

# 2023 STARFISH METER MADNESS

## May 21, 2023

Niskayuna High School, Niskayuna, NY

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD23-020  
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 Meter 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>Warm-up Time</u>	<u>Meet Start Time</u>
<b>Session 1</b>	7 & Under, 8-9, 10-11	7:30am	8:30pm
<b>Session 2</b>	12-13, 14-15, 16 & over	12:00pm	1:00pm

**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 May 21, 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, May 12, 2023**

Swimmers may enter up to **FIVE** individual events.

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.

### Capacity & Spectator Restrictions:

In compliance with Niskayuna HS capacity limits, spectator numbers may be restricted.

In the event that spectators are limited or restricted, a live stream of the meet will be provided.

### USA Swimming Registration:

**No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302**

All registrations are completed using the USA Swimming Online Member Registration (OMR) system.

Refer to the AD web site, "USA-S Registrations" page for information.

Adirondack Meets are reconciled for current USA Swimming Registration. Unregistered or expired swimmers will be removed from the meet.

Athletes 18 or older **MUST** have completed APT to be compliant and allowed to swim in meet.

AD swimmers must have Confirmed Birthdates to swim age specific events.

Legal ID must be sent to the LSC Registrar for new members or members new to AD.

Direct registration questions to the Adirondack Registrar, Bill Faucett [office@adirondackswimming.org](mailto:office@adirondackswimming.org)

### Swimming Events:

All events will be pre-seeded and swum as timed finals. 7 & Under 25 meter events will start from the bulkhead.

### 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 **May 18** and in the program and pool area.

## Deck Entries:

Adirondack Swimming has agreed to allow Deck Entries at AD Meets under the following conditions;

1. Deck Entries are NOT Allowed during Championship Meets
2. Athlete must be USA-S Registered and show Proof of Registration (those already in meet have been confirmed as registered).  
Acceptable form of Proof of Registration is USA-Swimming Member Card from Member's SWIMS 3.0 Dashboard..
3. Coach makes the request for the entry.
4. All Deck Entries will be allowed at the discretion of a combined decision of the Meet Director and the Meet Referee.
5. Deck Entries are Subject to a \$1.00 Surcharge, Per Entry, which applies to All Entries, Individual or Relays.

## Meet Policy:

Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted behind the starting blocks, including any spectator area behind the starting blocks, in changing areas, rest rooms or locker rooms.

Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

No one will be allowed on the deck except USA-S Registered Officials and USA-S Registered Coaches with Current Certifications, USA-S Registered Swimmers and Meet Marshalls and Timers on Shift.

All Officials and Coaches are Required to 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 \$6.00 per individual event, which includes the \$.50 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:**

Trophies will be awarded to the top 3 finishers in each age/gender group.

**Scoring:**

Pentathlon scoring will use total time of all 5 events. Swimmers must swim all 5 events to be eligible for awards.

**Time Trials:**

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 METER MADNESS**  
**MAY 21, 2023 NISKAYUNA HIGH SCHOOL**

<b>SESSION 1</b>	<b>WARM-UP 7:30AM</b>	<b>SESSION BEGINS 8:30AM</b>
GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS
1	10-11 50m Butterfly	2
3	8-9 50m Butterfly	4
5	7 & Under 25m Butterfly	6
7	10-11 50m Backstroke	8
9	8-9 50m Backstroke	10
11	7 & Under 25m Backstroke	12
13	10-11 50m Breaststroke	14
15	8-9 50m Breaststroke	16
17	7 & Under 25m Breaststroke	18
19	10-11 50m Freestyle	20
21	8-9 50m Freestyle	22
23	7 & Under 25m Freestyle	24
25	10-11 100m Individual Medley	26
27	8-9 100m Individual Medley	28
29	7 & Under 100m Individual Medley	30

<b>SESSION 2</b>	<b>WARM-UP 12:00PM</b>	<b>SESSION BEGINS 1:00PM</b>
GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS
31	12-13 100m Butterfly	32
33	14-15 100m Butterfly	34
35	16 & Over 100m Butterfly	36
37	12-13 100m Backstroke	38
39	14-15 100m Backstroke	40
41	16 & Over 100m Backstroke	42
43	12-13 100m Breaststroke	44
45	14-15 100m Breaststroke	46
47	16 & Over 100m Breaststroke	48
49	12-13 100m Freestyle	50
51	14-15 100m Freestyle	52
53	16 & Over 100m Freestyle	54
55	12-13 100m Individual Medley	56
57	14-15 100m Individual Medley	58
59	16 & Over 100m Individual Medley	60

**Each Swimmer May Swim a Maximum of 5 Individual Events**

Individual Entries: \$6.00 per event

\$2.00 per swimmer surcharge

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

# ALBANY STARFISH SWIM CLUB

## ENTRY FEE CALCULATION SHEET

2023 Starfish Meter Madness

Niskayuna High School, Niskayuna, NY

May 21, 2023

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

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

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

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

Number of Timed Finals Entries \_\_\_\_\_ X \$6.00 = \$ \_\_\_\_\_

Number of Swimmers \_\_\_\_\_ X \$2.00 = \$ \_\_\_\_\_

Number of Manual (non-electronic) Entries \_\_\_\_\_ X \$1.00 = \$ \_\_\_\_\_

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

**ENTRY DEADLINE - Friday, May 12<sup>th</sup>, 2023**

**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