

- **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 and men events 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):** The fastest heat of the women's 1650 yard Freestyle followed by the fastest heat of the men's 1650 yard Freestyle will be swum after a 20 minute break following the end of the Monday prelim session. The women and men events 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.

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 207.12.10.

WARMUP PROCEDURE: 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.

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

Place:	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
Individual:	20	17	16	15	14	13	12	11	9	7	6	5	4	3	2	1
Relay:	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.

Timers: Each club is asked to provide two timer's per session. Swimmers in the 1000 yd and 1650 yd freestyle events will be required to provide their own timers and counters. For all other events the Schenectady Swim Club may ask for volunteers if necessary to avoid delaying the meet.

Officials: All USA Swimming certified officials are welcome. Please sign up in the official's 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 of the facility will be asked to immediately leave the premises and will be disqualified from the remainder of the meet. No Exceptions! **Coaches please notify your swimmers.**

Awards/Scoring: 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.

Concessions: A wide selection of foods and beverages will be available for all sessions. A swimwear vendor will also be on site to meet the needs of the swimmers.

REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIPS

Friday February 15, 2008

Female	Qual. Time	Event	Qual. Time	Male
1	11:17.60	1000 Yd Freestyle Timed Final	10:46.08	2

Saturday February 16, 2008 - Preliminaries - Order of Events

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 17, 2008 - Preliminaries - Order of Events

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 18, 2008 - Preliminaries - Order of Events

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
		20 Minute Break		
33	18:58.75	1650 Yd Freestyle Timed Final all heats will be swum during prelims	18:09.50	34

Please Note: The fastest heat of all relays will be swum with finals. Finals will follow the same order as prelims with the exception of the 1650 freestyle. All heats of the 1650 will be swum during prelims. The events file for Team Manager may be downloaded from the Adirondack LSC website at www.adirondackswimming.org.

Schenectady Swim Club

ENTRY FEE CALCULATION SHEET

Region 1 Championships, February 15-18, 2008

TEAM NAME _____
CONTACT PERSON _____
PHONE NUMBER _____
E-Mail ADDRESS _____

Number of Girls Individual Entries	_____	X	\$7.50 = \$	_____
Number of Girl Swimmers	_____	X	\$1.00 = \$	_____
Number of Girls Relays	_____	X	\$10.00 = \$	_____
Number of Boys Individual Entries	_____	X	\$7.50 = \$	_____
Number of Boy Swimmers	_____	X	\$1.00 = \$	_____
Number of Boys Relays	_____	X	\$10.00 = \$	_____

Total Entry Fee Due\$ _____

Total Amount Due and Enclosed\$ _____

MAKE CHECKS PAYABLE TO "Schenectady 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 Swim Club assumes no responsibility
for meet close-out due to late entries**

ENTRY DEADLINE... Feb 5, 2008

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