

# AMSTERDAM SEA RAMS INVITATIONAL

## DECEMBER 12, 2009

### LYNCH MIDDLE SCHOOL, AMSTERDAM, NY

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD10-011  
Carolyn Manor, General Chairman

**Host:** AMSTERDAM SEA RAMS SWIM CLUB

**Place:** LYNCH MIDDLE SCHOOL, 55 BRANDT PLACE, AMSTERDAM, NEW YORK  
8 LANE POOL, SHORT COURSE, 25 YARDS  
COLORADO AUTOMATIC TIMING SYSTEM

**Time:** ONE SESSION-WARM UPS: 7:30-8:50 AM MEET START: 9:00 AM

**Meet Director:** Teddi Kiefl, 673-2114, [rkiefl@roadrunner.com](mailto:rkiefl@roadrunner.com)

**Meet Marshall:** Kathleen Santiago

**Meet Referee:** Kim Crouse

#### Entry Rules:

The eligibility of a swimmer will be determined by his or her age on December 12, 2009

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

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

Entries may be submitted on CD or Floppy Disk or via e-mail to [rkiefl@roadrunner.com](mailto:rkiefl@roadrunner.com)

Team entries must be received by November 30, 2009 at 5:00 p.m. .

Teddi Kiefl, 349 Seebers Lane, Canajoharie, NY 13317. Phone 518-673-2114. Email: [rkiefl@roadrunner.com](mailto:rkiefl@roadrunner.com)

Swimmers may enter 4 events plus relay.

In the event the meet is oversubscribed, the meet director and meet referee will work together to determine the solution, in the best interest of the swimmers.

#### 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 [kfurman@adirondackswimming.org](mailto:kfurman@adirondackswimming.org)

#### Swimming Events:

All events will be swum as timed finals. Session 1 will be pre-seeded. Session 2 (500 free's) will be positive check in by 12:00pm (noon).

All 25 yard events will be swum from the bulkhead into the touch pads.

Swimmers may enter 4 events plus relays.

Entry fees are \$3.50 per individual event (which includes the AD \$.50 travel fund surcharge), \$6.00 per relay and a \$1.00 per swimmer AD travel fund surcharge. All Manual Entries (non-electronic), individual or relay, are subject to a \$1.00 surcharge per entry.

#### Relays:

Relays will be swum as timed finals. The session will be pre-seeded.

#### 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.

**A specific warm-up schedule will be posted to the Adirondack Meet Schedule by December 10, 2009.**

#### 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 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.

#### Timers:

Clubs will be required to provide timers based upon their number of entries.

Teams will be assigned lanes and will be posted on Adirondack Meet Schedule by December 10, 2009.

Swimmers have to provide their own lap counters and timers for the 500's.

**Meet Policy:**

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. **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 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 and 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.**

**Services:**

**A concession stand will be available throughout the meet. No food is to be consumed on the pool deck.**  
**A hospitality room will be available for officials.**  
**Host team will be selling swimming supplies.**  
**Smoking is not permitted in the building or on the grounds**  
**No glass containers allowed in the pool area.**

**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 also included to compute your team entry fees. The entry fees are \$3.50 per individual event, \$6.00 for relay. There is also a \$1 per swimmer surcharge.**

Make your entry check payable to **Amsterdam Sea Rams** mail your check and floppy diskette to;

*Teddi Kiefl, 349 Seebers, Lane, Canajoharie, NY 13317 518-673-2114. rkiefl@roadrunner.com*

\*\*\*To save mailing costs and avoid damage, Entries may be emailed and will be entered to the meet upon receipt of your check\*\*\*

**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.**

**Awards:**

For individual events medals will be awarded for 1st – 3<sup>rd</sup> place, ribbons for 4th - 8th place. For relays, medals will be awarded to the 1st - 3rd place teams .

**Officials:**

There will be an official's meeting conducted promptly 30 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in official's room before the start of officials meeting.

**If you have any questions please contact Teddi Kiefl 518-673-2114 or email: rkiefl@roadrunner.com**

# Amsterdam Sea Rams Invitational Saturday, December 12, 2009

## Morning Session

**WARM-UPS 7:30-8:50 AM ... Meet Starts 9:00 AM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
1	8 & Under	100 yd IM	2
3	10 & Under	100 yd IM	4
5	11-12	100 yd IM	6
7	Open	200 yd IM	8
9	8 & Under	25 yd Backstroke	10
11	10 & Under	100 yd Backstroke	12
13	11-12	100 yd Backstroke	14
15	Open	200 yd Backstroke	16
17	8 & Under	25 yd Breaststroke	18
19	10 & Under	100 yd Breaststroke	20
21	11-12	100 yd Breaststroke	22
23	Open	200 yd Breaststroke	24
25	8 & Under	25 yd Butterfly	26
27	10 & Under	50 yd Butterfly	28
29	11-12	50 yd Butterfly	30
31	Open	100 yd Butterfly	32
33	8 & Under	50 yd Free	34
35	10 & Under	100 yd Free	36
37	11-12	100 yd Free	38
39	Open	200 yd Free	40
41	10 & Under	50 yd Backstroke	42
43	11-12	50 yd Backstroke	44
45	8 & Under	25 yd Freestyle	46
47	Open	200 yd Freestyle Relay	48
49	11-12	200 yd Freestyle Relay	50
51	10 & Under	200 yd Freestyle Relay	52
53	8 & Under	100 yd Freestyle Relay	54

## Afternoon Session

**Positive Check-in for 500's by 12:00PM (noon)**

**WARM-UPS, Immediately Following Morning Session, Not Before 12:00PM**

**Meet Starts, Not before 12:30PM**

GIRLS EVENTS	AGE GROUP	EVENT DESCRIPTION	BOYS EVENTS
55	Open	500 yd Freestyle	56

**Each Swimmer May Swim A Maximum of 4 Events Plus Relays**

**\$3.50 Per Individual Event Per Athlete for All Athletes**

**\$1.00 Per Athlete Surcharge**

**\$6.00 Per Each Relay**

**\$1.00 Surcharge Per Entry, Individual or Relay, for all Manual Entries**

# AMSTERDAM SEA RAMS

ENTRY FEE CALCULATION SHEET

AMSTERDAM SEA RAMS INVITATIONAL, December 12, 2009

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

Number of Girls Individual Entries	_____	X \$3.50 = \$	_____
Number of Girl Swimmers	_____	X \$1.00 = \$	_____
Number of Girls Relays	_____	X \$6.00 = \$	_____
Number of Boys Individual Entries	_____	X \$3.50 = \$	_____
Number of Boy Swimmers	_____	X \$1.00 = \$	_____
Number of Boys Relays	_____	X \$6.00 = \$	_____
Number of Manual (non-electronic) Entries	_____	X \$1.00 = \$	_____

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

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

MAKE CHECKS PAYABLE TO "AMSTERDAM SEA RAMS SWIM CLUB"

This form Must be returned with Entry Report, Check and Hy-Tek Disk

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

**"AMSTERDAM SEA RAMS SWIM CLUB"**

**assumes no responsibility**

**for meet close-out due to late entries**

**ENTRY DEADLINE.. November 30, 2009**

Mail Entries, Entry Report, This Form and Check to:  
Teddi Kiefl,  
349 Seebers Lane,  
Canajoharie, NY 13317

**\*Entries May be sent E-mail to: rkief1@roadrunner.com**

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