

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 25 yard 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 Coaches and Contacts ... R/E AD Gold SC Championships

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

1. Per Announcement – Entries are Due by Thursday, March 2, 2023, 5:00PM
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, March 3, 2023, 5:00PM.
2. Friday, March 3, 2023, 5:00PM, final updated entry files are due.
3. Saturday, March 4, 2023, 9:00AM – The 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 swimmer's 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
The results from Silvers will be available Monday, March 6, 2023 in the early AM.
You will have an opportunity to email additional entries from times achieved at Silvers through Monday, March 6th, 5:00PM. Manual entries Only.

Coaches, feel free to email Gold cuts as they are achieved at the Silvers meet, you don't have to wait for the meet to be over. Any errors will be corrected in the final times reconns.

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 FULL LEGAL NAMES and Birthdates 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 event:
 event 43 entry time 56.72

Manual Changes will be accepted through Monday, March 6, 2023, 5:00PM
No further changes will be accepted after Monday, March 6, 2023, 5:00PM

Coaches take special note regarding the times recon reports:

There will be two 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.

Nothing will be done with these entries unless Bill is directed to do so.

All times which are recorded and qualifying are Legal Gold SC Champs Entries.

Swimmers are welcome to use the SWIMS Best Times if they choose, coach must make request.

Second Times Recon Report:

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

These entry times cannot be used for entry as they are NOT recorded in 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, the entry will be removed.

4. Tuesday, March 7, 2023, AM – Psyche Sheets will be Posted
Meet File turned over to Host to prepare programs and run meet.

Bill's email: webmaster@adironackswimming.org

ADIRONDACK GOLD SHORT COURSE CHAMPIONSHIPS

Niskayuna HS - March 9, 2023 and RPI - March 10-12, 2023

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction #AD23-017
 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: Albany Starfish Swim Club

Place: RPI Robison Pool, Troy, NY; Short Course, 25-yard pool, 8 lanes ...Continuous warm-up area ...
 Colorado automatic timing system with beeper and scoreboard
The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths: RPI - Start End 1 meter = 14'0", 5 meters = 13'6" ... Turn End 1 meter = 6'7", 5 meters = 6'10" (deep water set up)

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.

Meet Director: Greg Antolick 518-852-1217 gantolick@nycap.rr.com
Meet Referee: JoAnn Faucett 518-496-6136 faucettjm@aol.com
Meet Entry Coordinator: Dan Tanski 518-265-7365 entries@starfishswimclub.org

Time:

Session	Warm-up	Positive Check-in Deadline	Session Begins
Thursday – March 9, 2023 Niskayuna HS			
Session 1 – 12 and under 500's & 13 and over 1650s	3:45 PM	3:45 PM	4:30 PM
Friday – March 10, 2023 RPI			
Session 2 – 13 & Over	7:30 am	8:00 am (13-14, Senior)	9:00 am
Session 3 – 12 & Under	12:00 pm	12:00 pm (10&U and 11-12)	1:00 pm
Session 4 – Friday Finals	4:30 pm		5:30 pm
Saturday – March 11, 2023 RPI			
Session 5 – 13 & Over	7:30 am	7:30 am (13-14, Senior)	9:00 am
Session 6 – 12 & Under	12:00 pm	12:00 pm (10& U and 11-12)	1:00 pm
Session 7 – Saturday Finals	4:30 pm		5:30 pm
Sunday – March 12, 2023 RPI			
Session 8 – 13 & Over	7:30 am	8:00 am (13-14, Senior)	9:00 am
Session 9 – 12 & Under	12:00 pm	12:00 pm (10&U and 11-12)	1:00 pm
Session 10 – Sunday Finals	4:30 pm		5:30 pm

NOTE: Changes to posted schedule may be necessary. Any changes, if they occur, will be posted on the AD website.

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 9, 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 comparable software and Emailed to the **Meet Entry Coordinator**.

Team entries must be received by the **Meet Entry Coordinator** by Thursday, **March 2, 2023** by 5:00PM SHARP!.

You will receive a reply to your Email with entries ... Follow-up if you do not receive a reply.

You will be able to submit an updated entry file until Friday, March 3, 2023, 5:00PM

This meet is open to Adirondack Registered Swimmers Only.

Swimmers must have competed in at least 2 AD Sanctioned Short Course Meets in the 2022-2023 Meet Season.

A swimmer may swim three (3) events per day, with a maximum of nine (9) events for the four (4) day meet, plus relays.

Clubs are limited to no more than three (3) Entries Per Relay Event (A, B and C Relay Teams Only).

Entry times must have been achieved between January 1, 2022 through the 2023 AD Silver Short Course Championships.

All entry times must be equal to or faster than the listed qualifying times and must be recorded times in yards, in the SWIMS Database.

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

Additionally, swimmers who do not have a recorded and qualifying 1650 Free time, may enter with a recorded and qualifying 1000 Free time.

As this is a Championship Meet, Deck Entries and No Time (NT) Entries will NOT Be Accepted.

(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

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:

Starfish Swim Club follows all health and safety measures as implemented by the Niskayuna CSD, RPI, and the New York State and Schenectady and Rensselaer County Boards of Health. Athletes, coaches, officials and spectators must follow all posted instructions while attending the 2023 AD Short Course Gold Championships. 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 AD Gold Short Course Gold Championships event, you voluntarily assume all risks related to exposure to COVID-19.

Entry Fees:

Entry fees per individual event are \$7.00 for 11&O and Senior events or \$6.00 for 10&U events (these include the \$.50 AD travel fund surcharge) and \$9.00 per relay (this includes the \$1.00 AD travel fund surcharge). There is also a \$5.00 per swimmer surcharge.

All manual entries are subject to a \$1.00 per entry surcharge.

Swimming Events:

All timed finals and prelim events require positive check-in. Swimmers who do not check-in by the deadlines listed in the timetable above will be scratched. Swimmers who positively check in for a timed final event and do not show up for the event, will be disqualified from that event and their next scheduled individual event.

Special considerations for distance events:

The 10&U and 11-12 500 Freestyle: All heats will be swum during Session 1. The heats will be swum slowest to fastest, alternating 10&U girls' and 10&U boys' heats, then alternating 11-12 girls' and 11-12 boys' heats, and the last heat may be combined.

The 1650 Freestyle: For seeding purposes, the 13-14's and Senior events will be combined. The heats will be swum fastest to slowest, starting with the fastest heat of girls, followed by the fastest heat of boys, then alternating girls' and boys' heats, and the last heat may be combined. All heats will be swum during Session 1.

The fastest heat of the 11-12 200 Breaststroke, 200 Backstroke and 200 Butterfly and 13-14 and Senior 500 Free and 400IM, will be swum at finals.

Relays:

All Relays are timed finals and will be swum during prelims.

Relay only swimmers will be allowed under the following circumstances only:

Clubs having fewer than 4 swimmers but at least 2 swimmers in an age group, may enter relay-only swimmers to fill a (one) relay team for the meet.

Relay Only Swimmers for all Senior Relays must be 13 & Over.

Finals and Consolations:

Those events that have trials will have finals and consolation finals conducted during the finals session.

The top sixteen swimmers of each age group 14 & Under will qualify, with the top 8 swimming finals, the next 8 consolation finals. The top 24 swimmers in Senior events will qualify, with the top 8 swimming in A-Final, 9th through 16th swimming in B-Final, and 17th through 24th in C-Final.

Scratches:

All swimmers must be checked-in for timed final events.

All swimmers must positive check-in with their coach for timed final and prelim events. Coaches are responsible for turning in their positive check-in sheets to the computer desk by the deadlines outlined on the first page of this announcement. Heat sheets will be posted for all events.

Swimmers who positively check in for a timed final event and do not show up for the event, will be disqualified from that event and their next scheduled individual event. **This scratch rule is for all swimmers, including 10 & under athletes.**

Swimmers who qualify for finals or consolation finals and want to scratch a final event must inform the scratch clerk within 30 minutes of the announcement of the trial results for that event.

Failure to notify the announcer, so that an alternate can be called, will result in the swimmer being disqualified for the remainder of the meet. Swimmers who qualify for finals or consolation finals and fail to show up will be disqualified from the remainder of the meet.

Scoring:

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

Awards:

For individual events medals will be awarded for 1st - 8th place, ribbons for 9th - 16th place. For relays, medals will be awarded to the 1st - 3rd place teams. Team plaques will be awarded to the top 3 teams overall and the first place boys' and girls' teams. Individual high point will be given to the top 3 swimmers in each gender-age group.

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 web site after entries are received.

Note: The pool will be open 30 minutes before scheduled warm-up.

Time Trials:

Time trials may be held for swimmers trying to qualify for Speedo Championships (Sectionals), Senior Cut Times or Faster. Each time trial is \$7.00. Coaches must request a time trial from the meet referee and meet director and they will determine when the time trial will be conducted. The meet referee and meet director reserve the right to refuse time trials longer than 200 yards.

Timers:

Clubs will be required to provide timers for finals and trials, based upon their number of entries. After all Entries have been received, the Team Lane Timing Assignments will be posted to the AD Web Site and in the Meet Program.

Swimmers must provide their own timers for Session 1 (500's and 1650's) and lap counters for ALL 500's and 1650's events.

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.

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.

Services:

A meet program will be available for purchase, which will cover all trial sessions. Finals heat sheets will be available prior to each final session.

A variety of food and drinks will be available for purchase throughout the meet.

There will be a number of vendors selling t-shirts, sweatshirts, and numerous miscellaneous swimming supplies.

Food or drinks other than water are not to be consumed in the pool area.

Please do not bring any glass containers to the meet facility.

National Certification:

N2 Certification may be offered for officials at this meet. Details to follow.

Officials:

There will be an officials' meeting conducted promptly 45 minutes before each session. Attendance is MANDATORY to work the meet.

Please sign up in the officials' room before the start of officials' meeting. **There will be No Shadowing of New Officials at this meet.**

Results:

Results will be available on Meet Mobile following each session.

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 Referee or Meet Director:

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 (one) relay team for the meet. 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.

NOTE:

Flex Registered Athletes are NOT Allowed to swim in any Meet that is an LSC Championship or higher.

Flex Registered Athletes will be removed from Silvers and Golds based on the pre-meet recon.

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.

Entries with no entry time (NT) will not be accepted.

There will be NO DECK ENTRIES accepted at AD Championship Meets.

Adirondack Swimming Registered Athletes ONLY May Enter AD Gold or Silver Short Course Championships.

**Adirondack Gold SC Championships
Niskayuna HS - March 9, 2023 and RPI - March 10-12, 2023**

**SESSION 1 ... THURSDAY, March 9th Distance
WARM-UPS 3:45 PM ... SESSION BEGINS 4:30 PM**

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
1	7:20.99	10&U	500 FREE	7:20.99	2
3	6:25.99	11-12	500 FREE	6:25.99	4
		30 Minute	Break		
5	19:59.99	13-14	1650 FREE	19:15.69	6
**	12:00.00	13-14 QUAL	1000 FREE	11:30.19	**
7	19:10.99	SENIOR	1650 FREE	18:10.99	8
**	11:15.99	Senior QUAL	1000 Free	10:45.99	**

SESSION 1 EVENTS ARE ALL TIMED FINALS, all heats swim at prelims

**** Swimmers with 1650 Free Recorded and Qualifying Times MUST use those times for entry
If a swimmer has NO Recorded and/or Qualifying 1650 Free time
he/she may enter with a Recorded and Qualifying 1000 Free time**

**Each Swimmer May Swim A Maximum of 3 Events Per Day,
up to a Maximum of 9 Events for the 4 day meet, Plus Relays
ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES
\$7.00 Per Event for all 11-12, 13-14 and Senior events; \$6.00 Per Event for all 10&U events
\$5.00 Per Swimmer Surcharge ... \$9.00 Per Each Relay
\$1.00 surcharge per entry for Manual Entries**

FINALS ORDER OF EVENTS

March 10, 2023 Session 4 - Friday Finals	March 11, 2023 Session 7 - Saturday Finals	March 12, 2023 Session 10 - Sunday Finals
11-12 200 Backstroke	11-12 200 Butterfly	11-12 200 Breaststroke
13-14 200 Freestyle	13-14 100 Backstroke	13-14 50 Freestyle
Senior 200 Freestyle	Senior 100 Backstroke	Senior 50 Freestyle
11-12 50 Breaststroke	11-12 100 Breast	11-12 50 Backstroke
13-14 100 Breaststroke	13-14 100 Freestyle	13-14 200 Backstroke
Senior 100 Breaststroke	Senior 100 Freestyle	Senior 200 Backstroke
11-12 50 Butterfly	11-12 100 Freestyle	11-12 200 IM
13-14 100 Butterfly	13-14 200 Breaststroke	13-14 Senior 200 IM
Senior 100 Butterfly	Senior 200 Breaststroke	Senior 200 IM
11-12 50 Free	11-12 100 Backstroke	11-12 100 Butterfly
13-14 400 IM	13-14 500 Freestyle	13-14 200 Butterfly
Senior 400 IM	Senior 500 Freestyle	Senior 200 Butterfly
11-12 200 Freestyle	11-12 100 IM	

**Adirondack Gold SC Championships
Niskayuna HS - March 9, 2023 and RPI - March 10-12, 2023**

SESSION 2 ... FRIDAY MORNING ... March 10

WARM-UPS 7:30AM ... SESSION BEGINS 9:00AM

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
9	2:12.99	13-14	200 FREE	2:06.99	10
11	2:05.49	SENIOR	200 FREE	1:55.99	12
13	1:21.99	13-14	100 BREAST	1:17.99	14
15	1:16.99	SENIOR	100 BREAST	1:09.49	16
17	1:11.49	13-14	100 FLY	1:07.99	18
19	1:06.29	SENIOR	100 FLY	59.99	20
21	5:06.99	13-14	**400 IM	4:55.69	22
23	4:56.99	SENIOR	**400 IM	4:43.99	24
25	N/A	13-14	400 FREE RELAY	N/A	26
27	N/A	SENIOR	400 FREE RELAY	N/A	28

ALL 400 IM's AND RELAYS ARE TIMED FINALS

SESSION 3 ... FRIDAY AFTERNOON ... March 10

WARM-UPS 12:00PM ... SESSION BEGINS 1:00PM

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
29	2:44.99	11-12	**200 BACK	2:44.99	30
31	35.99	10&U	50 FREE	35.99	32
33	42.99	11-12	50 BREAST	42.99	34
35	1:46.99	10&U	100 BREAST	1:46.99	36
37	35.99	11-12	50 FLY	35.99	38
39	1:36.99	10&U	100 FLY	1:36.99	40
41	31.59	11-12	50 FREE	30.99	42
43	2:50.99	10&U	200 FREE	2:50.99	44
45	2:28.99	11-12	200 FREE	2:25.99	46
47	N/A	10&U	400 FREE RELAY	N/A	48
49	N/A	11-12	400 FREE RELAY	N/A	50

ALL 10 & UNDER EVENTS, THE 11-12 200 BACK AND ALL RELAYS ARE TIMED FINALS

SESSION 4 ... FRIDAY FINALS ... March 10

WARM-UPS 4:30PM ... FINALS BEGIN 5:30PM

Each Swimmer May Swim A Maximum of 3 Events Per Day,
up to a Maximum of 9 Events for the 4 day meet, Plus Relays

ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES

\$7.00 Per Event for all 11-12, 13-14 and Senior events; \$6.00 Per Event for all 10&U events

\$5.00 Per Swimmer Surcharge ... \$9.00 Per Each Relay

\$1.00 surcharge per entry for Manual Entries

**Adirondack Gold SC Championships
Niskayuna HS - March 9, 2023 and RPI - March 10-12, 2023**

SESSION 5 ... SATURDAY MORNING ... March 11

WARM-UPS 7:30AM ... SESSION BEGINS 9:00AM

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
51	1:10.19	13-14	100 BACK	1:07.19	52
53	1:06.59	SENIOR	100 BACK	1:01.29	54
55	1:01.99	13-14	100 FREE	57.99	56
57	58.99	SENIOR	100 FREE	54.09	58
59	2:58.99	13-14	200 BREAST	2:46.99	60
61	2:47.99	SENIOR	200 BREAST	2:29.99	62
63	5:52.99	13-14	**500 FREE	5:38.89	64
65	5:34.99	SENIOR	**500 FREE	5:16.99	66
67	N/A	13-14	200 MEDLEY RELAY	N/A	68
69	N/A	SENIOR	200 MEDLEY RELAY	N/A	70

ALL RELAYS AND 500 FREES ARE TIMED FINALS

SESSION 6 ... SATURDAY AFTERNOON ... March 11

WARM-UPS 12:00PM ... SESSION BEGINS 1:00PM

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
71	2:52.99	11-12	**200 FLY	2:50.99	72
73	41.99	10&U	50 BACK	41.99	74
75	1:32.99	11-12	100 BREAST	1:32.99	76
77	1:19.99	10&U	100 FREE	1:19.99	78
79	1:07.99	11-12	100 FREE	1:07.99	80
81	48.99	10&U	50 BREAST	48.99	82
83	1:18.99	11-12	100 BACK	1:18.99	84
85	3:12.99	10&U	200 IM	3:12.99	86
87	1:18.99	11-12	100 IM	1:18.99	88
89	N/A	10&U	200 MEDLEY RELAY	N/A	90
91	N/A	11-12	200 MEDLEY RELAY	N/A	92

ALL 10 & UNDER EVENTS, THE 11-12 200 FLY AND ALL RELAYS ARE TIMED FINALS

SESSION 7 ... SATURDAY FINALS ... March 11

WARM-UPS 4:30PM ... FINALS BEGIN 5:30PM

Each Swimmer May Swim A Maximum of 3 Events Per Day,
up to a Maximum of 9 Events for the 4 day meet, Plus Relays

ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES

\$7.00 Per Event for all 11-12, 13-14 and Senior events; \$6.00 Per Event for all 10&U events

\$5.00 Per Swimmer Surcharge ... \$9.00 Per Each Relay

\$1.00 surcharge per entry for Manual Entries

**Adirondack Gold SC Championships
Niskayuna HS - March 9, 2023 and RPI - March 10-12, 2023**

**SESSION 8 ... SUNDAY MORNING ... March 12
WARM-UPS 7:30AM ... SESSION BEGINS 9:00AM**

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
93	31.59	13-14	50 FREE	30.99	94
95	27.19	SENIOR	50 FREE	24.89	96
97	2:31.99	13-14	200 BACK	2:24.99	98
99	2:23.89	SENIOR	200 BACK	2:12.99	100
101	2:29.99	13-14	200 IM	2:22.99	102
103	2:22.99	SENIOR	200 IM	2:10.99	104
105	2:30.99	13-14	200 FLY	2:22.99	106
107	2:27.99	SENIOR	200 FLY	2:18.99	108
109	N/A	13-14	200 FREE RELAY	N/A	110
111	N/A	SENIOR	200 FREE RELAY	N/A	112

ALL RELAYS ARE TIMED FINALS

**SESSION 9 ... SUNDAY AFTERNOON ... March 12
WARM-UPS 12:00PM ... SESSION BEGINS 1:00PM**

** = Timed finals – fastest heat will swim at Finals

GIRLS	QUALIFYING	AGE GROUP	EVENT	QUALIFYING	BOYS
113	3:02.99	11-12	**200 BREAST	3:02.99	114
115	1:28.99	10&U	100 IM	1:28.99	116
117	36.99	11-12	50 BACK	36.99	118
119	43.99	10&U	50 FLY	42.99	120
121	2:42.99	11-12	200 IM	2:42.99	122
123	1:29.99	10&U	100 BACK	1:29.99	124
125	1:16.99	11-12	100 FLY	1:16.99	126
127	N/A	10&U	200 FREE RELAY	N/A	128
129	N/A	11-12	200 FREE RELAY	N/A	130

ALL 10 & UNDER EVENTS, THE 11-12 200 BREAST AND ALL RELAYS ARE TIMED FINALS

**SESSION 10 ... SUNDAY FINALS ... March 12
WARM-UPS 4:30PM ... FINALS BEGIN 5:30PM**

Each Swimmer May Swim A Maximum of 3 Events Per Day,
up to a Maximum of 9 Events for the 4 day meet, Plus Relays
ENTRIES MUST BE EQUAL TO OR FASTER THAN THE CUT OFF TIMES
\$7.00 Per Event for all 11-12, 13-14 and Senior events; \$6.00 Per Event for all 10&U events
\$5.00 Per Swimmer Surcharge ... \$9.00 Per Each Relay
\$1.00 surcharge per entry for Manual Entries

ENTRY FEE CALCULATION SHEET
Adirondack Gold SC Championships, March 9-12, 2023

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

Number of Individual Entries 11 & Over	_____	X \$7.00 = \$	_____
Number of Individual Entries 10 & Under	_____	X \$6.00 = \$	_____
Number of Swimmers	_____	X \$5.00 = \$	_____
Number of Relays	_____	X \$9.00 = \$	_____
Number of Manual Entries	_____	X \$1.00 = \$	_____

Total Amount Due and Enclosed\$_____

ENTRY DEADLINE ... March 2, 2023, 5:00 PM

MAKE CHECKS PAYABLE TO "Albany Starfish Swim Club"

This form must be returned with Check and Hard Copy of Entry Report

Mail Check and Form to:

Starfish Swim Club
PO Box 9408
Niskayuna, NY 12309

E-mail Entry File to: Dan Tanski at entries@starfishswimclub.org

"Albany Starfish Swim Club" assumes no responsibility for meet close-out due to late entries

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

Adirondack Swimming

Scholarship Application

These Scholarships are awarded to one male and one female swimmer for outstanding contributions to their teams and to the sport of swimming

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone : (____) _____ - _____ Email: _____

Club Affiliation: _____

Criteria

1. Must be a College Bound, graduating High School Senior with at least a B average.
2. Must have swam for an Adirondack Team for at least 4 consecutive years.
3. Must have fulfilled all team expectations of practices and meet attendance.
4. Must have made extra contributions to the team;
Served as a captain, helped younger team members, taught swim lessons, etc.
5. Must plan to swim in college.
6. Must write a short essay about their accomplishments in the sport of swimming.

*The awarding of these scholarships is not based on the caliber of the swimmer.
They do not have to have achieved any special times to be considered.*

Coaches Comments:

Coach Name: _____

Please return this form, your essay, and a copy of grades to;

Don Lipkin, 221 Harborside Dr, Apt 401, Schenectady, NY 12305

APPLICATION PACKAGE MUST BE POSTMARKED BY MARCH 1st