

2006 STARFISH TROPHY INVITATIONAL

JANUARY 6, 7 & 8, 2006

Niskayuna High School Pool

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc., Sanction # AD05-380, Kim Crouse, General Chairman.

Host: Albany Starfish Swim Club

Place: Niskayuna High School, 1626 Balltown Rd., Niskayuna, NY 12309
Short Course 25 Yard Pool, 8 Lanes
Continuous Warm-up Pool
Colorado Automatic Timing and Beeper Systems

Meet Directors: Mike Zebrowski (mzebrows@nycap.rr.com), Mike Grygiel, Bill Booth
Meet Referee: JoAnn Faucett
Meet Marshall: Sue Kopp
Entry Coordinator: Bill Booth (wbooth@nycap.rr.com)

Time:

<u>Session</u>	<u>Session Times</u> <u>Warm-Up Times*</u>	<u>Meet Start</u>
Session 1 - Friday PM: 9-10 200 Free/11-12 500 Free 13-14 / 15 & Over 1650 Free	3:30-4:10 PM 6:15-6:55 PM	4:15 PM** 7:00 PM
Session 2 - Saturday AM	7:00-8:10 AM	8:15 AM
Session 3 - Sat. Mid-Day	12:15-12:45 PM	12:50 PM***
Session 4 - Saturday PM	3:10-4:25 PM	4:30 PM
Session 5 - Sunday AM	7:00-8:10 AM	8:15 AM
Session 6 – Sun. Mid-Day	12:15-12:45 PM	12:50 PM***
Session 7 – Sunday PM	3:10-4:25 PM	4:30 PM

****Warm-up groupings (e.g., age-groups, etc.) will be posted to the Adirondack Meet Schedule by January 1, 2006 (www.adirondackswimming.org).***

*****There is a 2 hour time limit for 9-10 200 Free and 11-12 500 Free events. Entries may need to be returned to stay within this 2-hour period.***

******Estimated Start Time – Saturday and Sunday Mid-Day Sessions will start 30 minutes after the conclusion of the AM sessions, but not before 12:50 PM.***

USA-S Registrations: 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. 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.

Entry Rules: The eligibility of a swimmer will be determined by his or her age on January 6, 2006. A swimmer may enter FOUR individual events and ONE relay *per session*. However, a swimmer is limited to TEN individual events *for the meet*. Rules from the current USA Swimming Technical Rules will be in effect. Adirondack Swimming does not accept NT (no time) Entries and these entries will not be imported. Entries must be submitted using Hy-Tek software and must be received on or before 5:00 PM Wednesday, December 21, 2005. The Starfish Swim Club is not responsible for entry errors submitted by the teams.

See “Swimming Events” section for special provision related to swimmers 19 years old and older.

In case the meet is over subscribed, the Meet Directors reserve the right to limit the number of entries based on any or all of the following: postmark of entry; entry time; number of heats; and whether team is from outside the Adirondack LSC. In the event entries are returned, the respective team’s coach will be notified by January 1, 2006 and entry fees will be refunded. The Starfish Swim Club reserves the right to enter all their swimmers.

Entries: Entries must be submitted either on diskette /CD or via e-mail to Bill Booth at wbooth@nycap.rr.com using Hy-Tek software. Adirondack Swimming does not accept NT (no time) Entries and these entries will not be imported. **All entries must be received on or before 5:00 PM Wednesday, December 21, 2005**. It is anticipated that this meet will fill up quickly and it is strongly recommended that you submit entries as soon as possible. Please check all entries carefully prior to submission. Entries received after the cutoff date will be returned.

Entry Fees: Entry fees are \$3.25 for each individual event (which includes \$0.40 travel fund surcharge), \$6.00 per relay (which includes a \$1.00 travel fund surcharge), and a \$1.00 per swimmer surcharge. Make your entry check payable to AV Starfish Swim Club, Inc. and mail your check and floppy diskette / CD to:

Bill Booth
939 St. David’s Lane
Niskayuna, NY 12309
Phone (518) 433-4338
e-mail: wbooth@nycap.rr.com

Deck Entries: Adirondack Swimming has agreed to allow Deck Entries at AD Meets under the following conditions:

Deck Entries are NOT allowed during Championship Meets.

Athlete must be USA-S Registered and show USA-S ID Card (unless already in meet and confirmed as registered).

If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration, in meets allowing Deck Entries, to UN-AD (unattached, Adirondack) ONLY at a fee of \$100. DECK REGISTRATIONS WILL NOT BE MADE WITH ANY TEAM ASSOCIATION, PLEASE DO NOT ASK.

Coach makes request for the entry.

All Deck Entries will be allowed at the discretion of a combined decision of the Meet Director and the Meet Referee.

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 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. A swimmer that fails to exit the pool immediately after the conclusion of warm-ups will not be allowed to swim at this meet.

Seating: In an effort to provide adequate viewing for spectators who would like to watch their child's event, but otherwise remain outside the pool area, we have set aside a Temporary Seating Section. This Section is immediately to your left as you enter the pool area. While other spectator sections are available for more permanent seating, we encourage all spectators to avoid a "camping" mentality and leave the pool area during periods when your child is not swimming.

Timers: Clubs will be required to provide timers based upon their number of entries. Lane assignments will be posted to the Adirondack Meet Schedule on or before January 1, 2006 (www.adirondackswimming.org) and will be posted in the program and pool area. **Swimmers are required to provide their own timers (and counters) for the 400 IM's, 500's and 1650's.**

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. Swimmers, parents and coaches are expected to dispose of all trash in proper receptacles, clean their respective areas of any debris prior to their departure and observe all posted rules and regulation while on the grounds. **No one will be allowed on the deck except USA-S Registered Officials, USA-S Registered Coaches with Current Certification, USA-S Registered Swimmers and Timers on Shift. All Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.**

Awards: For individual events, medals will be awarded for first through third place and ribbons for fourth through eighth place. Relay awards will be given for first through third place. Heat ribbons will be awarded for individual heat winners for age groups 11-12 and younger. High Point awards will be given out for first, second and third places in each age group for both males and females, immediately following the last session for each age-group.

Cancellation / Applies Only to Friday, January 6, 2006: In the event the Niskayuna Central School District closes its schools or cancels its after school activities due to weather (or any other emergency) on Friday, January 6, 2006, Session 1 of the meet will also need to be canceled. In the event of such cancellation, the head coach of each team will be promptly notified. If there is concern Session 1 may be canceled, the Starfish Hotline (518-765-4267) will contain any current information.

Parking / Friday, January 6, 2006: Due to high school activities taking place the evening of Friday, January 6, the parking lots may be crowded. Where possible, please share rides / car pool. Due to the potential parking issues, only swimmers participating in events during Session 1 will be allowed to warm-up on January 6.

Food & Concessions: There will be a wide selection of food available from the Starfish kitchen. In addition, there will be high quality, well-priced items for sale (equipment, etc.).

Additional Information: Information such as directions and hotel recommendations can be found on the Starfish Website in early December.

Officials Meeting: There will be an officials meeting conducted 30 minutes before each session. Attendance is MANDATORY to work the meet. Please sign up in official's room before the start of the officials meeting.

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.

Relays: Relays are scheduled for boys and girls age groups 8&U, 9-10 and 11-12 for Session 2 / Saturday AM (Medley Relays) and Session 5 / Sunday AM (Freestyle Relays). No relays are scheduled for age groups 13-14 and 15 & Over.

Swimming Events: All events except the 500 and 1650 will be pre-seeded. **Positive check-in is required for the 500 and 1650. All swimmers who do not positive check-in will be scratched.** The check-in area will be clearly marked. Please check-in no later than 3:30 pm on January 6th for the 11-12 500's, 6:15 pm on January 6th for the 1650's and 12:00 pm on January 8th for the 500's. All events will be swum as timed finals. All age groups need to obtain their heat and lane assignments from the heat sheets posted throughout the pool area.

Where applicable, entry times must be faster than the listed cutoff times. For the 1650's and 500's, boys and girls and age groups will be combined. For the 1650's, the order will be the fastest heat of girls, the fastest heat of boys with the remaining swimmers combined. For the 500's, the order will be the fastest heat of 13-14 girls, the fastest heat of 13-14 boys, the fastest heat of 15 & Over girls, the fastest heat of 15-18 & Over boys with the remaining swimmers combined. For the 11-12 500's, the order will be the fastest heat of girls, the fastest heat of boys with the remaining swimmers combined.

******Swimmers 19 years old and older will be entered as exhibition. Times for swimmers 19 years old and older are valid and will be entered into SWIMS. However, these swimmers will not be eligible for individual awards, high point awards and meet records.***

***** ** See Next Page for Order of Events *** ****

2006 STARFISH TROPHY INVITATIONAL
JANUARY 6, 7 & 8, 2006
 Niskayuna High School Pool

Event # <u>Girls</u>	Cutoff Time	ORDER OF EVENTS	Cutoff Time	Event # <u>Boys</u>
Session 1 - Friday PM				
1		9-10 200 Freestyle		2
3		11-12 500 Freestyle		4
<i>(40 Minute Warm-up for 1650 Participants)</i>				
5	20:15.00	13-14 1650 Freestyle	19:40.00	6
7	19:59.00	15 & Over 1650 Freestyle	18:49.00	8
Session 2 - Saturday AM				
9		9-10 50 Butterfly		10
11		11-12 50 Butterfly		12
13		8&U 50 Backstroke		14
15		9-10 50 Backstroke		16
17		11-12 100 Backstroke		18
19		8&U 50 Freestyle		20
21		11-12 50 Freestyle		22
23		9-10 100 Breaststroke		24
25		11-12 100 Breaststroke		26
27		8&U 100 Individual Medley		28
29		9-10 100 Individual Medley		30
31		8&U 100 Medley Relay		32
33		9-10 200 Medley Relay		34
35		11-12 200 Medley Relay		36
Session 3 - Saturday Mid-Day				
37		9-10 200 Individual Medley		38
39		11-12 200 Individual Medley		40
41	5:38.00	13-14 400 Individual Medley	5:19.00	42
43	5:33.00	15 & Over 400 Individual Medley	5:06.00	44
Session 4 - Saturday PM				
45		13-14 50 Freestyle		46
47		15 & Over 50 Freestyle		48
49		13-14 200 Backstroke		50
51		15 & Over 100 Backstroke		52
53		13-14 200 Freestyle		54
55		15 & Over 200 Freestyle		56
<i>(15 minute break)</i>				
57		13-14 100 Breaststroke		58
59		15 & Over 200 Breaststroke		60
61		13-14 100 Butterfly		62
63		15 & Over 200 Butterfly		64

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Event #	Cutoff	ORDER OF EVENTS	Cutoff	Event #
<u>Girls</u>	Time		Time	<u>Boys</u>
Session 5 - Sunday AM				
65		11-12 100 Individual Medley		66
67		8&U 50 Breaststroke		68
69		9-10 50 Breaststroke		70
71		11-12 50 Breaststroke		72
73		8&U 50 Butterfly		74
75		9-10 100 Butterfly		76
77		11-12 100 Butterfly		78
79		8&U 100 Freestyle		80
Session 5 - Sunday AM (continued)				
81		9-10 50 Freestyle		82
83		11-12 100 Freestyle		84
85		9-10 100 Backstroke		86
87		11-12 50 Backstroke		88
89		8&U 100 Freestyle Relay		90
91		9-10 200 Freestyle Relay		92
93		11-12 200 Freestyle Relay		94
Session 6 - Sunday Mid-Day				
95		9-10 100 Freestyle		96
97		11-12 200 Freestyle		98
99	6:08.00	13-14 500 Freestyle	5:55.00	100
101	6:05.00	15 & Over 500 Freestyle	5:39.00	102
Session 7 - Sunday PM				
103		13-14 200 Butterfly		104
105		15 & Over 100 Butterfly		106
107		13-14 200 Breaststroke		108
109		15 & Over 100 Breaststroke		110
111		13-14 100 Backstroke		112
113		15 & Over 200 Backstroke		114
<i>(15 minute break)</i>				
115		13-14 100 Freestyle		116
117		15 & Over 100 Freestyle		118
119		13-14 200 Individual Medley		120
121		15 & Over 200 Individual Medley		122

Swimmers May Enter Up To 4 Individual Events and 1 Relay Per Session
Meet Limit is 10 Individual Events Per Swimmer
 Individual Entries: \$3.25 per event + \$1.00 Surcharge Per Swimmer
 Relay Entries: \$6.00 Per Relay

ALBANY STARFISH SWIM CLUB

ENTRY FEE CALCULATION SHEET

2006 Starfish Trophy Invitational, Niskayuna High School,
Niskayuna NY January 6 – 8, 2006

MEET: 2006 Starfish Trophy Invitational
TEAM NAME: Albany Starfish Swim Club

CONTACT PERSON: Bill Booth

PHONE NUMBER: 518-374-2249

E-Mail ADDRESS: wbooth@nycap.rr.com

Number of Girls Individual Entries	_____	X \$3.25 = \$	_____
Number of Girl Swimmers	_____	X \$1.00 = \$	_____
Number of Girls Relays	_____	X \$6.00 = \$	_____
Number of Boys Individual Entries	_____	X \$3.25 = \$	_____
Number of Boy Swimmers	_____	X \$1.00 = \$	_____
Number of Boys Relays	_____	X \$6.00 = \$	_____

Total Entry Fee Due\$_____

Master Entry Sheet Fee (if applicable).....\$_____

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

MAKE CHECKS PAYABLE TO AV Starfish Swim Club, Inc.

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

Entries will be posted to the meet program

upon RECEIPT OF CHECK ONLY

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

ENTRY DEADLINE.... 5:00 pm / Wed., Dec. 21, 2005

Mail Entries, Entry Report, This Form and Check to:
Bill Booth, 939 St. David's Lane, Niskayuna, NY 12309

**Entries May be sent E-mail to: wbooth@nycap.rr.com*

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