

# REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIP

## Friday February 12 through Monday February 15, 2010

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc., Sanction #AD10-020  
Carolyn Manor, General Chairman

**Host:** Schenectady-Saratoga Swim Club

**Place:** Union College Alumni Gymnasium, Schenectady, NY  
The pool will open at 8:00am on Saturday and 7:30am on Sunday and Monday.  
This is a 25 yard 8 lane pool with a Colorado timing system and display.  
The deep-water setup will be utilized. Continuous warm-up warm-down is provided.  
Pool Depths for deep-water setup: Start End 1 meter = 10'0", 5 meters = 13'0" ... Turn End 1 meter = 6'6", 5 meters = 6'9"

**Meet Director:** Carolyn Manor [pres@schenectadyswimclub.org](mailto:pres@schenectadyswimclub.org)  
**Meet Marshal:** Carolyn Manor  
**Meet Referee:** JoAnn Faucett 518-399-0494  
**Meet Entry Coordinator:** Ann Korzun 518-877-6571 [akorzun@nycap.rr.com](mailto:akorzun@nycap.rr.com)

### Schedule:

Friday February 12

Timed Finals: Warm-up 6:00pm Start 6:45pm  
(Pool will remain until 9:00pm for warm-up)

Saturday February 13

Prelims: Warm-up 8:00am Start: 9:00am  
Finals: Warm-up 4:00pm Start: 5:00pm

Sunday February 14

Prelims: Warm-up 8:00am Start 9:00am  
Finals: Warm-up 4:00pm Start 5:00pm

Monday February 15

Prelims: Warm-up 7:30am Start 8:30am  
Timed Finals: (1650's) Time TBD, approximately 2 hours after the morning session  
Finals: Warm-up 4:30pm Start 5:30pm

**Entry Rules:** The eligibility of a swimmer will be determined by his or her age on February 12, 2010.  
Rules from the current USA swimming Technical Rules will be in effect.  
Swimmers may compete in up to three (3) individual events, plus one (1) relay, per day. Swimmers may enter and swim two (2) bonus events for each event qualified for up to the maximum of three (3) events per day. In the event the meet is oversubscribed, bonus events will be cut first according to seed times and entry fees for these events will be refunded. If still oversubscribed, the meet director will work with the meet referee to determine a resolution in the best interest of the swimmers.

Entries must be submitted using Hy-Tek software and emailed to Ann Korzun at [akorzun@nycap.rr.com](mailto:akorzun@nycap.rr.com). The deadline for Adirondack teams for priority placement is Tuesday, January 26, 2009. All entries must be received by **Tuesday, February 2, 6:00 PM**. Entries received after the deadline will be accepted only at the discretion of the meet director. Teams will be notified by Monday February 8 of any cuts that occur due to over oversubscription of the meet. No telephone entries will be accepted.

**Deck Entries:** Deck entries are NOT allowed during championship meets.

**Entry Fees:**

|                   |  |
|-------------------|--|
| Individual Events | \$7.50   |
| Relay Events      | \$10.00  |
| Surcharge         | \$1.00 per swimmer   |
| Time Trials:      | \$10.00 (At the discretion of the Meet Manager & Meet Referee) |
| Manual Entries:   | \$1.00 surcharge per event                                     |

Make checks payable to: Schenectady-Saratoga Swim Club  
Mail completed entries to: Ann Korzun  
13 Friar Tuck Court  
Clifton Park, NY 12065  
e-mail: [akorzun@nycap.rr.com](mailto:akorzun@nycap.rr.com)  
(518) 877- 6571

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

**Meet Format:** The meet will be swum with circle-seeded preliminary heats in the morning session with C-Final, B-Final, and A-Final (in that order) in the evening session, unless otherwise noted. All relay events, as well as the 1000 freestyle and 1650 freestyle will be swum as timed final events.

- Relay Events: Relays are timed-final events. The fastest heat will swim with finals during the evening session. Remaining heats will swim with preliminaries during the morning session. All relays must be positively checked-in by the appropriate scratch deadline. Relay participants must be declared to the Clerk of Course one hour before the relay swims, but may be changed up to the time of the swim. Only the fastest two relays per team will score points

- Friday Distance Events (W/M 1000): The fastest heat of the women's 1000 yard Freestyle followed by the fastest heat of the men's 1000 yard Freestyle will be swum Friday evening. The women's and men's heats will be swum alternately. The meet referee reserves the right to combine heats. The heat order and schedule will be published after the scratch deadline. These events are timed finals.

- Monday Distance Events (W/M 1650): In order to accommodate the Union College Swim Team, the 1650 will be swum during a separate session at a time to be determined – approximately 2 hours after the morning session. The women's and men's heats will be swum alternately, from fastest to slowest. The meet referee reserves the right to combine heats. The heat order and schedule will be published after the scratch deadline. These events are timed finals.

**Scratches:** Scratch sheets will be provided to each team at Meet Check-in. After the preliminaries and/or timed finals have been seeded, any swimmer who fails to compete in an individual event preliminary or timed final heat in which they have been entered and have not been scratched will be barred from their next event. Scratch deadlines are as follows:

- Friday, 5:45 pm: Friday's distance events.
- Friday, 7:45 pm: All Saturday events (including positive check-in for 800 free relay).
- Saturday, 6:00 pm: All Sunday events (including positive check-in for 400 med relay).
- Sunday, 6:00pm: All Monday events (including positive check-in for 400 free relay and 1650)

**Scratches for Finals:** This meet will follow the National Championship Scratch Rules as specified in rule 207.12.6.

**Awards/Scoring:** Scoring will be to 16 places. Only the fastest two relays from each team will be scored.

Medals will be awarded to the top three (3) finishers in each individual and relay event. Trophies will be awarded to the top male and female high point finishers as well as the top male and female teams.

| Place:             | 1  | 2  | 3  | 4  | 5  | 6  | 7  | 8  | 9  | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
|--------------------|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| <b>Individual:</b> | 20 | 17 | 16 | 15 | 14 | 13 | 12 | 11 | 9  | 7  | 6  | 5  | 4  | 3  | 2  | 1  |
| <b>Relay:</b>      | 40 | 34 | 32 | 30 | 28 | 26 | 24 | 22 | 18 | 14 | 12 | 10 | 8  | 6  | 4  | 2  |

**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 all coaches and swimmers cooperate fully with officials and marshals in charge.

A full schedule of warm-up information will be published before the start of the meet. The competition course will close 10 minutes before the start of each session.

**Timers:** Each club is expected to provide timers. A schedule of timing assignments will be published prior to the meet. Swimmers in the 1000 yd and 1650 yd freestyle events will be expected to provide their own timers and counters.

**Officials:** All USA Swimming certified officials are welcome. Please sign up in the officials' room upon arrival at the meet. There will be an officials' meeting 45 minutes prior to the beginning of each session. Attendance is mandatory to work the meet.

**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 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.**

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, and there are no exceptions.

**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.

**Concessions:** A wide selection of foods and beverages will be available for all sessions.

# REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIPS

## Order of Events

### Friday February 12, 2010 – Timed Finals

Warm-up 6:00pm Start 6:45pm

| Female | Qual. Time | Event                            | Qual. Time | Male |
|--------|------------|----------------------------------|------------|------|
| 1      | 11:17.60   | 1000 Yd Freestyle<br>Timed Final | 10:46.08   | 2    |

### Saturday February 13, 2010 – Preliminaries

Warm-up 8:00am Start: 9:00am

| Female | Qual. Time | Event               | Qual. Time | Male |
|--------|------------|---------------------|------------|------|
| 3      | 2:16.29    | 200 Yd Ind. Medley  | 2:09.06    | 4    |
| 5      | 5:27.11    | 500 Yd Freestyle    | 5:14.22    | 6    |
| 7      | 1:14.19    | 100 Yd Breaststroke | 1:07.59    | 8    |
| 9      | 2:21.49    | 200 Yd Backstroke   | 2:12.20    | 10   |
| 11     | 26.36      | 50 Yd Freestyle     | 24.02      | 12   |
|        |            | 10 Minute Break     |            |      |
| 13     | 8:34.16    | 800 Yd Free Relay*  | 7:52.05    | 14   |

### Sunday February 14, 2010 – Preliminaries

Warm-up 8:00am Start: 9:00am

| Female | Qual. Time | Event              | Qual. Time | Male |
|--------|------------|--------------------|------------|------|
| 15     | 1:05.40    | 100 Yd Backstroke  | 1:01.68    | 16   |
| 17     | 2:03.09    | 200 Yd Freestyle   | 1:54.11    | 18   |
| 19     | 1:02.19    | 100 Yd Butterfly   | 58.30      | 20   |
| 21     | 4:58.88    | 400 Yd Ind. Medley | 4:43.23    | 22   |
|        |            | 10 Minute Break    |            |      |
| 23     | 4:30.75    | 400 Yd Med. Relay* | 4:06.00    | 24   |

### Monday February 15, 2010 – Preliminaries

Warm-up 7:30am Start 8:30am

| Female | Qual. Time | Event               | Qual. Time | Male |
|--------|------------|---------------------|------------|------|
| 25     | 57.29      | 100 Yd Freestyle    | 52.49      | 26   |
| 27     | 2:41.89    | 200 Yd Breaststroke | 2:29.12    | 28   |
| 29     | 2:21.21    | 200 Yd Butterfly    | 2:10.50    | 30   |
|        |            | 10 Minute Break     |            |      |
| 31     | 4:01.19    | 400 Yd Free Relay*  | 3:54.99    | 32   |

### Monday February 15, 2010 – Timed Finals

Time to be determined – approximately 2 hours after the morning session

| Female | Qual. Time | Event                            | Qual. Time | Male |
|--------|------------|----------------------------------|------------|------|
| 33     | 18:58.75   | 1650 Yd Freestyle<br>Timed Final | 18:09.50   | 34   |

\*Relays are timed finals, and the fastest heat of all relays will swim with finals.

Finals will follow the same order as prelims.

The events file for Team Manager may be downloaded from the Adirondack LSC website at [www.adirondackswimming.org](http://www.adirondackswimming.org). Swimmers may compete in up to three (3) individual events plus one (1) relay per day.

**ENTRY FEE CALCULATION SHEET**  
Region 1 Championships, February 12-15, 2010  
*Schenectady-Saratoga Swim Club*

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

|                              |       |   |              |       |
|------------------------------|-------|---|--------------|-------|
| Number of Individual Entries | _____ | X | \$7.50 = \$  | _____ |
| Number of Swimmers           | _____ | X | \$1.00 = \$  | _____ |
| Number of Relays             | _____ | X | \$10.00 = \$ | _____ |
| Number of Manual Entries     | _____ | X | \$1.00 = \$  | _____ |

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

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

*MAKE CHECKS PAYABLE TO "Schenectady-Saratoga Swim Club"*

This form Must be returned with Entry Report and Check

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

**Schenectady-Saratoga Swim Club assumes no responsibility  
for meet close-out due to late entries**

**ENTRY DEADLINE... Feb 2, 2010, 6:00 PM**

*Mail Entries, Entry Report, This Form and Check to:* Ann Korzun  
13 Friar Tuck Court  
Clifton Park, NY 12065  
(518) 877-6571

\*Entries must be sent E-mail to: [akorzun@nycap.rr.com](mailto:akorzun@nycap.rr.com)  
\*Your Team Check Must be received to have entries added to the meet.