

2010 Adirondack SILVER SHORT COURSE CHAMPIONSHIPS
Friday, March 5th, Saturday, March 6th and Sunday, March 7th, 2010
Hosted By Albany Starfish Swim Club

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc. Sanction #AD10-022
 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"

Co-Meet Directors: Molly Grygiel and Rosemary Lanzi
Meet Referee: JoAnn Faucett (faucettjm@aol.com)
Meet Marshall: Tim McElrath
Entry Coordinator: Rosemary Lanzi (rosemary.lanzi@gmail.com)

Time:

Session	Warm-Up Time	Meet Start
Session 1 – all 11 & over	2:00 pm – 2:55 pm	3:00 pm
Session 2 – all 12 & Under Girls	7:30 am – 8:00 am	8:05 am
Session 3 – all 12 & Under Boys	11:30 am – 12:00 pm	12:05 pm
Session 4 – all 13 & over	3:00 pm – 3:40 pm	3:45 pm
Session 5 – all 12 & Under Girls	7:30 am – 8:00 am	8:05 am
Session 6 – all 12 & Under Boys	11:30 am – 12:00 pm	12:05 pm
Session 7 – all 13 & over	3:00 pm – 3:40 pm	3:45 pm

Entry Rules:

Rules from the current USA Swimming Technical Rules will be in effect. Only swimmers with current USA-S registrations are eligible to compete. This meet is open to Adirondack Registered Swimmers Only. The swimmer's age on March 5, 2010 will determine the age group of competition. Swimmers must have competed in at least 1 Sanctioned Adirondack Short Course Meet in the 2009-2010 Meet Season. All entry times will be verified through the results database in SWIMS. ** Detailed Adirondack Swimming Championship Meet Requirements Follow Below.

USA Swimming Registration:

All swimmers must be currently registered with USA Swimming, Inc. Registrations may be obtained from your club registrar. ALL Swimmers MUST be Registered, for the date(s) encompassing the meet, 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:

Scratch sheets will be given to all coaches upon arrival for each session. Coaches' will have until the start of warm-ups for the designated session to hand in all their scratches to the computer table. This will enable the meet coordinators to get heat sheets printed in sufficient time for the start of the meet. The 13 & Over 500 Freestyle and 400 IM will have positive check-in by 11:30 am both Saturday & Sunday. For the 9-10 Girls 500 Freestyle, positive check-in by 9:00 am on Saturday and for the 9-10 Boys 500 Freestyle, positive check-in by 1:00 pm on Saturday. Failure to check in for these 2 events will result in being scratched from the event.

Entries to the 500 Freestyle and the 400 IM will be limited to the fastest 16 boys and 16 girls from each age group. Each swimmer entering either of these events must have previously swam the event and have a recorded time in SWIMS since January 1, 2009. These events will be seeded after positive check-in and will be swum fastest heat of girls, fastest heat of boys for the 13 & over. All age groups need to obtain their heat and lane assignments from the heat sheets posted behind the blocks. Be sure to check with your coaches. Any swimmer cut from the 500 Freestyle or the 400 IM events will have their entry fee returned to their club.

Entries:

Swimmers may enter three (3) individual events on Friday and four (4) individual events per day Saturday and Sunday. All entries must be slower than the listed qualifying times. Swimmers who have achieved faster than the cutoff times listed in this invitation may not participate in that particular event. If an athlete achieves a time faster than the cutoff time after their entries have been submitted they must withdraw from that event at the Silver Championships. Entries which are faster than the cut-off times will not be accepted. All entry times will be verified against the SWIMS results database.

As this is a Championship Meet, Deck Entries and No Time (NT) Entries will not be accepted.

Entries must be emailed to Rosemary Lanzi, rosemary.lanzi@gmail.com using the HY-TEK Meet Manager or Team Manager software to prepare the entries. **All entries must be received on or before February 22, 2010.** Entries received after this deadline will be accepted only at the discretion of the meet directors. Please check all entries carefully before you submit them. **Each team must also submit a paper copy of entries.** Entry times must be the swimmers' best times in yards per recorded results from January 1 of the previous SC Season to current. Because there will be no deck entries, be certain to have your designated club contact inform the responsible person(s) when the psyche sheets are posted. Revisions submitted after the specified date will not be accepted. Changes received from other than the designated representatives will not be accepted.

Entry Fees: Entry fees are \$4.00 per individual event, \$6.00 per relay event, and a \$1.00 per swimmer surcharge.
Make checks payable to: Albany Starfish Swim Club
Mail Entry Reports to: Rosemary Lanzi, 2 McGibbon Avenue, Amsterdam, NY 12010 (518) 225-1714
Email Entry Files to: Rosemary Lanzi rosemary.lanzi@gmail.com

Awards:

Ribbons will be awarded for first through sixteen places in all individual events, and first through third in relay events. Awards for the 13&Over events will be provided for both the 13-14 and 15 & Over age groups. High Point Awards will be awarded for each age group and gender for first through third place. Team trophies will be awarded based on total points to the top three large teams and top three small teams.

Scoring:

The meet will be scored according to USA Swimming rules.

Gold Championship Qualification: Swimmers who swim times at this meet which qualify them for events at the Adirondack Gold Short Course Championship Meet (March 19-21, 2010) will be able to submit entries for that meet on Monday, March 8th through their team registrar.

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

Officials Meeting:

There will be a Mandatory officials' meeting conducted promptly 1 hour before each session. Please sign up in the officials' room before the start of the meeting. There will be no Shadowing of New Officials at this meet.

Timers:

Clubs will be required to provide timers based upon their number of entries. After all entries have been received, Team Lane Timing Assignments will be posted on the AD Web Site, as well as in the meet program and around the pool area. Swimmers have to provide their own timers and lap counters for the 500 yard freestyle events.

Supervision:

Due to the size and nature of the facility in which the meet will be held, it is particularly important that coaches and parents closely monitor the conduct of swimmers at all times. Swimmers should bring books, playing cards, games, etc. for quiet amusement. Only athletes, coaches and officials displaying current USA-S cards and scheduled meet workers are allowed on the pool deck. Swim bags are to be left in the bullpen area and are not allowed on deck or in the spectator stands. Swimmers are not allowed in the spectator stands. Glass containers are strictly prohibited at the meet.

Warm-up Procedures:

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 and ask them to cooperate fully with the club officials and marshals in charge of the area.

Warm-up times and meet start times are subject to change based on the number of entries for each session.

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.

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

Seating:

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

Immediate Results:

Real Time Results will be available for this meet.

Full, Official meet results and results file will be posted to the Adirondack Swimming website.

**** Detailed Adirondack Swimming Championship Meet Requirements**

To: **AD Team Contacts, Coaches and Athletes**

From: Adirondack Swimming

Adirondack Swimming Athletes ONLY May Enter Either of our Short Course Championship Meets. These meets, Silvers and Golds, are Championship Meets and there will be NO DECK ENTRIES and Entries with No Entry Time (NT) will not be accepted.

There will be no "relay only" swimmers in our championship meets. All swimmers must qualify to swim the meet in one or more individual events to be able to participate in any relays.

Adirondack Swimming approved that there be minimal participation requirements to qualify for entry to our Silver and Gold Short Course (SC) Championship Meets. It was approved that a swimmer must have participated in at least one (1) AD Sanctioned Meet, in the Current SC Season (*September to March*) to be able to swim in Silvers and at least two (2) AD Sanctioned Meets, in the Current SC Season to swim in Golds (*1 of the 2 required meets to qualify for Golds can be Silvers*). Qualifying times must have been achieved from January 1, of the previous Short Course Season through Silver Championships.

Observed or Approved Meets May NOT be Used to Fulfill the Minimum Meet Requirement to attend AD Championship Meets. However, All Times from these meets are used for entry qualification.

Requirements for Silvers - If a swimmer is to participate in the Adirondack Silver SC Championships, he or she must have competed in at least One (1) AD Sanctioned meet in the current SC Season, prior to the Silver Championships. A swimmer entering an event in Silver Championships must use the **Best Recorded Yards Time in SWIMS**, for the time period of **Jan 1st of last years' SC season to Date**, as the entry time. If a swimmer has no recorded time in SWIMS for an event, a High School Varsity time may be used for entry/seeding purposes or if the event has not been swum, the entry must contain an accurate estimated entry time as determined by the swimmers coach. All entries for the 400IM and 500Free MUST be recorded times, coach estimates will not be accepted for these events.

Requirements for Golds - If a swimmer is to participate in the Adirondack Gold SC Championships, he or she must have competed in at least two (2) AD Sanctioned meets in the current SC Season, prior to Gold Championships. A swimmer entering an event in Gold Championships must use a **Recorded and Qualifying Yards Time in SWIMS**, for the time period of **Jan 1st of last years' SC season through the current seasons Silver Championships**, to qualify to swim the event. If a swimmer has no recorded time in SWIMS for an event, a High School Varsity time may be used for entry/seeding purposes. Unlike Silvers, Swimmers may Only Swim events in Golds, in which they have achieved a recorded qualifying time in the date span accepted.

Coach estimated times are NOT acceptable.

Large Team/Small Team Criteria - Large Teams will be any AD Team with 75 or more Registered Athletes, Small Teams will be any AD Team with less than 75 Registered Athletes. This is Registered to USA Swimming and has no bearing on the number of swimmers entered in the meets.

Exceptions will be made in the following circumstances;

1. If a swimmer has transferred to AD from another LSC, at a time where it was too late to be entered in the required number of meets to qualify. This will apply to swimmers who HAVE MOVED to our LSC where a change of home address has been made. This transfer must have been completed by the AD LSC Registrar at least 30 days in advance of the meet.
2. If a swimmer has had a prolonged medical condition which has not allowed him or her to swim until a time where it was too late to be entered in the required number of meets to qualify. The swimmers coach MUST notify the Meet Director or Meet Referee, by mail or email, at least 30 days in advance of the meet.
3. If a swimmer ages up between Silvers and Golds and he or she is too fast for Silvers at the younger age group and too slow for Golds at the older age group, the swimmer may swim at the older age group without having the Gold cut times. Swimmer must enter the meet using actual achieved times and the meet host will allow the times as exceptions if they are too slow for the cutoffs.

Final Approval of exceptions will be by joint decision of the Meet Referee and Meet Director.

Entries with no entry time (NT) will not be accepted.

These meets, Silvers and Golds, are Championship Meets and there will be NO DECK ENTRIES. Adirondack Swimming Athletes ONLY May Enter Either of our Short Course Championship Meets.

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 5 thru March 7th, 2010

RPI Troy, NY

FRIDAY, Session 1 ... Warm-ups 2:00pm ... Meet Starts 3:00pm

EVENT NUMBER	CUTOFF TIME	DESCRIPTION OF EVENT	CUTOFF TIME	EVENT NUMBER
Girls		Session 1 Friday PM	Boys	
1	2:43.89	11-12 200 IM	2:47.89	2
3	2:36.00	13-14 200 IM	2:33.00	4
5	2:30.00	15&Over 200 IM	2:25.00	6
7	2:26.19	11-12 200 Freestyle	2:30.19	8
9	2:16.19	13-14 200 Freestyle	2:15.19	10
11	2:13.19	15&Over 200 Freestyle	2:08.89	12
13	2:47.79	11-12 200 Backstroke	2:49.79	14
15	2:40.09	13 -14 200 Backstroke	2:33.09	16
17	2:38.79	15&Over 200 Backstroke	2:25.69	18

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Swim 3 Individual Events on Friday.

Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 5 thru March 7th, 2010

SATURDAY Session 2, GIRLS ONLY ... Warm-ups 7:30AM ... Meet Starts 8:05AM

EVENT NUMBER	CUTOFF TIME	DESCRIPTION OF EVENT	
Girls		Session 2 Saturday AM	Girls ONLY
19	20.00	8&Under 25 Butterfly	
21	44.99	9-10 50 Butterfly	
23	35.39	11-12 50 Butterfly	
25	46.19	8&Under 50 Freestyle	
27	1:19.19	9-10 100 Freestyle	
29	1:08.19	11-12 100 Freestyle	
31	55.49	8&Under 50 Backstroke	
33	1:36.15	9-10 100 Backstroke	
35	1:21.00	11-12 100 Backstroke	
37	23.00	8&Under 25 Breaststroke	
39	48.79	9-10 50 Breaststroke	
41	41.09	11-12 50 Breaststroke	
43	3:14.84	9-10 200 IM	
45	57.99	8&Under 50 Butterfly	
47	N/A	9-10 200 Medley Relay	
49	N/A	8&Under 100 Medley Relay	
51	N/A	11-12 200 Medley Relay	
53	7:40.00	9-10 500 Freestyle	
55	3:06.19	11-12 200 Breaststroke	

SATURDAY Session 3, BOYS ONLY ... Warm-ups 11:30AM ... Meet Starts 12:05PM

	DESCRIPTION OF EVENT	CUTOFF TIME	EVENT NUMBER
Boys ONLY	Session 3 Saturday MID	Boys	
	8&Under 25 Butterfly	20.00	20
	9-10 50 Butterfly	46.99	22
	11-12 50 Butterfly	38.39	24
	8&Under 50 Freestyle	48.19	26
	9-10 100 Freestyle	1:23.19	28
	11-12 100 Freestyle	1:11.19	30
	8&Under 50 Backstroke	55.49	32
	9-10 100 Backstroke	1:36.15	34
	11-12 100 Backstroke	1:21.00	36
	8&Under 25 Breaststroke	23.00	38
	9-10 50 Breaststroke	49.79	40
	11-12 50 Breaststroke	43.09	42
	9-10 200 IM	3:14.84	44
	8&Under 50 Butterfly	59.99	46
	9-10 200 Medley Relay	N/A	48
	8&Under 100 Medley Relay	N/A	50
	11-12 200 Medley Relay	N/A	52
	9-10 500 Freestyle	7:40.00	54
	11-12 200 Breaststroke	3:06.19	56

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Swim 4 Individual Events on Saturday.

Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 5 thru March 7th, 2010

SATURDAY Session 4 ... Warm-ups 3:00PM ... Meet Starts 3:45PM

EVENT NUMBER	CUTOFF TIME	DESCRIPTION OF EVENT	CUTOFF TIME	EVENT NUMBER
Girls		Session 4 Saturday PM	Boys	
57		13&Over 100 Freestyle		58
	1:03.59	13-14 Cut	1:01.59	
	1:01.39	15&Over Cut	57.99	
59		13&Over 200 Butterfly		60
	2:40.99	13-14 Cut	2:34.19	
	2:39.59	15&Over Cut	2:25.79	
61		13&Over 100 Backstroke		62
	1:13.00	13-14 Cut	1:11.00	
	1:11.00	15&Over Cut	1:07.99	
63		13&Over 200 Breaststroke		64
	2:58.99	13-14 Cut	2:49.39	
	2:58.99	15&Over Cut	2:42.59	
65	N/A	13&Over 200 Medley Relay	N/A	66

**All events in this session are Multi-Age/Multi-Score events.
Events will be seeded and swum as single events, however,
events will be scored separately as 13-14 and 15&Over.**

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Swim 4 Individual Events on Saturday.

Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 5th thru March 7th, 2010

SUNDAY Session, GIRLS ONLY ... Warm-ups 7:30AM ... Meet Starts 8:05AM

EVENT NUMBER	CUTOFF TIME	DESCRIPTION OF EVENT		
Girls		Session 5 Sunday AM	Girls ONLY	
67	16.50	8&Under 25 Freestyle		
69	36.50	9-10 50 Freestyle		
71	31.89	11-12 50 Freestyle		
73	1:55.19	8&Under 100 IM		
75	1:34.39	9-10 100 IM		
77	1:17.39	11-12 100 IM		
79	20.00	8&Under 25 Backstroke		
81	44.89	9-10 50 Backstroke		
83	36.09	11-12 50 Backstroke		
85	58.79	8&Under 50 Breaststroke		
87	1:47.69	9-10 100 Breaststroke		
89	1:30.29	11-12 100 Breaststroke		
91	1:45.09	8&Under 100 Freestyle		
93	1:46.09	9-10 100 Butterfly		
95	2:54.69	11-12 200 Butterfly		
97	N/A	8&Under 100 Free Relay		
99	N/A	9-10 200 Free Relay		
101	N/A	11-12 200 Free Relay		
103	2:58.29	9-10 200 Freestyle		
105	6:20.00	11-12 500 Freestyle		

SUNDAY Session 6, BOYS ONLY ... Warm-ups 11:30AM ... Meet Starts 12:05PM

		DESCRIPTION OF EVENT	CUTOFF TIME	EVENT NUMBER
Boys ONLY		Session 6 Sunday MID		Boys
		8&Under 25 Freestyle	16.50	68
		9-10 50 Freestyle	36.50	70
		11-12 50 Freestyle	31.89	72
		8&Under 100 IM	1:57.19	74
		9-10 100 IM	1:34.39	76
		11-12 100 IM	1:17.39	78
		8&Under 25 Backstroke	20.00	80
		9-10 50 Backstroke	47.89	82
		11-12 50 Backstroke	38.09	84
		8&Under 50 Breaststroke	59.79	86
		9-10 100 Breaststroke	1:48.69	88
		11-12 100 Breaststroke	1:32.29	90
		8&Under 100 Freestyle	1:45.09	92
		9-10 100 Butterfly	1:48.09	94
		11-12 200 Butterfly	2:54.69	96
		8&Under 100 Free Relay	N/A	98
		9-10 200 Free Relay	N/A	100
		11-12 200 Free Relay	N/A	102
		9-10 200 Freestyle	2:58.29	104
		11-12 500 Freestyle	6:20.00	106

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Swim 4 Individual Events on Saturday.

Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

ADIRONDACK SILVER SHORT COURSE CHAMPIONSHIP

March 5th thru March 7th, 2010

SUNDAY Session 7 ... Warm-ups 3:00PM ... Meet Starts 3:45PM

EVENT NUMBER	CUTOFF TIME	DESCRIPTION OF EVENT	CUTOFF TIME	EVENT NUMBER
Girls		Session 7 Sunday PM	Boys	
107		13&Over 400IM		108
	5:20.19	13-14 Cut	5:07.89	
	5:14.09	15&Over Cut	4:59.09	
109		13&Over 50 Freestyle		110
	28.79	13-14 Cut	27.79	
	28.39	15&Over Cut	26.39	
111		13&Over 100 Breaststroke		112
	1:21.89	13-14Cut	1:18.39	
	1:23.19	15&Over Cut	1:14.99	
113		13&Over 100 Butterfly		114
	1:12.09	13-14Cut	1:11.09	
	1:09.29	15&Over Cut	1:06.89	
115	N/A	13&Over 200 Free Relay	N/A	116
117		13&Over 500 Freestyle		118
	5:52.99	13-14 Cut	5:40.09	
	5:49.89	15&Over Cut	5:25.29	

**All events in this session are Multi-Age/Multi-Score events.
Events will be seeded and swum as single events, however,
events will be scored separately as 13-14 and 15&Over.**

ENTRIES MUST BE SLOWER THAN CUT TIMES

Swimmers May Swim 4 Individual Events on Sunday.

Individual Entries: \$4.00 per event + \$1.00 Surcharge Per Swimmer

Relay Entries: \$6.00 Per Relay

All Manual Entries Subject to a \$1.00 Surcharge per entry, Individual or Relay

Albany Starfish Swim Club

ENTRY FEE CALCULATION SHEET

2010 Adirondack Silver Short Course Championships

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-Mail ADDRESS _____

Number of Girls Individual Entries _____ X \$4.00 = \$ _____

Number of Girl Swimmers _____ X \$1.00 = \$ _____

Number of Girls Relays _____ X \$6.00 = \$ _____

Number of Boys Individual Entries _____ X \$4.00 = \$ _____

Number of Boy Swimmers _____ X \$1.00 = \$ _____

Number of Boys Relays _____ X \$6.00 = \$ _____

Number of Manual Entries _____ X \$1.00 = \$ _____

Total Amount Due and Enclosed\$ _____

MAKE CHECKS PAYABLE TO "Albany Starfish Swim Club"

**This form Must be returned with Check and Entry Report
by Monday, February 22, 2010**

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

Mail Entry Reports and Check to: Rosemary Lanzi,
2 McGibbon Avenue
Amsterdam, NY 12010

E-mail Entry File to: rosemary.lanzi@gmail.com