide proof of time for selected swims, if not already proven.
7. Failure to prove a time or falsifying a time will result in a fine of twenty five dollars (\$25) per entry and the club will be responsible for paying the fine. Failure to pay the fine will result in exclusion from future AD meets.

REMINDER: All attending swimmers, meet directors, coaches and officials must be properly registered with USA Swimming for 2023 and be in good standing for the dates of the meets.

All other stated Entry Schedules and Processes will remain the same as stated in the following page.

AD Club Coaches and Contacts ... R/E AD Silver SC Champs

We are providing the following schedule of events to better assist the Entry Process.

1. Per Announcement – Entries are Due by 5:00PM, Thursday, February 23, 2023.
The meet entry coordinator will import your entries and reply back with a report of your entries as imported. Make sure you check your file for NT entries Before Sending. Those entries will NOT be Imported.
ALL Entries MUST have an Entry Time, Including Relays.
Be certain to check your entries immediately and if you have errors, you can resend an updated entry file to the meet entry coordinator by Friday, February 24th, 5:00PM
2. Friday, February 24, 2023, 5:00PM, Updated entry files are due.
3. Saturday, February 25, 2023, AM – Meet File will be turned over to Bill Faucett
 - A. **No Additional Electronic Entry Files will be Accepted**
All updates must be made manually (see 4 below), by request of swimmers club/coach
We will not accept any changes from swimmers' parents...
 - B. Specific Issues (non-times related) will be emailed directly to the clubs involved
 - C. Times Reconns will be posted to the "Recon Page" linked on the AD Meet Schedule

Coaches take special note:

There will be 2 times Recon Reports posted to the "recon page" on the AD site;

First Times Recon Report:

Meet Entry Times ARE Found in SWIMS but the swimmers also have faster recorded times in SWIMS.

As Silver SC Champs is a "Slower Than" qualifying meet, swimmers MUST enter with their BEST Recorded SWIMS time in the qualifying period. The swimmers best time found will be used for entry and if that time is a Gold Cut, the entry will be removed from Silvers.

Second Times Recon Report:

Meet Entry Times are NOT Found in SWIMS, show best time for swimmer if available.

These times cannot be used for entry as they are NOT recorded in the qualifying period.
If swimmer has a Recorded SWIMS time, we will use that time for entry, if the time qualifies.
If swimmer has NO Recorded or Qualifying SWIMS time, that entry will be removed.

4. ALL Updates, Additions and Deletions Must be emailed to Bill and plainly described
NO Electronic Entry Files will be Accepted ... Manual Changes ONLY

Be sure to use swimmers LEGAL NAMES so we don't make any errors

Examples: Remove John C Smith from event 62
Enter John C Smith to event 96 with an entry time of 1:02.43
Remove James G Williams from Meet ... will not be able to attend
Add Sally A Jones, DOB 2/23/98, to meet in the following events
event 43 entry time 56.72
event 105 entry time 1:02.15

**In order to accommodate updated times from any meets the weekend of Feb 25-26
Manual Changes will be accepted through Sunday, February 26, 2023, 8:00PM
No further changes will be accepted after that time.**

5. Monday, February 27th AM – Psyche Sheets will be posted on the AD website
- the meet files will be turned over to the host club to prepare the meet programs and run the meet.

Bill's email webmaster@adironackswimming.org

Adirondack Silver Short Course Championships

Union College ... March 3, 2023 and Shenendehowa Aquatic Center ... March 4-5, 2023

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction #AD23-019
 Don Lipkin, 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: Shenendehowa Pool (Adjacent to Gowana Middle School)
 Short Course 25 Yard – 8 Lane Pool... Continuous Warm Up Pool... Daktronics Starting and Timing
The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: Depth of Pool at One (1) Meter 14'6" and Five (5) Meters 14'6" from Start End of Pool.
 Depth of Pool at One (1) Meter 7'6" and Five (5) Meters 7'6" from Turn End of Pool.

Place: Union College, Alumni Gymnasium Pool, 807 Union Street Schenectady, NY 12308
 25 Yard, 8 Lane Pool, and Continuous Warm Up Pool - with Colorado timing systems and displays.
The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: Depth of Pool at One (1) Meter is 10'0" and at Five (5) Meters is 13'0" from Start End of Pool.
 Depth of Pool at One (1) Meter is 6'6" and at Five (5) Meters is 6'9" from Turn End of Pool.

Time:

DAY	SESSION	WARM-UP	POSITIVE CHECK-IN	SESSION BEGINS
FRIDAY	1	4:30PM	4:45 PM	5:30PM
SATURDAY	2	7:30AM	N/A	8:30AM
SATURDAY	3	1:00PM	4:00PM for 400IM's	2:00PM
SUNDAY	4	7:30AM	N/A	8:30AM
SUNDAY	5	1:00PM	N/A	2:00PM

Meet Directors: Allison Hynes (518) 265-0616 alhynes24@gmail.com
 Allison Relyea (518) 852-2832 relyeaa@guilderlandschools.net
Meet Referee: JoAnn Faucett (518) 496-6136 faucettjm@aol.com
Admin Official: Samantha Oliver (518) 653-8181 soliver544@gmail.com

Entry Rules: see: "Detailed Adirondack Swimming Championship Meet Requirements" for more information.

The eligibility of a swimmer will be determined by his or her age on **March 3, 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 Soliver544@gmail.com

Team entries must be received by the Meet Entry Coordinator by **Thursday, February 23, 2023, 5PM**

Swimmers must have competed in at least 1 **Adirondack Swimming Sanctioned** Short Course Meet in the 2022-23 SC Meet Season.

This meet is open to Adirondack Registered Swimmers Only

Swimmers may enter 1 Individual Event on Friday. Swimmers may enter 4 Individual Events and 1 Relay Per Day on Saturday and Sunday.

Entry times must be swimmer's best yards times achieved between January 1, 2022 to entry deadline.

All entry times must be Slower than the listed cutoff times and must be recorded in yards (no converted times), in the SWIMS database.

All entry times will be verified through the results database in SWIMS.

Additionally, for the 13&O 400 IM and 500 Free, entry times must be slower than the SC Gold Champs cut AND faster than the SC Silver cut.

If an athlete achieves a SC Gold Champs cut time after their entries have been submitted, he/she must withdraw from that event at SC Silvers.

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

Swimming Events:

All Events will be swum as Timed Finals.

All events will be Pre-Seeded with exception of the 500 Frees and 400 IM's, which will require positive check-in.

13&O Sessions (sessions 3 and 5) will be seeded and swum Multi-Age with Awards presented by 13-14 and 15&O age groups.

Relays:

Clubs will be limited to no more than 3 Relay Team entries (A, B and C) in each event.

Mixed Relays Events MUST have 2 Boys and 2 Girls within the event age on each relay team for Legal Mixed Relays.

Deck Entries:

Deck Entries will NOT be accepted at this meet.

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.

Warm-up times and meet start times are subject to change based on the number of entries for each session.

A complete and detailed warm-up schedule will be posted to the AD Website after entries are received.

Timers:

Session 1 - Swimmers must provide their own timers and counters for all 500's.

Session 3 - Swimmers must provide their own timers for the 400IM's.

For the balance of the meet, 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.

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 [THE LSC] 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

We are fortunate to be able to use the facilities at Union College and Shenendehowa Aquatic Center.

Delmar Dolphins Swim Club will enforce all rules as required by the two host schools, USA Swimming, Adirondack Swimming, the Schenectady and Saratoga County Departments of Health, and any other governing bodies.

Only meet personnel, coaches, officials, volunteers on shift and swimmers will be allowed on deck.

Locker rooms will be available for use at both facilities.

Swimmers should restrict their access to areas of the facilities needed for competition and improper conduct during the meet may result in removal from the balance of the meet.

By registering, entering, and attending the Adirondack Silvers Championship Meet, you voluntarily assume all risks associated with COVID-19 and any other communicable disease.

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, which includes the \$.50 AD travel fund surcharge, \$10.00 per relay, which includes the \$1.00 AD travel fund surcharge and a \$5.00 per swimmer surcharge.

ALL MANUAL ENTRIES, (NON-ELECTRONIC) ARE SUBJECT TO A SURCHARGE OF \$1.00 PER ENTRY, WHICH APPLIES TO INDIVIDUAL OR RELAY ENTRIES.

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:

Medals will be awarded for 1st through 3rd places and ribbons will be awarded for 4th through 8th places in all individual events, and 1st through 3rd places in relay events. Awards for the 13&Over events will be provided for both, the 13-14 and the 15 & Over age groups.

Scoring:

There will be no team or individual scoring at the AD Silver Short Course Championship Meet.

Services:

Heat sheets/Meet Program will be available for purchase at each session.

A full concession stand with food and drinks will be available on Saturday and Sunday. Session 1 on Friday night will have a limited supply of drinks available for purchase.

A t-shirt/apparel vendor will be on site on Saturday and Sunday

A swimming supply vendor may be available but is not finalized at time of the meet announcement posting.

Smoking is NOT permitted in the building. Glass containers of any kind are strictly prohibited in the pool area. PLEASE DO NOT pack any glass containers when going to any pool.

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.

Results:

Results will be available on Meet Mobile during and following each session assuming good Wi-Fi access at the pools.

After the meet, the full Official results and results file will be posted on the Adirondack Swimming website: www.adirondackswimming.org.

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

Detailed Adirondack Swimming Championship Meet Requirements

Adirondack Swimming Athletes **ONLY** May Enter either AD Gold or Silver Short Course Championship Meets. There will be **NO DECK ENTRIES** and Entries with No Entry Time (NT) will not be accepted.

There will be no “relay only” swimmers in these meets, with the following exception;

For AD Gold Short Course Championships, teams which have less than 4 but at least 2 qualified swimmers in an age group, may enter relay only swimmers to fill a relay team. Relay only swimmers in Senior events must be 13 & Over. Other than the exception above, all swimmers must qualify to swim the meet in one or more individual events to be able to participate in any relays.

Swimmers must have participated in at least two (2) AD Sanctioned Meets, in the Current SC Season to enter AD Gold Championships and at least one (1) AD Sanctioned Meet to enter AD Silver Championships.

Current Season is September 1st through Silver Championships.

Observed or Approved Meets May NOT be Used to Fulfill the Minimum Meet Requirement to enter.

However, All SWIMS Recorded Times from these meets are used for entry qualification.

Entry times must have been achieved between January 1, of the previous Short Course Season through the last AD Sanctioned Meet before each AD SC Championship Meet.

Recorded SWIMS Times ONLY may be used for entry in either AD Short Course Championship Meet.

Swimmers may NOT enter any Individual Event in either SC Championship Meet, where he/she has NO Recorded Time in SWIMS, within the Qualifying Period.

Requirements for AD Silver SC Championships - If a swimmer is to participate in the AD Silver SC Championships, he/she must have competed in at least 1 AD Sanctioned meet in the current SC Season prior to Silvers.

A swimmer entering an event in Silvers SC Championships must use his/her **Best Recorded Yards Time in SWIMS**, for the time period of **Jan 1st of last years' SC season to entry deadline**, as the entry time.

Requirements for AD Gold SC Championships - If a swimmer is to participate in the AD Gold SC Championships, he/she must have competed in at least 2 AD Sanctioned meets in the current SC Season, prior to Golds.

A swimmer entering an event in Gold SC Championships must use a **Recorded and Qualifying Yards Time in SWIMS**, for the time period of **Jan 1st of last years' SC season through the current seasons Silver SC Championships**.

Exceptions will be made in the following circumstances;

1. If a swimmer has transferred to AD from another LSC, where a change of home address has been made, at a time where it was too late to be entered in the required number of meets to qualify. **The transfer must have been completed by the AD LSC Registrar at least 30 days in advance of the meet.**
2. If a swimmer has had a prolonged medical condition which has not allowed him or her to swim until a time where it was too late to be entered in the required number of meets to qualify. **The swimmers coach MUST notify the Meet Director and Meet Referee, by mail or email, at least 30 days in advance of the meet.**
3. If a swimmer ages up between Silvers and Golds and he or she is too fast in an event for Silvers at the younger age group and too slow in the event for Golds at the older age group, the swimmer may swim the event in Golds, at the older age group, without having the Gold cut times. Swimmer must enter the event using actual achieved times and the meet host will allow the times as exceptions if they are too slow for the cutoffs.

Final Approval of ALL Exceptions will be by joint decision of the Meet Referee and Meet Director.

Requirements Revised October 2016 AD Fall Meeting

Adirondack Silver Short Course Championships
 Union College ... March 3, 2023 and Shenendehowa Aquatic Center ... March 4-5, 2023

Session 1 ... Friday, March 3, 2023 ... Union College
ALL Other Sessions (2-6) are located at the Shenendehowa Aquatic Center

SESSION 1 .. 500 Free, 13&O Multi-Age, 10&U, 11-12 ... FRIDAY, March 3, 2023
WARM-UPS 4:30 PM ... POSITIVE CHECK-IN BY 4:45 PM ... SESSION BEGINS 5:30 PM

GIRLS EVENTS	Gold QUALIFYING TIMES in red MIN. QUAL. TIMES	AGE GROUP	EVENT DESCRIPTION	Gold QUALIFYING TIMES in red MIN. QUAL. TIMES	BOYS EVENTS
1	5:52.99 - 6:21.89	13-14	500 Free	5:38.89 - 6:12.89	2
	5:34.99 - 6:02.99	15&O	500 Free	5:16.99 - 5:49.99	
3	7:20.99 - 8:00.00	10&U	500 Free	7:20.99 - 8:00.00	4
5	6:25.99 - 7:00.00	11-12	500 Free	6:25.99 - 7:00.00	6

Each Swimmer May Swim a Maximum of 1 Event Friday

\$6.50 Per Individual Event Per Athlete for ALL Athletes

\$5.00 Per Athlete Surcharge

For Manual Entries, Add \$1.00 Per Entry (individual or relay)

NOTES:

500 Free (session 1) and 400 IM (session 3) have 2 cuts shown

The AD Gold SC Championship cuts are the times on the left (in black)

Where the swimmer must enter with a slower time.

The cut times on the right (in red) are the minimum qualifying times for those events, where the swimmer must also have achieved a time faster than or equal to the cut.

Example – to enter the 13-14 Girls 500 free,

the swimmer must have achieved a time faster than or equal to 6:15.89

AND must Not have achieved an AD Gold SC Champs cut of 5:46.99

Multi-Age Clarification

Individual Events in the 13&Over sessions are Multi-Age Events.

All entries for 13&O swimmers are seeded and swum together to save time, but, awards are given as if both 13-14 and 15&Over age groups swam the events separately.

Adirondack Silver Short Course Championships
 Union College ... March 3, 2023 and Shenendehowa Aquatic Center ... March 4-5, 2023

SESSION 2 ... 12&U ... SATURDAY, March 4, 2023

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

GIRLS EVENTS	QUALIFYING TIMES	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
7	N/A	Mixed 10&U 200 Free Relay	N/A	7
8	N/A	Mixed 11-12 200 Free Relay	N/A	8
9	1:18.99	11-12 100 IM	1:18.99	10
11	1:36.99	10&U 100 Fly	1:36.99	12
13	NQT	8&U 25 Back	NQT	14
15	31.59	11-12 50 Free	30.99	16
17	41.99	9-10 50 Back	41.99	18
19	NQT	8&U 25 Breast	NQT	20
21	3:02.99	11-12 200 Breast	3:02.99	22
23	3:12.99	10&U 200 IM	3:12.99	24
25	NQT	8&U 50 Fly	NQT	26
27	1:18.99	11-12 100 Back	1:18.99	28
29	47.79	9-10 50 Breast	47.79	30
31	NQT	8&U 100 IM	NQT	32
33	1:16.99	11-12 100 Fly	1:16.99	34
35	1:19.99	9-10 100 Free	1:19.99	36
37	42.99	11-12 50 Breast	42.99	38
39	NQT	8&Under 50 Free	NQT	40
41	2:28.99	11-12 200 Free	2:25.99	42
43	N/A	10&U 200 Medley Relay	N/A	44
45	N/A	11-12 200 Medley Relay	N/A	46

SESSION 3 ... 13&O Multi-Age ... SATURDAY, March 4, 2023

WARM-UPS 1:00PM ... **POSITIVE CHECK-IN for 400 IM BY 4:00PM** ... SESSION BEGINS 2:00PM

GIRLS EVENTS	QUALIFYING TIMES	AGE GROUP	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
47	N/A	13-14	Mixed 200 Free Relay	N/A	47
48	N/A	15&O	Mixed 200 Free Relay	N/A	48
49	2:12.99	13-14	200 Free	2:06.99	50
	2:05.49	15&O	200 Free	1:55.99	
51	1:21.99	13-14	100 Breast	1:17.99	52
	1:16.99	15&O	100 Breast	1:09.49	
53	2:30.99	13-14	200 Fly	2:26.99	54
	2:27.99	15&O	200 Fly	2:18.99	
55	28.79	13-14	50 Free	27.99	56
	27.19	15&O	50 Free	24.89	
57	1:10.19	13-14	100 Back	1:07.19	58
	1:06.59	15&O	100 Back	1:01.29	
59	N/A	13-14	200 Medley Relay	N/A	60
61	N/A	15&O	200 Medley Relay	N/A	62
63	5:06.99-5:49.99	13-14	400 IM	4:55.69-5:36.99	64
	4:56.99-5:41.99	15&O	400 IM	4:43.99-5:24.99	

Each Swimmer May Swim A Maximum of 4 Events Per Day Plus 1 Relay
 \$6.50 Per Individual Event Per Athlete for ALL Athletes, \$5.00 Per Athlete Surcharge
 \$10 Per Each Relay, For Manual Entries, Add \$1.00 Per Entry (individual or relay)

Adirondack Silver Short Course Championships
 Union College ... March 3, 2023 and Shenendehowa Aquatic Center ... March 4-5, 2023

SESSION 4 ... 12&U ... SUNDAY, March 5, 2023

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

GIRLS EVENTS	QUALIFYING TIMES	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
65	N/A	Mixed 10&U 200 Medley Relay	N/A	65
66	N/A	Mixed 11-12 200 Medley Relay	N/A	66
67	2:42.99	11-12 200 IM	2:42.99	68
69	1:29.99	10&U 100 Back	1:29.99	70
71	NQT	8&U 50 Breast	NQT	72
73	35.99	11-12 50 Fly	35.99	74
75	35.99	9-10 50 Free	35.99	76
77	NQT	8&U 25 Fly	NQT	78
79	1:07.99	11-12 100 Free	1:07.99	80
81	43.99	9-10 50 Fly	42.99	82
83	NQT	8&U 50 Back	NQT	84
85	2:44.99	11-12 200 Back	2:44.99	86
87	1:46.99	10&U 100 Breast	1:46.99	88
89	NQT	8&U 100 Free	NQT	90
90	1:32.99	11-12 100 Breast	1:32.99	92
93	1:28.99	9-10 100 IM	1:28.99	94
95	NQT	8&U 25 Free	NQT	96
97	36.99	11-12 50 Back	36.99	98
99	2:50.99	10&U 200 Free	2:50.99	100
101	2:52.99	11-12 200 Fly	2:50.99	102
103	N/A	10&U 200 Free Relay	N/A	104
105	N/A	11-12 200 Free Relay	N/A	106

SESSION 5 ... 13&O ... SUNDAY, March 5, 2023

WARM-UPS 1:00PM ... SESSION BEGINS 2:00PM

GIRLS EVENTS	QUALIFYING TIMES	AGE GROUP	EVENT DESCRIPTION	QUALIFYING TIMES	BOYS EVENTS
107	N/A	13-14	Mixed 200 Medley Relay	N/A	107
108	N/A	15&O	Mixed 200 Medley Relay	N/A	108
109	2:29.99	13-14	200 IM	2:22.99	110
	2:22.99	15&O	200 IM	2:10.99	
111	1:11.49	13-14	100 Fly	1:07.99	112
	1:06.29	15&O	100 Fly	59.99	
113	2:31.99	13-14	200 Back	2:24.99	114
	2:23.89	15&O	200 Back	2:12.99	
115	1:01.99	13-14	100 Free	57.99	116
	58.99	15&O	100 Free	54.09	
117	2:58.99	13-14	200 Breast	2:46.99	118
	2:47.99	15&O	200 Breast	2:29.99	
119	N/A	13-14	200 Free Relay	N/A	120
121	N/A	15&O	200 Free Relay	N/A	122

Each Swimmer May Swim a Maximum of 4 Events Per Day Plus 1 Relay
\$6.50 Per Individual Event Per Athlete for ALL Athletes, \$5.00 Per Athlete Surcharge
\$10.00 Per Each Relay, For Manual Entries, Add \$1.00 Per Entry (individual or relay)

Adirondack Silver Short Course Championships
Union College ... March 3, 2023 and Shenendehowa Aquatic Center ... March 4-5, 2023

ENTRY FEE CALCULATION SHEET

TEAM NAME _____
CONTACT PERSON _____
PHONE NUMBER _____
E-Mail ADDRESS _____

Number of Individual Entries	_____	X \$ 6.50	= \$ _____
Number of Swimmers	_____	X \$ 5.00	= \$ _____
Number of Relays	_____	X \$10.00	= \$ _____
Number of Manual (non-electronic) Entries	_____	X \$ 1.00	= \$ _____
Total Amount Due and Enclosed			= \$ _____

E-mail your entries to the Meet Entry Coordinator:

ENTRY DEADLINE: February 23, 2023 5:00PM

MAKE CHECKS PAYABLE TO: "Delmar Dolphins Swim Club"

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

Samantha Oliver
32 Robin Road
Kinderhook, New York 12106

Email your entries to the Meet Entry Coordinator, Soliver544@gmail.com

**Entries will ONLY be posted to the meet
upon RECEIPT OF CHECK.**

**Delmar Dolphins Swim Club assumes no responsibility for meet
close-out due to late entries.**