

2007 REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIP

Friday February 16 through Monday February 19, 2007

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc.,
Sanction #ADO6-413 Kim Crouse, General Chairman

Host: Adirondack Bluefins Swim Club

Place: Robison Pool, Rensselaer Polytechnic Institute, Troy, NY
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.

Friday February 16, 2007

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

Saturday February 17, 2007

Prelims: Warm-up 7:45am Start: 9:00am
Finals: Warm-up 4:00pm Start: 5:00pm

Sunday February 18, 2007

Prelims: Warm-up 7:45am Start 9:00am
Finals: Warm-up 4:00pm Start 5:00pm

Monday February 19, 2007

Prelims: Warm-up 7:45am Start 9:00am
Finals Warm-up 4:00pm Start 5:00pm

Meet Director: Margaret Schmidt dale@mhccable.com

Meet Marshall: Ish Ramos

Meet Referee: JoAnn Faucett

Entry Rules: The eligibility of a swimmer will be determined by his or her age on February 16, 2007.
Rules from the current USA swimming Technical Rules will be in effect.
Swimmers may enter up to three (3) individual events per day. Swimmers may enter 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.

Entries must be submitted by floppy diskette or CD using Hy-Tek's Meet Manager or Team Manager software. Entries may also be emailed to the Meet Director at the email address above. Entries must be received by Wednesday February 7, 2007. Entries received after the deadline will be accepted only at the discretion of the meet director. Teams will be notified by Monday February 12, 2007 of any cuts that occur due to over subscription of the meet. No telephone entries will be accepted.

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

Entry Fees: Individual Events \$7.00
Relay Events \$10.00
Surcharge \$1.00 per swimmer

Time Trials: \$10.00 (At the discretion of the Meet Manager & Meet Referee)

Make checks payable to: Adirondack Bluefins
Mail completed entries to: Margaret Schmidt
70 Schoharie Turnpike
Athens, N.Y. 12015
e-mail: dale@mhccable.com
(518) 945-2689

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.

Direct registration questions to the Adirondack Registrar, Kathleen Furman 518-384-0223 or

registrar@adirondackswimming.org.

Swimming Events:

The 1000 yd free style and 1650 freestyle will be swum as timed finals all other events will have a prelim/finals format. Coaches are asked to declare scratches no later than 45 minutes prior to the beginning of the prelim session. This includes the 1000 yd and 1650 yd freestyle events. Scratches for finals should be declared within 30 minutes of the announcement of prelim results. Failure to notify the scoring table so that an alternate can be notified will result in disqualification from the remainder of the meet. Any exceptions (medical or otherwise) will be at the discretion of the meet director. The fastest heat of all relays will be swum with finals. Finals will follow the same order as prelims. All heats of the 1650 will be swum during prelims.

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 Adirondack Bluefins will make every effort to provide timers for all sessions but 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.

2007 REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIPS

Friday February 16, 2007

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

Saturday February 17, 2007 - 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 18, 2007 - 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 19, 2007 - 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
		10 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.

Adirondack Bluefins

ENTRY FEE CALCULATION SHEET

Region 1 Championships, February 16-19, 2007

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

Number of Girls Individual Entries	_____	X	\$7.00 = \$	_____
Number of Girl Swimmers	_____	X	\$1.00 = \$	_____
Number of Girls Relays	_____	X	\$10.00 = \$	_____
Number of Boys Individual Entries	_____	X	\$7.00 = \$	_____
Number of Boy Swimmers	_____	X	\$1.00 = \$	_____
Number of Boys Relays	_____	X	\$10.00 = \$	_____

Total Entry Fee Due\$ _____

Master Entry Sheet Fee (if applicable)\$ _____
(\$25.00 fee applies to all entries not received electronically)

Total Amount Due and Enclosed\$ _____

MAKE CHECKS PAYABLE TO "Adirondack Bluefins"

This form Must be returned with Entry Report, Check and Hy-Tek Disk

**Entries will be posted to the meet program
upon RECEIPT OF CHECK ONLY
Adirondack Bluefins assumes no responsibility
for meet close-out due to late entries**

ENTRY DEADLINE.. Feb 7, 2007

Mail Entries, Entry Report, This Form and Check to: Margaret Schmidt
70 Schoharie Turnpike
Athens, N.Y. 12015
(518) 945-2689

***Entries May be sent E-mail to: dale@mhicable.com**
**Your Team Check Must be received to have entries added to the meet.*