

2004 REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIPS

HOSTED BY

ADIRONDACK BLUEFINS SWIM CLUB

www.adbluefins.org

Friday February 13 thru Monday February 16, 2004

Union College

Schenectady, NY

Meet Director : Bob Hotaling
798 Chestnut St
Albany, NY 12203
(518) 438-0967
rhotal8145@aol.com

Meet Referee : Joanne Faucett

Meet Marshal : Margaret Schmidt

Sanction : Held under the sanction of United States Swimming, Inc. & Adirondack Swimming.

Location : Union College Pool, Schenectady NY

Facility : The Union College facility is a 25 yard 8 lane pool with a continuous warm-up/warm-down area, Colorado automatic timing system w/scoreboard readout. **A deep water set up will be utilized.**

Events : The meet will be conducted in accordance with the accompanying schedule of events and the current Rules and Regulations of United States Swimming (USS). All events with the exception of 1000 and 1650 yard freestyle events and relay events have preliminary heats in the morning and finals in the evening. Finals will include Bonus, Consolation and Championship heats. Relays will be conducted as timed finals. **The fastest heat will swim with finals and all other heats will swim with prelims.** The 1000 and 1650 freestyle events will be conducted as timed finals with heats being swum fastest to slowest alternating women and men. The meet director reserves the right to limit the number of entries in the 1000 and 1650 freestyle events to control the length of the meet. Entry fees will be refunded in the event this becomes necessary. **Swimmers in these events are responsible for providing their own timers and counters.**

There will be an officials meeting one (1) hour prior to the start of each session.

Entry Rules : Swimmers are limited to three (3) individual events per day. Swimmers may swim 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). The deadline for entries will be **Sunday February 8, 2004**. Entries should be made in yard times and proof of time may be required. Coaches are asked to declare scratches no later than 45 minutes prior to the start of prelims, this includes scratches for the 1000 and 1650 yard events. Entries via Hy-Tek commlink are preferred, please send a hardcopy along with the disk or e-mail file. The meet director reserves the right to return entries if necessary to control the length of the meet or if received after the deadline. No telephone entries will be accepted.

Entry Fees :

Individual Events	\$6.00
Relay Events	\$10.00
Surcharge	\$1.00 per swimmer

Make checks payable to Adirondack Bluefins

Mail completed entries to : Bob Hotaling
798 Chestnut St
Albany, NY 12203
Email - rhotal8145@aol.com

Start times: Friday February 13, 2004
Timed Finals Warmup 6:00pm Start 6:45pm
(Pool will remain until 9:00pm for warmup)

Saturday February 14, 2004
Prelims: Warm-up 7:45am Start: 9:00am
Finals: Warm-up 5:00pm Start: 6:00pm

Sunday February 15, 2004
Prelims: Warm-up 7:45am Start 9:00am
Finals: Warm-up 5:00pm Start 6:00pm

Monday February 16, 2004
Prelims: Warm-up 7:45am Start 9:00am
Finals Warm-up 4:00pm Start 5:00pm

Warm-up Procedures: Due to the large number of injuries occurring across the country during warm-up, Adirondack 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 all marshals and officials at all times within the facility.

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.

Awards: 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.

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Friday February 13, 2004

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

Saturday February 14, 2004

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 15, 2004

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 16, 2004

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 Finals	18:09.50	34

Please Note: The fastest heat of all relays will be swum with finals.

The events file for Team Manager may be downloaded from our Website at www.adbluefins.org (click on the "BLUEFIN MEETS" page).

2003 REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIPS

Finals - Order of Events

Friday February 13, 2004

EVENT
1000 YD FREESTYLE (Timed Final)

Saturday February 14, 2004

EVENT
200 YD INDIVIDUAL MEDLEY
500 YD FREESTYLE
100 YD BREASTSTROKE
200 YD BACKSTROKE
50 YD FREESTYLE
5 MINUTE BREAK
800 YD FREESTYLE RELAY (Fastest Heat)

Sunday February 15, 2004

Finals - Order of Events

EVENT
100 YD BACKSTROKE
200 YD FREESTYLE
100 YD BUTTERFLY
400 YD INDIVIDUAL MEDLEY
5 Minute Break
400 YD FREESTYLE RELAY (FASTEST HEAT)

Monday February 16, 2004

Finals - Order of Events

EVENT
100 YD FREESTYLE
200 YD BREASTSTROKE
200 YD BUTTERFLY
5 Minute Break
400 YD FREESTYLE RELAY (FASTEST HEAT)

2004 REGION 1 SHORT COURSE SWIMMING CHAMPIONSHIPS

Hotels & Motels Convenient to this Meet

HOLIDAY INN 100 Nott Terrace Schenectady, NY 12305 518-393-4141	RAMADA INN & CONVENTION CTR. 450 Nott Street Schenectady, NY 12308 518-370-7151
BEST WESTERN ROTTERDAM MOTOR INN 2788 Hamburg Street Schenectady, NY 12303 518-355-1111	DAYS INN SCHENECTADY 367 Nott Terrace Schenectady, NY 12308 518-370-3297
SUPER 8 MOTEL 3083 Carmen Road Schenectady, NY 12303 518-355-2190	GLEN SANDERS MANSION One Glen Avenue Scotia, NY 12302 518-374-7262
THE DESMOND 660 Albany - Shaker Road Albany, NY 12211 518-869-8100	RESIDENCE INN by MARRIOTT 1 Residence Inn Drive Latham, NY 12110 518-783-0600

Directions to Union College:

From Albany, and I – 87 (South and North)

1. Take exit 25 (Schenectady – I 890)
2. Take the **I-890** exit, exit number **25**, towards **(RT-7)/SCHENECTADY(RT-146)**
3. Merge onto **I-890 W**.
4. **I-890 W** becomes **I-890 W/NY-7 E**.
5. Stay straight to go onto **I-890 W**.
6. Take the **WASHINGTON AVE** exit, exit number **4C**, towards **SCOTIA**.
7. Turn **RIGHT** onto **NY-5 E**.
8. Turn **LEFT** onto **ERIE BLVD**.
9. Turn Right onto Union St.
10. Union College is approximately $\frac{3}{4}$ mile up the road on your left.
11. Turn left into College entrance by gates.
12. Once in college campus, Take first right.
13. When road comes to a T (baseball fields), take right for parking by Gymnasium building.

From Buffalo, I – 90 west

1. Take the **I-890/RT-5S** exit, exit number **26**, towards **SCHENECTADY**.
2. Keep **RIGHT** at the fork in the ramp and merge onto **I-890 E**.
3. Take the exit, exit number **4B**, towards **WASHINGTON AVE/EDISON AVE/ERIE BLVD**
Keep **RIGHT** at the fork in the ramp.
4. Stay straight to go onto **ERIE BLVD which goes under I-890**.
5. Turn right onto Union St.
6. Union College is approximately $\frac{3}{4}$ mile up the road on your left.
7. Turn left into College entrance by gates.
8. Once in college campus, Take first right.
9. When road comes to a T (baseball fields), take right for parking by Gymnasium building.