

2020 STARFISH TROPHY INVITATIONAL

JANUARY 3rd, 4th, & 5th 2020

Robison Pool, RPI, Troy, NY

Sanction: Held under the sanction of USA Swimming, Inc. and Adirondack Swimming, Inc. Sanction #AD20-009
Sean Caron, General Chair
It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

Host: Starfish Swim Club

Place: RPI Robison Pool, Rensselaer Polytechnic Institute, Troy, New York
Short Course, 25 yards with continuous warm-up/warm-down area
Colorado automatic timing system with beeper start and scoreboard readouts
The competition course has not been certified in accordance with 104.2.2C(4).

RPI Pool Depths: Start End at 1 meter = 4'0", 5 meters = 4'10", Turn End at 1 meter = 6'10", 5 meters = 6'7"

TIME:

| <u>Session</u> | <u>Age Groups</u> | <u>Warm-up Time</u> | <u>Meet Start Time</u> |
|--------------------------------|-------------------------------|---------------------|------------------------|
| Session 1 – Fri PM | 9-10, 11-12, 13-14, 15 & over | 3:15 – 4:10 PM | 4:15 PM |
| Session 2 – Sat AM | 13-14, 15 & over | 7:00 – 7:55 AM | 8:00 AM |
| Session 3 – Sat Mid-Day | 8&U, 9-10, 11-12 | 12:00-12:55 PM | 1:00 PM** |
| Session 4 – Sat PM | Finals | 4:30 – 5:20 PM | 5:30 PM*** |
| Session 5 – Sun AM | 13-14, 15 & over | 7:00 – 7:55 AM | 8:00 AM |
| Session 6 – Sun Mid-Day | 8&U, 9-10, 11-12 | 12:00-12:55 PM | 1:00 PM** |
| Session 7 – Sun PM | Finals | 4:30 – 5:20 PM | 5:30 PM*** |

Warm-up groupings will be posted to Adirondack Swimming website by **January 2, 2018** (www.adirondackswimming.org)

Meet Director: Greg Antolick (518) 852-1217, gantolick@nycap.rr.com
Meet Referee: JoAnn Faucett (518) 496-6136, faucettjm@aol.com
Meet Entry Coordinator: Joel Richardson (518) 312-9192, entries@starfishswimclub.org

Entry Rules:

The eligibility of a swimmer will be determined by his or her age on **January 3, 2020**.

Rules from the current USA Swimming Technical and Administrative Rules will be in effect.

Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software and Emailed to the **Meet Entry Coordinator**.

Entries must be received by **Friday, December 20th at 5:00 PM** at entries@starfishswimclub.org

Swimmers may enter up to TWO individual events on Friday and up to THREE individual events and ONE relay per day on Saturday and Sunday.

Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software.

Please be certain you receive a reply to your email with entries... follow up if you do NOT receive a reply

The host team reserves the right to enter their swimmers in the meet at any time.

Please check all entries carefully prior to submission.

In case the meet is over-subscribed, the Meet Director will work with the Meet Referee on a solution in the best interest of the swimmers.

If the meet is oversubscribed or undersubscribed, Meet and/or Session Start Times may need to be changed. Attending teams will be notified of any changes via email and all changes will be posted to the AD Web Site. All fees paid for cut entries will be refunded.

202.3.2 At a sanctioned competitive event, USA Swimming athlete members must be under the supervision of a USA Swimming member coach during warm-up, competition, and warm-down. The Meet Director or Meet Referee may assist the swimmer in making arrangements for such supervision, but it is the swimmer's responsibility to make such arrangements prior to the start of the meet.

202.3.4A Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement

USA Swimming Registration:

No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302

Registrations may be obtained from your club registrar. All Adirondack Meets are reconciled for current USA Swimming Registration.

Unregistered swimmers will be removed from the meet and a \$25.00 Fine Imposed. ([Click Here for More Information](#))

Unattached athletes may obtain forms and instructions from the Adirondack Swimming Web Site www.adirondackswimming.org

Direct registration questions to the Adirondack Registrar, Ann Korzun, 518-877-6571 or akorzun@adirondackswimming.org

Swimming Events:

Session 1: The Friday session will be a positive check-in session. Swimmers not checked in by the deadline (3:15pm) will be scratched from the session. The 500 Freestyle will be swum fastest to slowest starting with the fastest heat of girls, then alternating between boys and girls heats. Slower heats may be combined, if necessary. All Friday Events are timed finals.

Sessions 2, 3, 5 and 6 will be pre-seeded.

Session 4 & 7: Finals scratches should be made during prelim sessions, within 30 minutes of the completion of event.

Where applicable, entry times must be faster than the listed cutoff times. For the 400 IM and 500's, boys and girls and age groups will be combined. For the 500 Freestyle, the order will be the fastest heat of girls, the fastest heat of boys with the remaining swimmers combined. Entries with NT will not be accepted for those events that require qualifying times.

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 you inform your swimmers of this rule and ask them to cooperate fully with club officials and meet marshals in charge of the area.

A warm-up schedule will be posted to the Adirondack website by **December 31, 2019** (www.adirondackswimming.org)

Timers:

Clubs will be required to provide timers based upon their number of entries. Lane assignments will be posted to the Adirondack Meet Schedule (www.adirondackswimming.org) on or before **December 31, 2019** and in the program and pool area.

Swimmers are required to provide their own timers and counters for the 500 Freestyle.

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 Proof of Registration (those already in meet have been confirmed as registered)

Acceptable forms of Proof of Registration are: USA-Swimming ID or USA-Swimming Club Portal Team Listing or Deck Pass.

If athlete cannot prove USA-S Registration, Adirondack accepts Deck Registration in meets allowing Deck Entries to UN-AD (unattached) at an LSC fee of \$60.00 plus the current USA Swimming Registration fee.

DECK REGISTRATIONS WILL NOT BE MADE WITH ANY TEAM ASSOCIATION, PLEASE DO NOT ASK.

3. Coach must make the request for the entry.

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

5. ALL Deck Entries are subject to a \$1.00 Surcharge per entry, which applies to All Entries, Individual or Relays.

Meet Policy:

Use of Audio or Visual Recording Devices, Including a Cell Phone, is not permitted behind the starting blocks, including any spectator area behind the starting blocks, in changing areas, rest rooms or locker rooms.

Changing into or out of swimsuits other than locker rooms or other designated areas is prohibited.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

No one will be allowed on the deck except USA-S Registered Officials and USA-S Registered Coaches with Current Certifications, USA-S Registered Swimmers and Meet Marshalls and Timers on Shift.

All Officials and Coaches are Required to display USA Swimming Credentials (USA Swimming Membership Card) while on deck.

If, at an AD Sanctioned Meet, an individual is found on deck, acting in any coaching capacity and is determined to be out of compliance with USA Swimming requirements for coaches, that individual will be removed from the deck and the represented club will be fined \$250.

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. Parents and coaches should see that swimmers behave in an orderly manner and dispose of and clean their area of any and all trash.

Services:

A meet program and meet t-shirt will be available for sale. A wide selection of food will be available from the Starfish Cafe. In addition, there will be swim equipment and other items for sale from The Deep End. No food or drink is to be consumed in the pool area.

Please do not bring any glass containers into the facility.

Disabled Athletes:

Adirondack Swimming welcomes athletes with disabilities. Athletes with disabilities are required to contact the Meet Director at least two weeks in advance of the meet so that provisions can be made for any special accommodations.

Entry Fees:

Entry fees are \$5.50 for each prelims/finals individual event or \$5.00 for each timed finals individual event (which includes \$0.50 travel fund surcharge), \$7.00 per relay (which includes a \$1.00 travel fund surcharge), and a \$2.00 per swimmer surcharge.

All Manual Entries, including Deck Entries (non-electronic) are subject to a \$1.00 Surcharge per entry, Individual or Relays.

Make your entry check payable to "AV Starfish Swim Club, Inc." and mail your check and entry summary sheet to

Starfish Swim Club, PO Box 9408, Niskayuna, NY 12309

All entries must be emailed to entries@starfishswimclub.org. Entries will be entered to the meet upon receipt of your check.

Photographers:

Only Professional Photographers or Videographers hired by the host team or Press Photographers, who have been approved in advance by the meet director, will be allowed on deck. A Photographer Registration form must be completed and submitted to the meet director for approval, prior to the meet. Forms are available on the Adirondack Swimming website as well as from the Meet Director.

[Click here for a direct link to the registration form.](#)

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

Parents and Professionals, please refer to the "Meet Policy" above for general restrictions pertaining to all photography at Sanctioned meets.

Awards:

Individual event ribbons will be awarded for 1st – 8th place

Relay event ribbons will be awarded to the 1st – 3rd place teams

Awards will be given for individual heat winners for 12 & under swimmers only

High Point awards will be given out for 1st, 2nd and 3rd places in each age group for both males and females, immediately following the last session for each age group. 8 & Unders will be scored on six events. 9-10 and 11-12 years will be based upon eight events and 13-14 and 15-18 age groups will be scored on best eight events. Coaches should pick up all their team's awards since Starfish will not be responsible for mailing.

Scoring:

Finals and consolations will be scored according to USA Swimming rules.

Note for Swimmers 19 and Over: Times for swimmers 19 years old and older are valid and will be entered into SWIMS.

However, these swimmers will not score or be eligible for individual awards, high point awards and meet records.

Time Trials:

Will not be offered for this meet

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 officials' room before the start of the officials meeting. New officials are welcome to shadow this meet

If you have any questions, please contact: Greg Antolick at gantolick@nycap.rr.com or (518) 852-1217 Joel Richardson at entries@starfishswimclub.org or (518) 312-9192

2020 STARFISH TROPHY INVITATIONAL

JANUARY 3rd, 4th, & 5th, 2020

RPI – Robison Pool

SESSION 1 (Friday PM)

Warm up 3:15pm, Session Starts 4:15pm, Positive Check in by 3:15pm

| QUALIFYING TIME | GIRLS EVENTS | EVENT DESCRIPTION | BOYS EVENTS | QUALIFYING TIME |
|-----------------|--------------|---------------------------------|-------------|-----------------|
| 3:38.49 | 1 | 9-10 200 Individual Medley | 2 | 3:35.49 |
| 3:00.69 | 3 | 11-12 200 Individual Medley | 4 | 2:57.59 |
| 5:39.69 | 5 | 13 & Over 400 Individual Medley | 6 | 5:17.39 |
| 3:19.19 | 7 | 9-10 200 Freestyle | 8 | 3:06.69 |
| 2:41.19 | 9 | 11-12 200 Freestyle | 10 | 2:35.69 |
| 6:20.09 | 11 | 13 & Over 500 Freestyle | 12 | 5:58.99 |

SESSION 2 (Saturday AM)

Warm Up 7:00am, Session Starts 8:00am

| QUALIFYING TIME | GIRLS EVENTS | EVENT DESCRIPTION | BOYS EVENTS | QUALIFYING TIME |
|-----------------|--------------|----------------------------|-------------|-----------------|
| | 13 | 13-14 50 Freestyle | 14 | |
| | 15 | 15 & Over 50 Freestyle | 16 | |
| | 17 | 13-14 100 Backstroke | 18 | |
| | 19 | 15 & Over 100 Backstroke | 20 | |
| 3:11.99 | 21 | 13-14 200 Breaststroke | 22 | 2:58.39 |
| 3:08.19 | 23 | 15 & Over 200 Breaststroke | 24 | 2:48.69 |
| | 25 | 13-14 100 Butterfly | 26 | |
| | 27 | 15 & Over 100 Butterfly | 28 | |
| | 29 | 13-14 Over 200 Freestyle | 30 | |
| | 31 | 15 & Over 200 Freestyle | 32 | |
| | | 5 Minute Break | | |
| | 33 | 13 Over 200 Medley Relay | 34 | |

SESSION 3 (Saturday PM)

Warm Up 12:00pm, Session Starts 1:00pm

| QUALIFYING TIME | GIRLS EVENTS | EVENT DESCRIPTION | BOYS EVENTS | QUALIFYING TIME |
|-----------------|--------------|---------------------------------|-------------|-----------------|
| | 35 | 9-10 100 Freestyle | 36 | |
| | 37 | 11-12 100 Freestyle | 38 | |
| | 39 | 8 & Under 50 Freestyle | 40 | |
| | 41 | 9-10 50 Backstroke | 42 | |
| | 43 | 11-12 50 Backstroke | 44 | |
| | 45 | 8 & Under 100 Individual Medley | 46 | |
| | 47 | 9-10 100 Individual Medley | 48 | |
| | 49 | 11-12 100 Individual Medley | 50 | |
| | 51 | 8 & Under 50 Butterfly | 52 | |
| | 53 | 9-10 50 Butterfly | 54 | |
| | 55 | 11-12 50 Butterfly | 56 | |
| 1:58.09 | 57 | 9-10 100 Breaststroke | 58 | 1:53.59 |
| 1:34.39 | 59 | 11-12 100 Breaststroke | 60 | 1:32.49 |
| | 61 | 10 & Under 100 Freestyle Relay | 62 | |
| | 63 | 11-12 200 Freestyle Relay | 64 | |

SESSION 4 (Saturday Evening Finals)

Warm Up 4:30pm, Session Starts 5:30pm

| GIRLS EVENTS | EVENT DESCRIPTION | BOYS EVENTS |
|-----------------|-----------------------------|----------------|
| 13 | 13-14 200 50 Freestyle | 14 |
| 15 | 15 & Over 200 50 Freestyle | 16 |
| 37 | 11-12 100 Freestyle | 38 |
| 17 | 13-14 100 Backstroke | 18 |
| 19 | 15 & Over 100 Backstroke | 20 |
| 43 | 11-12 50 Backstroke | 44 |
| 21 | 13-14 200 Breaststroke | 22 |
| 23 | 15 & Over 200 Breaststroke | 24 |
| 49 | 11-12 100 Individual Medley | 50 |
| 25 | 13-14 100 Butterfly | 26 |
| 27 | 15 & Over 100 Butterfly | 28 |
| 55 | 11-12 50 Butterfly | 56 |
| 29 | 13-14 200 Freestyle | 30 |
| 31 | 15 & Over 200 Freestyle | 32 |
| 59 | 11-12 100 Breaststroke | 60 |

SESSION 5 (Sunday AM)

Warm Up 7:00am, Session Starts 8:00am

| QUALIFYING TIME | GIRLS EVENTS | EVENT DESCRIPTION | BOYS EVENTS | QUALIFYING TIME |
|--------------------|-----------------|---------------------------------|----------------|--------------------|
| | 65 | 13-14 200 Individual Medley | 66 | |
| | 67 | 15 & Over 200 Individual Medley | 68 | |
| 2:47.29 | 69 | 13-14 200 Backstroke | 70 | 2:37.09 |
| 2:44.09 | 71 | 15 & Over 200 Backstroke | 72 | 2:29.89 |
| | 73 | 13-14 100 Breaststroke | 74 | |
| | 75 | 15 & Over 100 Breaststroke | 76 | |
| 2:50.09 | 77 | 13-14 200 Butterfly | 78 | 2:39.99 |
| 2:46.79 | 79 | 15 & Over 200 Butterfly | 80 | 2:31.39 |
| | 81 | 13-14 100 Freestyle | 82 | |
| | 83 | 15 & Over 100 Freestyle | 84 | |
| | | 5 Minute Break | | |
| | 85 | 13 & Over 200 Freestyle Relay | 86 | |

SESSION 6 (Sunday PM)

Warm Up 12:00pm, Session Starts 1:00pm

| QUALIFYING TIME | GIRLS EVENTS | EVENT DESCRIPTION | BOYS EVENTS | QUALIFYING TIME |
|-----------------|--------------|-----------------------------|-------------|-----------------|
| 1:41.99 | 87 | 9-10 100 Backstroke | 88 | 1:40.19 |
| 1:25.19 | 89 | 11-12 100 Backstroke | 90 | 1:22.19 |
| | 91 | 8 & Under 50 Backstroke | 92 | |
| | 93 | 9-10 50 Breaststroke | 94 | |
| | 95 | 11-12 50 Breaststroke | 96 | |
| | 97 | 8 & Under 50 Breaststroke | 98 | |
| | 99 | 9-10 50 Freestyle | 100 | |
| | 101 | 11-12 50 Freestyle | 102 | |
| | 103 | 8 & Under 100 Freestyle | 104 | |
| 1:53.99 | 105 | 9-10 100 Butterfly | 106 | 1:52.39 |
| 1:25.09 | 107 | 11-12 100 Butterfly | 108 | 1:23.29 |
| | 109 | 10 & Under 100 Medley Relay | 110 | |
| | 111 | 11-12 200 Medley Relay | 112 | |

SESSION 4 (Sunday Evening Finals)

Warm Up 4:30pm, Session Starts 5:30pm

| GIRLS EVENTS | EVENT DESCRIPTION | BOYS EVENTS |
|--------------|---------------------------------|-------------|
| 65 | 13-14 200 Individual Medley | 66 |
| 67 | 15 & Over 200 Individual Medley | 68 |
| 89 | 11-12 100 Backstroke | 90 |
| 69 | 13-14 200 Backstroke | 70 |
| 71 | 15 & Over 200 Backstroke | 72 |
| 95 | 11-12 50 Breaststroke | 96 |
| 73 | 13-14 100 Breaststroke | 74 |
| 75 | 15 & Over 100 Breaststroke | 76 |
| 101 | 11-12 50 Freestyle | 102 |
| 77 | 13-14 200 Butterfly | 78 |
| 79 | 15 & Over 200 Butterfly | 80 |
| 107 | 11-12 100 Butterfly | 108 |
| 81 | 13-14 100 Freestyle | 82 |
| 83 | 15 & Over 100 Freestyle | 84 |

Each Swimmer May Swim a Maximum of 2 Individual Events on Friday, and a Maximum of 3 Individual Events and 1 Relay Each Day Saturday and Sunday.

- Individual Entries: \$5.50 per prelims/finals event.
- Individual Entries: \$5.00 per timed finals event.
- \$2.00 per swimmer surcharge.
- Relay Entries: \$7.00 per Relay.
- All Manual or Deck Entries (non-electronic) are subject to a \$1.00 Surcharge per Entry, Individual or Relay.

ALBANY STARFISH SWIM CLUB

ENTRY FEE CALCULATION SHEET

2020 Starfish Trophy Invitational,

Robison Pool, RPI, Troy, NY

JANUARY 3rd, 4th, & 5th, 2020

TEAM NAME: _____

CONTACT PERSON: _____

PHONE NUMBER: _____

E-Mail ADDRESS: _____

| | |
|---|---------------------------|
| Number of Individual Prelims/Finals Entries | _____ X \$5.50 = \$ _____ |
| Number of Individual Timed Finals Entries | _____ X \$5.00 = \$ _____ |
| Number of Swimmers | _____ X \$2.00 = \$ _____ |
| Number of Relays | _____ X \$7.00 = \$ _____ |
| Number of Manual (non-electronic) Entries | _____ X \$1.00 = \$ _____ |

Total Entry Fee Due and Enclosed.....\$ _____

ENTRY DEADLINE - Friday, Dec. 20th, 2019 at 5:00 pm

MAKE CHECKS PAYABLE TO: AV Starfish Swim Club, Inc.

Email your entries to the Meet Entry Coordinator, Joel Richardson at
entries@starfishswimclub.org

This form **Must** be returned with Entry Report and Check to

Starfish Swim Club
PO Box 9408
Niskayuna, NY 12309

Entries will be posted to the meet program upon RECEIPT OF CHECK ONLY

Starfish Swim Club assumes no responsibility for meet closeout due to late entries