

**2005 STARFISH TROPHY INVITATIONAL**  
**JANUARY 7, 8 & 9, 2005**  
**Niskayuna High School Pool**

**Sanction:** Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc., Sanction #AD04-354, JoAnn Faucett, 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:** Hal Sauter, Bruce LaFrano and Bill Booth [wbooth@nycap.rr.com](mailto:wbooth@nycap.rr.com)  
**Meet Referee:** JoAnn Faucett  
**Meet Marshall:** Sue Kopp  
**Entry Coordinator:** Bill Booth [wbooth@nycap.rr.com](mailto: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	3:15-4:30 PM	4:30 PM
Session 2 - Saturday AM	7:00-8:15 AM	8:15 AM
Session 3 - Sat. Mid-Day	12:00 PM -12:15 PM	12:15 PM**
Session 4 - Saturday PM	1:45-3:00 PM	3:00 PM
Session 5 - Sunday AM	7:00-8:15 AM	8:15 AM
Session 6 – Sun. Mid-Day	12:00 PM -12:15 PM	12:15 PM**
Session 7 – Sunday PM	1:45-3:00 PM	3:00 PM

**\*Warm-up groupings (e.g., age-groups, etc.) will be posted to the Adirondack Meet Schedule by January 1, 2005 ([www.adirondackswimming.org](http://www.adirondackswimming.org)).**

**\*\*Estimated Start Time – Saturday and Sunday Mid-Day Sessions will start 15 minutes after the conclusion of the AM sessions.**

**Entry Rules:** The eligibility of a swimmer will be determined by his or her age on January 7, 2005. A swimmer may enter FOUR individual events and ONE relay per day. Rules from the current USA Swimming Technical Rules will be in effect. Entries must be submitted using Hy-Tek software and must be received on or before 5:00 PM Wednesday, December 22, 2004. The Starfish Swim Club is not responsible for entry errors submitted by the teams.

In case the meet is over subscribed, the Meet Directors reserve the right to limit the number of entries based on postmark of entry, entry time and / or number of heats. In the event that entries are returned, the respective team's coach will be notified by January 1, 2005 and entry fees will be refunded. The Starfish Swim Club reserves the right to enter all their swimmers.

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

1. Deck Entries are NOT allowed during Championship Meets;
2. Athlete must be USA-S Registered and show USA-S ID Card (unless already in meet);
3. Coach makes request for the entry.
4. All Deck Entries will be allowed at the discretion of Both the Meet Director and Meet Referee.

**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](http://www.adirondackswimming.org). Direct registration questions to the Adirondack Registrar, Kathy Furman 518-384-0223 or [registrar@adirondackswimming.org](mailto:registrar@adirondackswimming.org).

**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 11:30 AM on the days these events are swum (Sunday by 4:00 PM for the 11-12'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.

**Entries:** Entries must be submitted either on diskette /CD or via e-mail to Bill Booth at [wbooth@nycap.rr.com](mailto:wbooth@nycap.rr.com) using Hy-Tek software. **All entries must be received on or before 5:00 PM Wednesday, December 22, 2004.** 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 \$3.00 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 checks payable to AV Starfish Swim Club, Inc.

**Mail Entries and Checks to:**

Bill Booth  
939 St. David's Lane  
Niskayuna, NY 12309

Phone (518) 374-2249  
e-mail: [wbooth@nycap.rr.com](mailto:wbooth@nycap.rr.com)

**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 will be immediately to your left as you enter the pool. 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.

**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.

**Timers:** Clubs will be required to provide timers for the meet based on their number of entries. Lane assignments will be posted to the Adirondack Meet Schedule on or before January 1, 2005 ([www.adirondackswimming.org](http://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 500's and 1650's.

**Supervision:** Parents and coaches are expected to ensure that their swimmers behave in a respectful and orderly manner. Swimmers, parents and coaches are expected to be disposed 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. Anyone damaging the facilities or found in unauthorized areas will be excluded from further participation in the meet. **No one will be allowed on the deck except USA-S Registered Officials, USA-S Registered Coaches, USA-S Registered Swimmers and Timers on Shift.**

**Cancellation / Applies Only to Friday, January 7, 2005:** 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 7, 2005, 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.

**Warm-up Procedures:** Because of the large number of injuries occurring across the country during warm-ups, Adirondack Swimming Inc. 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.

**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 prior to each morning and afternoon session. There will be no officials meeting held before the mid-day sessions.

**Note on Below Entry Information:** 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 15-18 girls, the fastest heat of 15-18 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.

<b>Event #</b> <b><u>Girls</u></b>	<b>Cutoff</b> <b>Time</b>	<b>ORDER OF EVENTS</b>	<b>Cutoff</b> <b>Time</b>	<b>Event #</b> <b><u>Boys</u></b>
<b>Session 1 - Friday PM</b>				
1		13-14 200 Breaststroke		2
3		15-18 100 Breaststroke		4
5		9-10 200 Individual Medley		6
7		11-12 200 Individual Medley		8
9		13-14 200 Backstroke		10
11		15-18 100 Backstroke		12
13		9-10 100 Freestyle		14
15		11-12 200 Freestyle		16
17		13-14 200 Freestyle		18
19		15-18 200 Freestyle		20
<b>Session 2 - Saturday AM</b>				
21		13-14 50 Freestyle		22
23		15-18 50 Freestyle		24
25	5:38.00	13-14 400 Individual Medley	5:19.00	26
27	5:33.00	15-18 400 Individual Medley	5:06.00	28
29		13-14 100 Butterfly		30
31		15-18 200 Butterfly		32
33		13-14 100 Breaststroke		34
35		15-18 200 Breaststroke		36
37		13-14 200 Medley Relay		38
39		15-18 200 Medley Relay		40
<b>Session 3 - Saturday Mid-Day</b>				
41	20:13.00	13-14 1650 Freestyle	19:40.00	42
43	19:59.00	15-18 1650 Freestyle	18:48.00	44

<b>Event #</b> <b><u>Girls</u></b>	<b>Cutoff</b> <b>Time</b>	<b>ORDER OF EVENTS</b>	<b>Cutoff</b> <b>Time</b>	<b>Event #</b> <b><u>Boys</u></b>
<b>Session 4 - Saturday PM</b>				
45		11-12 50 Butterfly		46
47		8&U 100 Individual Medley		48
49		9-10 100 Individual Medley		50
51		11-12 100 Individual Medley		52
53		8&U 50 Backstroke		54
55		9-10 50 Backstroke		56
57		11-12 50 Backstroke		58
59		8&U 50 Freestyle		60
61		9-10 100 Breaststroke		62
63		11-12 50 Freestyle		64
65		9-10 100 Butterfly		66
67		11-12 100 Breaststroke		68
69		8&U 100 Medley Relay		70
71		9-10 200 Medley Relay		72
73		11-12 200 Medley Relay		74

<b>Session 5 - Sunday AM</b>				
75		13-14 200 Butterfly		76
77		15-18 100 Butterfly		78
79		13-14 100 Backstroke		80
81		15-18 200 Backstroke		82
83		13-14 100 Freestyle		84
85		15-18 100 Freestyle		86
87		13-14 200 Individual Medley		88
89		15-18 200 Individual Medley		90
91		13-14 200 Freestyle Relay		92
93		15-18 200 Freestyle Relay		94
<b>Session 6 - Sunday Mid-Day</b>				
95	6:08.00	13-14 500 Freestyle	5:55.00	96
97	6:05.00	15-18 500 Freestyle	5:39.00	98
<b>Session 7 - Sunday PM</b>				
99		11-12 50 Breaststroke		100
101		8&U 50 Breaststroke		102
103		9-10 50 Breaststroke		104
105		11-12 100 Backstroke		106
107		8&U 50 Butterfly		108
109		9-10 50 Freestyle		110
111		11-12 100 Butterfly		112
113		8&U 100 Freestyle		114
115		9-10 100 Backstroke		116
117		11-12 100 Freestyle		118
119		9-10 50 Butterfly		120
121		8&U 100 Freestyle Relay		122
123		9-10 200 Freestyle Relay		124
125		11-12 200 Freestyle Relay		126
127		9-10 200 Freestyle		128
129		11-12 500 Freestyle		130