

ADIRONDACK SWIMMING LONG COURSE CHAMPIONSHIPS

July 23, 24, and 25, 2010
Colgate University

This Meet is Open to Adirondack Swimming Clubs Only

SANCTION: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming Inc., Sanction # AD10-027
Carolyn Manor, General Chairman

HOST: Clinton Cuda Swim Club

LOCATION: Lineberry Natatorium, Colgate University, Hamilton, NY
6 lane, 50 meter indoor pool with retractable roof, warm-up pool, Colorado timing system
Water depths Start: 1m-6.5 ft 5m-6.5ft
Turn: 1m-4 ft 5m-4.33ft

MEET DIRECTOR: Scott Risucci (sdrisucci@yahoo.com), Phone (315) 735-6954

MEET MARSHALL: Bill Boyce

MEET REFEREE: JoAnn Faucett

CHECK IN:

This is a positive check in meet. ALL Swimmers must check in for ALL events at the timing table in the crow's nest in the pool area. A swimmer who fails to show up for a timed final event will be disqualified from their next event. If a swimmer does not scratch a finals or consolation finals event and fails to show up for it, he/she will be disqualified from the remainder of the meet.

TIME SCHEDULE:

	Warm-up	7:30 AM
(13-14, Senior)	Check In By	7:50 AM
	Start	8:30 AM
	Warm-up	12:45 PM
(10 & under, 11-12)	Check In By	12:50 PM
	Start	1:30 PM
Finals	Warm-up	5:15 PM
	Start	6:00 PM

****SESSION 8 - SUNDAY 12-UNDERS - WILL BEGIN AT THE CONCLUSION OF 1500 FREESTYLE EVENTS****

Note: Saturday and Sunday 12-under and Finals sessions may change if entries allow.
There will be a reasonable break before the start of the 400 IM, and the 1500 free.
Prelim and finals may be subject to time changes.
In the event of poor weather, changes may be made to the times and or events.
In the event of severe weather, the meet referee may cancel events.

ENTRY RULES:

The eligibility of a swimmer to participate in a particular age group will be determined by his/her age on the first day of the meet, July 23, 2010. Rules from current U.S. Swimming Technical Rules will be in effect. Entries must be submitted via email, using the Hy-Tek Meet Manager or Team Manager Software. Entries may also be sent on floppy disk or CD. Team entries must be received by **July 14, 2010**. Teams must e-mail their entries to: Andre Paradis email: ajparadis@yahoo.com

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 OR AN ATTENDING COACH, IN ADVANCE, TO MAKE ARRANGEMENTS FOR AN ATTENDING COACH TO ASSUME RESPONSIBILITY FOR YOU.

This is a USA Swimming Rule, there are no exceptions.

Any swimmer entered in the meet, unaccompanied by a USA Swimming member coach, must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. It is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement.

SWIMMING EVENTS:

Swimmers may enter **THREE EVENTS PER DAY**, plus relays. All entries must be meter seed times.

No Time (NT) Entries will Not be Accepted in AD Championship Meets.

There will be no Relay Only Swimmers Allowed in AD Championship Meets.

Swimmers must check in for ALL Events.

ALL Swimmers ages 10 & Under are to report directly to the starting blocks for their events, all events for these swimmers are timed final events. Assistance may be provided to insure competitors are present.

Special considerations for distance events:

The fastest heat of the 11-12 200 Breaststroke, 200 Backstroke and 200 Butterfly will be swum in finals.

Timed Finals will be held in the 400 IM, 400 Freestyle and 1500 Freestyle. All heats will be swum in the preliminary sessions.

For seeding purposes, the 13-14's and Senior 1500 events will be combined. The heats will be swum fastest to slowest, starting with the fastest heat of girls, followed by the fastest heat of boys, then combined age and sex after first 2 heats.

The 1500 may be limited to the top 6 in each event (total of 24).

If space is available, alternates will be added.

CHECK IN:

This is a positive check in meet. ALL Swimmers must check in for ALL events at the timing table in the crow's nest in the pool area. A swimmer who fails to show up for a timed final event will be disqualified from their next event. If a swimmer does not scratch a finals or consolation finals event and fails to show up for that event, he/she will be disqualified from the remainder of the meet.

RELAYS:

All Relays will be swum as timed finals and will be swum during prelims.

FINALS and CONSOLATIONS:

Those events that have trials will have finals and consolation finals conducted during the finals session. The top twelve swimmers of each age group will qualify, the top 6 swimming finals, the next 6 swimming consolation finals. If a swimmer does not scratch a finals or consolation finals event and fails to show up for that event, he/she will be disqualified from the remainder of the meet.

SCRATCHES:

Swimmers who qualify for finals will have 30 minutes from the event announcement after trials to inform the announcer of their intent to scratch. Failure to notify the announcer so that an alternate can be called for finals will result in the swimmer being disqualified for the remainder of the meet. Any swimmers who check in for a timed final event and fail to show at the blocks to swim will be disqualified from their next event.

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 marshals in charge of the area. The official Adirondack warm-up guidelines will be followed.

Please see table above for warm-up times.

DECK ENTRIES:

Adirondack Swimming does **NOT** Accept Deck Entries during Championship Meets.

TIMERS:

Clubs will be required to provide back-up timers based on the number of entries for trials and finals. Swimmers in the 400, 800 and 1500 Freestyle must provide their own timer and 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 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.

SERVICES:

There will be a concession stand available to purchase food and drink all three days. The Deep End vendor will be available for all your swim apparel and equipment needs.

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 fee if needed. The entry fees are \$ 5.00 per individual event for all timed final events and \$ 5.50 for all prelim/final events (which includes a \$0.50 travel fund surcharge). Relays are \$6.00 (including the \$1.00 travel fund surcharge). In addition, a surcharge of \$1.00 **per swimmer** will be charged with entry fee. All Manual (non-electronic) entries are subject to a \$1.00 surcharge, per entry. No entries will be accepted unless accompanied by the required entry fee and master list.

Checks are to be made to: **CLINTON SWIM CLUB** and to be mailed to:
Andre Paradis 30 Hartford Terr., New Hartford, NY 13341
Phone: (315) 735-7115 or email: ajparadis@yahoo.com.

ENTRY DEADLINE: Tuesday, JULY 14, 2010

AWARDS:

Individual event ribbons will be awarded 1st-12th place. Relay event ribbons will be awarded for 1st - 3rd place. Team trophies will be awarded for the top 3 teams. Individual high point trophies will be awarded to the top 3 individuals in each age group.

SCORING:

Finals and consolations will be scored according to USA Swimming rules:

Individual – 16 -13 -12 -11 -10 -9 -7- 5 - 4 – 3 - 2-1

Relays - 32 -26 -24 -22 -20 -18 -14 -10 – 8 – 6 – 4 –2

OFFICIALS:

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

TIME TRIALS:

Time trials will be held for swimmers attempting to qualify for any meet faster than Zones. Each trial will be \$ 5.00. Coaches must request a time trial from the meet director with the specific attempt to be held at the discretion of the meet director and meet referee. Only those meeting the Current USA-S AAAA Time Standards will be eligible. The meet director and meet referee reserve the right to refuse trials longer than 200 meters.

NOTES:

10 and Under and 8 and Under events will be timed finals. Note that 8 and Under events will be held only on Saturday and Sunday.

HOTEL ACCOMODATIONS (SUGGESTIONS):

MOTEL LISTS ARE INCLUDED - COLGATE UNIVERSITY DORMITORIES ARE AVAILABLE FOR ALL SWIMMERS, COACHES, AND PARENTS ON A FIRST COME FIRST SERVE BASIS AND MAY BE LIMITED. PLEASE CHECK WEBSITE FOR INFORMATION AS IT BECOMES AVAILABLE.

Colgate Dorms: <http://www.colgate.edu/summerprograms>

Friday, July 23, 2010 – Session 1

Warm-ups begin at 7:30 AM ... Session starts at 8:30 AM ... Positive Check In by 7:50 AM

Female Events	Age Group	Event Description	Male Events
1	SENIOR	400 Free – Timed Final	2
3	13-14	400 Free – Timed Final	4
5	SENIOR	100 Breaststroke	6
7	13-14	100 Breaststroke	8
13	SENIOR	200 IM	14
15	13-14	200 IM	16
21	SENIOR	100 Butterfly	22
23	13-14	100 Butterfly	24
31	SENIOR	400 Free Relay – Timed Final	32
33	13-14	400 Free Relay – Timed Final	34

Friday, July 23, 2010– Session 2

Warm-ups begin at 12:45 PM ... Session starts at 1:30 PM ... Positive Check In by 12:50 PM

Female Events	Age Group	Event Description	Male Events
9	11-12	50 Breaststroke	10
11	10 & U	50 Breaststroke– Timed Final	12
17	11-12	200 IM	18
19	10 & U	200 IM – Timed Final	20
25	11-12	50 Butterfly	26
27	10 & U	50 Butterfly – Timed Final	28
29	11-12	200 Backstroke	30
35	11-12	400 Free Relay – Timed Final	36
37	10 & U	400 Free Relay – Timed Final	38
39	11-12	400 Freestyle - Timed Final	40
41	10 & U	400 Freestyle - Timed Final	42

Friday, July 23, 2010 – Session 3 - Finals

Warm-ups begin at 5:15 PM ... Session starts at 6:00 PM

Female Events	Age Group	Event Description	Male Events
29	11-12	200 Backstroke	30
5	SENIOR	100 Breaststroke	6
7	13-14	100 Breaststroke	8
9	11-12	50 Breaststroke	10
13	SENIOR	200 IM	14
15	13-14	200 IM	16
17	11-12	200 IM	18
21	SENIOR	100 Butterfly	22
23	13-14	100 Butterfly	24
25	11-12	50 Butterfly	26

*******Please note the order is different for finals**

Saturday, July 24, 2010 – Session 4

Warm-ups begin at 7:30 AM ... Session starts at 8:30 AM ... Positive Check In by 7:50 AM

Female Events	Age Group	Event Description	Male Events
43	SENIOR	200 Free	44
45	13-14	200 Free	46
51	SENIOR	50 Freestyle	52
53	13-14	50 Freestyle	54
61	SENIOR	200 Breaststroke	62
63	13-14	200 Breaststroke	64
73	SENIOR	100 Backstroke	74
75	13-14	100 Backstroke	76
83	SENIOR	200 Free Relay – Timed Final	84
85	13-14	200 Free Relay – Timed Final	86
87	SENIOR	400 IM – Timed Final	88
89	13-14	400 IM – Timed Final	90

Saturday, July 24, 2010 – Session 5

Warm-ups begin at 12:45 PM ... Session starts at 1:30 PM ... Positive Check In by 12:50 PM

Female Events	Age Group	Event Description	Male Events
47	11-12	200 Freestyle	48
49	10 & U	200 Freestyle – Timed Final	50
55	11-12	50 Freestyle	56
57	10 & U	50 Freestyle – Timed Final	58
59	8 & U	50 Freestyle – Timed Final	60
65	11-12	100 Breaststroke	66
67	10 & U	100 Breaststroke – Timed Final	68
69	11-12	200 Butterfly	70
71	8 & U	50 Breaststroke – Timed Final	72
77	11-12	50 Backstroke	78
79	10 & U	50 Backstroke – Timed Final	80
81	8 & U	50 Backstroke – Timed Final	82
91	11-12	200 Free Relay – Timed Final	92
93	10 & U	200 Free Relay – Timed Final	94

Saturday, July 24, 2010 – Session 6 - Finals

Warm-ups begin at 5:15 PM ... Session starts at 6:00 PM

Female Events	Age Group	Event Description	Male Events
69	11-12	200 Butterfly	70
43	SENIOR	200 Freestyle	44
45	13-14	200 Freestyle	46
47	11-12	200 Freestyle	48
51	SENIOR	50 Freestyle	52
53	13-14	50 Freestyle	54
55	11-12	50 Freestyle	56
61	SENIOR	200 Breaststroke	62
63	13-14	200 Breaststroke	64
65	11-12	100 Breaststroke	66
73	SENIOR	100 Backstroke	74
75	13-14	100 Backstroke	76
77	11-12	50 Backstroke	78

*******Please note the order is different for finals**

Sunday, July 25, 2010 – Session 7

Warm-ups begin at 7:30 AM ... Session starts at 8:30 AM ... Positive Check In by 7:50 AM

Female Events	Age Group	Event Description	Male Events
95	SENIOR	200 Backstroke	98
97	13-14	200 Backstroke	100
103	SENIOR	100 Freestyle	106
105	13-14	100 Freestyle	108
115	SENIOR	200 Butterfly	118
117	13-14	200 Butterfly	120
125	SENIOR	400 Medley Relay – Timed Final	128
127	13-14	400 Medley Relay – Timed Final	130
133	SENIOR	1500 Freestyle – Timed Final	136
135	13-14	1500 Freestyle – Timed Final	138

Sunday, July 25, 2010 – Session 8

Warm-ups begin at 1:15 PM ... Session starts at 1:45 PM ... Positive Check In by 1:25 PM

Female Events	Age Group	Event Description	Male Events
99	11-12	100 Backstroke	100
101	10 & U	100 Backstroke – Timed Final	102
107	11-12	100 Freestyle	108
109	10 & U	100 Freestyle – Timed Final	110
111	11-12	200 Breaststroke	112
113	8 & U	100 Freestyle – Timed Final	114
119	11-12	100 Butterfly	120
121	10 & U	100 Butterfly – Timed Final	122
123	8 & U	50 Butterfly – Timed Final	124
129	11-12	200 Medley Relay – Timed Final	130
131	10 & U	200 Medley Relay – Timed Final	132

Sunday, July 25, 2010 – Session 9 - Finals

Warm-ups begin at 5:15 PM ... Session starts at 6:00 PM

Female Events	Age Group	Event Description	Male Events
111	11-12	200 Breaststroke	112
95	SENIOR	200 Backstroke	96
97	13-14	200 Backstroke	98
99	11-12	100 Backstroke	100
103	SENIOR	100 Freestyle	104
105	13-14	100 Freestyle	106
107	11-12	100 Freestyle	108
115	SENIOR	200 Butterfly	116
117	13-14	200 Butterfly	118
119	11-12	100 Butterfly	120

*******Please note the order is different for finals**

ADIRONDACK SWIMMING LONG COURSE CHAMPIONSHIPS

July 23, 24, and 25, 2010

Colgate University

ENTRY FEE CALCULATION SHEET:

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-Mail ADDRESS _____

Number of Girls Individual Entries Prelim/Final	_____	X \$ 5.50 = \$	_____
Number of Girls Individual Entries Timed Finals	_____	X \$ 5.00 = \$	_____
Number of Girl Swimmers	_____	X \$ 1.00 = \$	_____
Number of Girls Relays	_____	X \$ 6.00 = \$	_____
Number of Boys Individual Entries Prelim/Final	_____	X \$ 5.50 = \$	_____
Number of Boys Individual Entries Timed Finals	_____	X \$ 5.00 = \$	_____
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 \$ _____

Total Amount Due and Enclosed \$ _____

MAKE CHECKS PAYABLE TO "CLINTON SWIM CLUB"

This form Must be returned with Check and Hard Copy of Entry Report

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

Clinton Swim Club assumes no responsibility for meet close-out due to late entries

ENTRY DEADLINE - JULY 14, 2010

Mail to: Andre Paradis 30 Hartford Terr., New Hartford NY 13413

*Entries Must be sent E-mail to: ajparadis@yahoo.com

Questions: Andre Paradis 315-735-7115

****This form, entry report and Your Team Check
Must be received to have entries added to the meet.***

Hotel Information

Hinman's Motel
Route 20
Bouckville, NY 13310
315-893-1801

Cazenovia Motel
2392 US Route 20
Cazenovia, NY 13035
315-655-9101
Fax: 315-655-3288
www.cazenovia.us/cazmotel

Colgate Inn
1 Payne St.
Hamilton, NY 13346
315-824-2300
Fax: 315-824-4500
www.colgateinn.com
wbeIII@colgateinn.com

Madison Motor Court
7591 Route 20
Madison, NY 13402
315-893-1818

Turning Stone Resort and
Casino
5218 Patrick Road
Verona, NY 13478
1-800-771-7711
www.turning-stone.com

Coachway Motel
4484 Verona St
Vernon, NY 13476
315-829-2380

Days Inn Canastota
North Peterboro St.
Canastota, NY 13032
315-697-3309
Fax: 315-697-5541
www.daysinn.com

Graziano's Rodeway Inn
409 North Peterboro St.
Canastota, NY 13032
315-697-8384
Fax: 315-697-8389
www.choicehotels.com

Sharway Motel
3669 Seneca Turnpike
Route 5
Canastota, NY 13032

Lincklaen House
79 Albany St.
Cazenovia, NY 13035
315-655-3461
Fax: 315-655-5443
www.lincklaenhouse.com

Wendt University Inn
175 Utica St.
NYS Route 12B
Hamilton, NY 13346
315-824-4400
800-218-5449
Fax: 315-824-4425
www.wendttinn.com

White Eagle Conference Center
West Lake Road
Hamilton, NY 13346
315-824-2002
Fax: 315-824-6785
www.whiteagle.com

Oneida Community Mansion
170 Kenwood Ave.
Oneida, NY 13421
315-363-0745
Fax: 315-363-4580
www.oneidacommunity.org

Super 8 Motel
215 Genesee St
Oneida, NY 13421
315-363-5168
Fax: 315-363-4628
www.super8.com

Westshore Hotel
4554 Verona St
Vernon, NY 13476
315-829-6111

Villages at Turning Stone Rv
Route 365
Verona, NY 13478
315-361-7711

Inn at Turning Stone
5558 W Main St
Verona, NY 13478
315-363-0096
www.turning-stone.com

Jenkins House at
Woodlawn
4 Ward St
Vernon, NY 13476
315-829-2459