

DELMAR DOLFINs FEBRUARY FREEZE INVITATIONAL

Saturday, February 6 and Sunday, February 7, 2010

RPI's Robison Pool, Troy, New York

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc. Sanction #AD10-019
Carolyn Manor, General Chairman

Host: Delmar Dolphins Swim Club

Place: Robison Pool on the campus of Rensselaer Polytechnic Institute, Troy, NY 12180
25-yard, 8-lane pool with continuous warm-up/warm-down area
Colorado automatic timing system with beeper start and scoreboard readouts
Pool Depths, Start End 1 meter=4'0", 5 meters=4'10" .. Turn End 1 mete6'10", 5 meters=6'7"

Meet Directors: Diana Wildermuth, Amy Zemering, and Chris Hettie

Meet Referee: JoAnn Faucett

Meet Marshal: Chris Hettie

Meet Safety Official: Paula O'Donnell

Session Information:

Session	Age Groups	Warm-up Time	Meet Start Time	Positive Check In
Session 1 – Sat AM (events 1-28)	9/10, 11/12	9&10: 7:00-7:20 a.m. 11&12: 7:20-7:40 a.m. Combined: 7:40-7:50 a.m	8:00 a.m.	
Session 2 - Sat Mid-day (event 29-32)	9/10 and 11/12 500 yd. Freestyle	No Specific Warm-up. Use continuous warm-up area.	Immediately after event no. 28	11:00AM
Session 3 – Sat PM (events 33-66)	13/14, Senior and 8 & Under	8 & Under: not before 12:30pm 13/14 and Senior: 2nd 20 min. Combined: last 10 min.	Not before 1:30 p.m.	
Session 4 – Sat LATE PM (events 67-70)	13/14, Senior	No Specific Warm-up. Use continuous warm-up area.	Immediately after event no.66	4:00PM
Session 5 – Sun AM (events 71-94)	9/10, 11/12	9&10: 7:00-7:20 a.m. 11&12: 7:20-7:40 a.m. Combined: 7:40-7:50 a.m.	8:00 a.m.	
Session 6 – Sun Mid-day (events 95-98)	13/14, Senior	No Specific Warm-up. Use continuous warm-up area.	Immediately after event no.94	11:00AM
Session 7 – Sun PM (events 99-130)	13/14, Senior and 8 & Under	8 & Under: not before 12:30pm 13/14 and Senior: 2nd 20 min. Combined: last 10 min.	Not before 1:30 p.m.	

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on February 6, 2010. Rules from the current USA Swimming Technical Rules will be in effect. A swimmer may enter **FOUR (4)** events per day plus ONE relay. **Team entries must be received by January 26, 2010.** If the meet is oversubscribed, the meet directors and meet referee will determine a solution with the least impact on the swimmers. Entries must be submitted using the Hy-Tek Meet Manager or Team Manager Software. Teams can e-mail their entries to Niranjana_BAJI@yahoo.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

Direct registration questions to the Adirondack Registrar, Kathleen Furman, 518-384-0223 or kfurman@adirondackswimming.org

NOTE: ALL ATHLETES ATTENDING ANY SANCTIONED MEET, MUST BE UNDER THE DIRECT SUPERVISION OF A CURRENTLY REGISTERED AND CERTIFIED, USA SWIMMING COACH. IF YOU ARE AN UNATTACHED ATHLETE, OR YOUR COACH WILL NOT BE ATTENDING THE MEET, YOU AND/OR YOUR COACH, MUST CONTACT THE MEET DIRECTOR, **IN ADVANCE**, TO MAKE ARRANGEMENTS FOR AN ATTENDING COACH TO ASSUME RESPONSIBILITY FOR YOU.

As an alternative, you and/or your coach may contact and make arrangements with another coach, who you know will attend.

Be sure to keep record of these arrangements. **This is a USA Swimming Rule, there are no exceptions.**

Swimming Events:

This is a pre-seeded meet. All events will be timed finals, except the 500-yard and 400 IM events, which require positive check-in. Swimmers in the 9/10 and 11/12 500-yd. freestyle (events 29 - 32) must check in by 11:00 am on Saturday. Swimmers in the 13/14 and Senior 400 IM events (events 67-70) must check in no later than 4:00 pm on Saturday. Swimmers in the 13/14 and Senior 500-yd freestyle (events 95-98) must check in by 11:00 am on Sunday. Swimmers must have an entry time slower than the Gold's Qualifying time to be eligible to swim the 500 Free. Events 29-32 and 95-98 500-yard Freestyle will be swum starting with the fastest to slowest heat of girls, then the fastest heat of boys, then a combined heat of the next fastest girls and boys for a maximum of 3 heats for each event. If necessary, cuts for this event will be made on the basis of seed times after positive check-in on the day of that event.

Scratches:

Swimmers in events 29-32, 67-70 and, 95-98 who do not positively check in by the deadlines will be scratched. Coaches: Be sure your swimmers check in.

Warm-Ups:

Due to 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. Please inform your swimmers of this rule and ask them to cooperate with club officials and marshals in charge of the 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 USA-S ID Card (those already in the meet have been confirmed as registered). **If an athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, in meets allowing Deck Entries, to UN-AD (unattached Adirondack) swimmers ONLY at a fee of \$100. Deck registrations will not be made with any team association.**
3. Coach makes the request for the entry.
4. All Deck Entries are at the discretion of a combined decision of Meet Director and 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 for the meet based upon their number of entries. Lane assignments will be posted in the pool and in the meet program. Swimmers in the 500-yd. free (events 29-32 and 95-98 and 400 IM (events 67-70) must furnish their own back-up timer (1 per) and their own lap counter.

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 meet program will be available for sale. Breakfast, lunch, and snacks will be available in the Dolphin Café. Swimming supplies will be available in the lobby area. No glass containers in the pool area please.

Disabled Athletes:

Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities must contact the Meet Director 2 weeks in advance of the meet so 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 (including the \$0.50 travel fund surcharge) and \$6.00 per relay event (including the \$1.00 travel fund surcharge). There is also a \$1.00 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.**

Please make your entry check payable to **Delmar Dolphins Swim Club Inc.**, and mail your check and print out of entries to:

Niranjan Baji (Niranjan_BAJI@yahoo.com) (518)475-0042, 11 Fairway Avenue, Delmar, NY 12054

Awards:

Individual events ribbons will be awarded for 1st–8th place. Relay event ribbons will be awarded for 1st–3rd place. Heat winners for the 12 and Under will receive ribbons.

Officials:

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

Seating:

Seating at RPI is limited. Procedures will be posted on the AD web site before the meet.

If you have any questions, please contact Diana Wildermuth at dianawildermuth@nycap.rr.com , or Amy Zemerings at thezemerings@hotmail.com

DELMAR DOLPHINS FEBRUARY FREEZE INVITATIONAL

Session 1 - SATURDAY AM, February 6, 2010

7:00 am Warmups ... Meet starts at 8:00 am

Girls Events	Stroke	Boys Events
1	9-10 200 IM	2
3	11-12 200 IM	4
5	9-10 50 free	6
7	11-12 50 free	8
9	9-10 100 breast	10
11	11-12 100 breast	12
13	9-10 50 fly	14
15	11-12 50 fly	16
17	9-10 100 free	18
19	11-12 100 free	20
21	9-10 50 back	22
23	11-12 100 back	24
25	9-10 200 Medley Relay	26
27	11-12 200 Medley Relay	28

Session 2 - SATURDAY MID-DAY

Positive Check in by 11:00AM ... The mid-day session will start immediately following event 28

500's entry times may not be faster than the Gold qualifying times.

There will be a maximum of 3 heats for each of the 9/10 and 11/12 500 Freestyle Girls/Boys combined events.

Not Faster than	Girls Events	Stroke	Boys Events	Not faster than
6:48.39	29	9/10 500 Freestyle	30	6:48.39
6:20.00	31	11/12 500 Freestyle	32	6:20.00

Session 3 - SATURDAY PM

Warm-up will start no earlier than 12:30pm ... Meet starts no earlier than 1:30pm

Girls Events	Stroke	Boys Events
33	13-14 200 IM	34
35	Senior 200 IM	36
37	8&U 50 free	38
39	13-14 100 free	40
41	Senior 100 free	42
43	8&U 50 fly	44
45	13-14 200 fly	46
47	Senior 200 fly	48
49	8&U 100 back	50
51	13-14 100 back	52
53	Senior 100 back	54
55	8&U 100 free	56
57	13-14 200 breast	58
59	Senior 200 breast	60
61	8&U 100 Freestyle Relay	62
63	13-14 200 Freestyle Relay	64
65	Senior 200 Freestyle Relay	66

Session 4 - SATURDAY LATE PM

Positive Check in by 4:00PM ... The late-day session will start immediately following event 66

Not Faster than	Girls Events	Stroke	Boys Events	Not Faster than
5:20.19	67	13-14 400 IM	68	5:07.89
5:14.09	69	SENIOR 400 IM	70	4:59.09

Session 5 - SUNDAY AM February 7, 2010

7:00 am Warmups ... Meet starts at 8:00 am

Girls Events	Stroke	Boys Events
71	9-10 100 IM	72
73	11-12 100 IM	74
75	9-10 200 free	76
77	11-12 200 free	78
79	9-10 100 back	80
81	11-12 200 back	82
83	9-10 50 breast	84
85	11-12 50 breast	86
87	9-10 100 fly	88
89	11-12 100 fly	90
91	11-12 200 Freestyle Relay	92
93	9-10 200 Freestyle Relay	94

Session 6 - SUNDAY MID-DAY

Positive Check in by 11:00AM ... The mid-day session will start immediately following event 94
500's entry times may not be faster than the Gold qualifying times.

There will be a maximum of 3 heats for each of the 13/14 and Senior 500 Freestyle Girls/Boys combined events

Not Faster than	Girls Events	Stroke	Boys Events	Not faster than
5:52.99	95	13-14 500 Freestyle	96	5:40.09
5:49.89	97	SENIOR 500 Freestyle	98	5:25.29

Session 7 - SUNDAY PM

Warm-up will start no earlier than 12:30pm ... Meet Starts no earlier than 1:30pm

Girls Events	Stroke	Boys Events
99	13-14 200 free	100
101	Senior 200 free	102
103	8 & U 100 IM	104
105	13-14 100 breast	106
107	Senior 100 breast	108
109	8&U 50 back	110
111	13-14 200 back	112
113	Senior 200 back	114
115	8&U 50 breast	116
117	13-14 100 fly	118
119	Senior 100 fly	120
121	13-14 50 free	122
123	Senior 50 free	124
125	8&U 100 Medley Relay	126
127	13-14 200 Medley Relay	128
129	Senior 200 Medley Relay	130

Delmar Dolphins Swim Club

ENTRY FEE CALCULATION SHEET

February Freeze Invitational

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 Entries	_____	X \$1.00 = \$	_____

Total Entry Fee Due\$_____

Master Entry Sheet Fee (if applicable)\$_____

Total Amount Due and Enclosed\$_____

MAKE CHECKS PAYABLE TO *Delmar Dolphins Swim Club*

This form must be returned with check and entry report by **January 30, 2010**.

Entries will be posted to the meet program upon receipt of check only.

DELMAR DOLFINs assumes no responsibility for meet close-out due to late entries.

Mail Entry Reports and Check to: Niranjana Baji (518-475-0042)
11 Fairway Avenue
Delmar, NY 12054

E-mail Entry File to: Niranjana_BAJI@yahoo.com