

# 2010 STARFISH TROPHY INVITATIONAL

## JANUARY 8<sup>th</sup>, 9<sup>th</sup> & 10<sup>th</sup>, 2010

Robison Pool, RPI  
Troy, NY

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc. Sanction #AD10-008  
Carolyn Manor, General Chairwoman

**Host:** Albany Starfish Swim Club

**Place:** RPI Robison Pool, Rensselaer Polytechnic Institute, Troy, New York  
During the sanctioning of this meet announcement, this pool has been certified in accordance with Article 104.2.2C (4)  
Short Course, 25-yard, 8-lane pool with continuous warm-up/warm-down area  
Colorado automatic timing system with beeper start and scoreboard readouts

**RPI Pool Depths - Start End at 1 meter = 4'0" , 5 meters = 4'10" , Turn End at 1 meter = 6'10" , 5 meters = 6'7"**

**Meet Director:** Rosemary Lanzi ([rosemary.lanzi@gmail.com](mailto:rosemary.lanzi@gmail.com))

**Meet Referee:** JoAnn Faucett

**Meet Marshall:** Molly Grygiel

**Entry Coordinator:** Rosemary Lanzi ([rosemary.lanzi@gmail.com](mailto:rosemary.lanzi@gmail.com))

### ALL SESSIONS ARE POSITIVE CHECK-IN

<u>Session</u>	<u>Age Groups</u>	<u>Warm-up Time</u>	<u>Meet Start Time</u>	<u>POSITIVE CHECK-IN</u>
<b>Session 1 – Fri PM</b>	9-10, 11-12, 13-14, 15 & over	3:15 – 4:10 PM	4:15 PM	<b>3:15 PM</b>
<b>Session 2 – Sat AM</b>	8&U, 9-10, 11-12	7:00 – 7:55 AM	8:00 AM	<b>7:00 AM</b>
<b>Session 3 – Sat Mid-Day</b>	13-14, 15 & over	12:00 – 12:55 PM	1:00 PM**	<b>12:00 PM</b>
<b>Session 4 – Sat PM</b>	13-14, 15 & over	4:30 – 5:00 PM	5:00 PM***	<b>4:15 PM</b>
<b>Session 5 – Sun AM</b>	8&U, 9-10, 11-12	7:00 – 7:55 AM	8:00 AM	<b>7:00 AM</b>
<b>Session 6 – Sun Mid-Day</b>	13-14, 15 & over	12:00 – 12:55 PM	1:00 PM**	<b>12:00 PM</b>
<b>Session 7 – Sun PM</b>	13-14, 15 & over	4:30 – 5:00 PM	5:00 PM***	<b>4:15 PM</b>

Warm-up groupings will be posted to the Adirondack Meet Schedule by January 5, 2010 ([www.adirondackswimming.org](http://www.adirondackswimming.org))

\*\* Estimated Start Time – These Sessions will start 60 minutes after the conclusion of the AM session, but not before 1:00 PM

\*\*\* Estimated Start Time – These Sessions will start 30 minutes after the conclusion of the prior session, but not before the time shown above

#### **Entry Rules:**

Rules from the current USA Swimming Technical Rules will be in effect

The eligibility of a swimmer will be determined by his or her age on January 8, 2010

A swimmer may enter up to TWO individual events on Friday, January 8, and up to FOUR individual events and ONE relay per day on Saturday, January 9 and Sunday, January 10

Entries must be submitted electronically, using the Hy-Tek Meet Manager or Team Manager Software

Entries must be received by **Thursday, December 24<sup>th</sup> at 5:00 PM** to Rosemary Lanzi at [rosemary.lanzi@gmail.com](mailto:rosemary.lanzi@gmail.com)

Deadline for AD LSC teams for priority placement is December 20, 2009

Please be certain you receive a reply to your email with entries... follow up if you do NOT receive a reply

Entries per session will be limited by the 4-hour session rule. If the meet is oversubscribed, the meet director and meet referee will determine a solution with the least impact on the swimmers

It is anticipated that this meet will fill up quickly and it is strongly recommended that you submit entries as soon as possible

Please check all entries carefully prior to submission

Entries received after the cutoff date will only be accepted at the discretion of the Meet Director

#### **Swimming Events:**

Note section for special provision for swimmers 19 years and older

In case the meet is over subscribed, the Meet Director reserves the right to limit the number of entries based on any or all of the following: postmark of entry; entry time; number of heats; and whether team is from outside the Adirondack LSC

In the event entries are returned, the respective team's coach will be notified by January 1, 2010 and entry fees will be refunded

The Starfish Swim Club reserves the right to enter all their swimmers

**Positive check-in is required for the ALL EVENTS. All swimmers who do not positive check-in will be scratched from their events The check-in area will be clearly marked as you enter the pool lobby at RPI**

**All events will be swum as timed finals. All age groups need to obtain their heat and lane assignments from the heat sheets that will be posted throughout the pool area**

**Where applicable, entry times must be faster than the listed cutoff times.** For the 400 IM, 500's and 1650's, boys and girls and age groups will be combined. For the 400IM'S, 500'S and 1650's, the order will be the fastest heat of girls, the fastest heat of boys with the remaining swimmers combined

**Note:** Swimmers 19 years old and older will be entered as exhibition. Times for swimmers 19 years old and older are valid and will be entered into SWIMS. However, these swimmers will not be eligible for individual awards, high point awards and meet records

### 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 USA-S ID Card (those already in meet have been confirmed as registered)

**If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, in meets allowing Deck Entries, to UN-AD (unattached, Adirondack) ONLY at a fee of \$102**

**DECK REGISTRATIONS WILL NOT BE MADE WITH ANY TEAM ASSOCIATION, PLEASE DO NOT ASK**

3. Coach must make 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. **ALL Deck Entries will be subject to a \$1.00 Surcharge per entry, Individual or Relay**

**Entry Fees:** Entry fees are \$3.75 for each individual event (which includes \$0.50 travel fund surcharge), \$6.00 per relay (which includes a \$1.00 travel fund surcharge), and a \$1.00 per swimmer surcharge. All Manual or Deck Entries are subject to a \$1.00 Surcharge per entry, Individual or Relay. Make your entry check payable to AV Starfish Swim Club, Inc. and mail your check to:

Rosemary Lanzi, 2 McGibbon Avenue, Amsterdam, NY 12010, 518-225-1714

All entries must be emailed to: [rosemary.lanzi@gmail.com](mailto:rosemary.lanzi@gmail.com)

### USA Swimming Registration:

All swimmers must be currently registered with USA Swimming, Inc. Registrations may be obtained from your club registrar

ALL Adirondack Swimmers MUST be Registered with the AD Registrar by the Meet Entry Deadline

All Adirondack Meets are reconciled for current USA Swimming Registration

Unregistered swimmers will be removed from the meet and a \$25.00 Fine Imposed. ([Click Here for More Information](#))

Unattached athletes may obtain forms and instructions from the Adirondack Swimming Web Site [www.adirondackswimming.org](http://www.adirondackswimming.org)

Direct registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or [registrar@adirondackswimming.org](mailto:registrar@adirondackswimming.org)

### 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 designated sprint lanes. We ask that you inform your swimmers of this rule and ask them to cooperate fully with club officials and meet marshals in charge of the area. A warm-up schedule will be posted to the Adirondack website by January 5, 2010 ([www.adirondackswimming.org](http://www.adirondackswimming.org))

### Timers:

Clubs will be required to provide timers based upon their number of entries. Lane assignments will be posted to the Adirondack Meet Schedule on or before January 5<sup>th</sup>, 2010 ([www.adirondackswimming.org](http://www.adirondackswimming.org)) and will be posted in the program and pool area

**Swimmers are required to provide their own timers and counters for the 500's and 1650's**

### Meet Policy:

Parents and coaches should see that swimmers behave in an orderly manner and dispose of and clean their area of any and all trash. Anyone found in an unauthorized area or damaging any facility property will be asked to immediately leave the premises. No exceptions. Each team is responsible for supervising its members

**No one will be allowed on the deck except USA-S Registered Officials, USA-S Registered Coaches with Current Certifications, USA-S Registered Swimmers and Meet Marshals and Timers on Shift. All Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck**

**If, at any 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**

**No parents (except timers and meet marshals ON SHIFT) are allowed on deck**

### 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

### Awards:

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

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

Heat ribbons will be awarded for individual heat winners for 12 & under swimmers only

High Point awards will be given out for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places in each age group for both males and females, immediately following the last session for each age group. Coaches should be sure to pick up all their team awards since Starfish will not be responsible for mailing

### Scoring:

This meet will be scored according to USA Swimming rules

### 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. In addition, there will be high quality, well-priced swim equipment and other items for sale from The Deep End. No food or drink is to be consumed in the pool area. **Please do not bring any glass containers into the facility**

### Officials Meeting:

There will be an officials meeting conducted 45 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in official's room before the start of the officials meeting. New officials are welcome to shadow this meet

### Results:

Results for each individual session will be posted daily on the Starfish website: [www.albanystarfish.org](http://www.albanystarfish.org). Additionally, after the meet, the full results and .cl2 file will be posted on the Adirondack Swimming website. The Adirondack Webmaster will import meet times into SWIMS. Real Time Results will be used

**If you have any questions, please contact:**  
Rosemary Lanzi at [rosemary.lanzi@gmail.com](mailto:rosemary.lanzi@gmail.com) or (518) 225-1714

**2010 STARFISH TROPHY INVITATIONAL**  
**JANUARY 8<sup>th</sup>, 9<sup>th</sup> & 10<sup>th</sup>, 2010**  
**RPI – Robison Pool**

**ALL EVENTS ARE POSITIVE CHECK-IN**

<b>Event #</b>	<b>Cutoff</b>	<b>ORDER OF EVENTS</b>	<b>Cutoff</b>	<b>Event #</b>
<b><u>Girls</u></b>	<b><u>Time</u></b>		<b><u>Time</u></b>	<b><u>Boys</u></b>
<b>Session 1 - Friday PM ... Positive Check-in by 3:15PM, Meet Starts 4:15PM</b>				
1	<b>5:38.00</b>	13-14 400 Individual Medley	<b>5:19.00</b>	2
3	<b>5:33:00</b>	15 & over 400 Individual Medley	<b>5:07.00</b>	4
5		9-10 200 Individual Medley		6
7		11-12 200 Individual Medley		8
9		13-14 100 Breaststroke		10
11		15 & over 100 Breaststroke		12
13		9-10 200 Freestyle		14
15		11-12 200 Freestyle		16
17		13-14 200 Freestyle		18
19		15 & over 200 Freestyle		20
<b>Session 2 - Saturday AM ... Positive Check-in by 7:00AM, Meet Starts 8:00AM</b>				
21		8&U 100 Individual Medley		22
23		9-10 100 Individual Medley		24
25		11-12 100 Individual Medley		26
27		8&U 50 Backstroke		28
29		9-10 50 Backstroke		30
31		11-12 50 Backstroke		32
33		8&U 50 Breaststroke		34
35		9-10 50 Breaststroke		36
37		11-12 50 Breaststroke		38
39		9-10 100 Butterfly		40
41		11-12 100 Butterfly		42
43		8 & Under 100 Medley Relay		44
45		9 - 12 200 Medley Relay		46
<b>Session 3 - Saturday Mid-Day ... Positive Check-in by 12:00PM, Meet Starts 1:00PM</b>				
47		13-14 50 Freestyle		48
49		15 & over 50 Freestyle		50
51		13-14 200 Breaststroke		52
53		15 & over 200 Breaststroke		54
55		13-14 200 Backstroke		56
57		15 & over 200 Backstroke		58
59		13-14 100 Butterfly		60
61		15 & over 100 Butterfly		62
63		13 & Over 200 Medley Relay		64
<b>Session 4 – Saturday PM ... Positive Check-in by 4:15PM, Meet Starts 5:00PM</b>				
65	<b>6:08.00</b>	13-14 500 Freestyle	<b>5:54.00</b>	66
67	<b>6:05.00</b>	15 & over 500 Freestyle	<b>5:38.00</b>	68

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**ALL EVENTS ARE POSITIVE CHECK-IN**

<b>Event #</b>	<b>Cutoff</b>	<b>ORDER OF EVENTS</b>	<b>Cutoff</b>	<b>Event #</b>
<b><u>Girls</u></b>	<b><u>Time</u></b>		<b><u>Time</u></b>	<b><u>Boys</u></b>
<b>Session 5 - Sunday AM ... Positive Check-in by 7:00AM, Meet Starts 8:00AM</b>				
69		8&U 50 Freestyle		70
71		9-10 50 Freestyle		72
73		11-12 50 Freestyle		74
75		9-10 100 Breaststroke		76
77		11-12 100 Breaststroke		78
79		8&U 50 Butterfly		80
81		9-10 50 Butterfly		82
83		11-12 50 Butterfly		84
85		8&U 100 Freestyle		86
87		9-10 100 Freestyle		88
89		11-12 100 Freestyle		90
91		9-10 100 Backstroke		92
93		11-12 100 Backstroke		94
95		8 & Under 100 Freestyle Relay		96
97		9 - 12 200 Freestyle Relay		98
<b>Session 6 - Sunday Mid-Day ... Positive Check-in by 12:00PM, Meet Starts 1:00PM</b>				
99		13-14 200 Butterfly		100
101		15 & over 200 Butterfly		102
103		13-14 100 Backstroke		104
105		15 & over 100 Backstroke		106
107		13-14 100 Freestyle		108
109		15 & over 100 Freestyle		110
111		13-14 200 Individual Medley		112
113		15 & over 200 Individual Medley		114
115		13 & Over 200 Freestyle Relay		116
<b>Session 7 - Sunday PM ... Positive Check-in by 4:15PM, Meet Starts 5:00PM</b>				
117	<b>20:10.00</b>	13-14 1650 Freestyle	<b>19:40.00</b>	118
119	<b>20:00.00</b>	15 & over 1650 Freestyle	<b>18:48.00</b>	120

**Swimmers May Enter Up To 2 Individual Events on Friday  
and up to 4 Individual Events and 1 Relay Per Day On Saturday and Sunday**  
Individual Entries: \$3.75 per event + \$1.00 Surcharge Per Swimmer  
Relay Entries: \$6.00 Per Relay  
All Manual or Deck Entries (non-electronic),  
Subject to a \$1.00 Surcharge Per Entry, Individual or Relay

**ALL EVENTS ARE POSITIVE CHECK-IN**

# ALBANY STARFISH SWIM CLUB

## ENTRY FEE CALCULATION SHEET

2010 Starfish Trophy Invitational,  
Robison Pool, RPI, Troy, NY  
January 8<sup>th</sup>, 9<sup>th</sup> & 10<sup>th</sup>, 2010

**MEET:** 2010 Starfish Trophy Invitational

**TEAM NAME:** \_\_\_\_\_

**CONTACT PERSON:** \_\_\_\_\_

**PHONE NUMBER:** \_\_\_\_\_

**E-Mail ADDRESS:** \_\_\_\_\_

Number of Individual Entries	_____	X \$3.75 =	\$ _____
Number of Swimmers	_____	X \$1.00 =	\$ _____
Number of Relays	_____	X \$6.00 =	\$ _____
Number of Manual Entries	_____	X \$1.00 =	\$ _____

Total Entry Fee Due \$ \_\_\_\_\_

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

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

**Entries will be posted to the meet program upon RECEIPT OF CHECK ONLY**  
Starfish Swim Club assumes no responsibility for meet closeout due to late entries

**ENTRY DEADLINE - 5:00 pm / THURSDAY, Dec. 24<sup>th</sup>, 2009**  
**Deadline for AD LSC teams for priority placement is December 20<sup>th</sup>, 2009**

This form **Must** be returned with Check and Hard Copies of Entries

Rosemary Lanzi, 2 McGibbon Avenue, Amsterdam, NY 12010  
**Entries should be sent electronically to:** [rosemary.lanzi@gmail.com](mailto:rosemary.lanzi@gmail.com)

**Your Team Check Must be received to have entries added to the meet**