

## 2009 KINGSTON SNOWBALL SWIM MEET

SATURDAY JANUARY 24, 2009

- Sanction:** Sanctioned by Adirondack District Masters for USMS, Inc. # 039-001  
David Barra, General Chairman
- Host:** Kingston Swim Club
- Location:** Hurley Natatorium, Kingston High School, Kingston, NY  
Short Course 25 Yard Pool, 6 lanes
- Directions:** Take NY State Thruway to Exit 19/Kingston. Take the third exit off the rotary onto Col Chandler Drive (587). Stay in the right lane and go straight through the first light (32 South). The road bears left and merges onto Broadway (32 South). Follow Broadway for 0.8 miles to the Kingston HS. Take the first entrance of the horseshoe drive past the front entrance of the school. The pool is straight ahead. Park in the lot near the pool, on Broadway or follow signs to additional parking.
- Time:** Warm-up at 12:30 PM. Meet starts at 1:30 PM.
- Meet Director:** Mike Jordan mjordan4@hvc.rr.com 845-679-1016
- Eligibility:** Open to all US & Canadian Masters Swimmers, 18 & older, as of January 24, 2009. Include a copy of your USMS or MSC registration card. If you need to register, please visit [www.adms.org](http://www.adms.org), fill out a registration form and follow the instructions. The age of a swimmer is his or her age on January 24, 2009. A swimmer may enter up to FIVE individual events. Entries must be postmarked by Saturday January 10, 2009. USMS Technical Rules will be in effect.
- Events:** All events will be swum as timed finals. This is a pre-seeded meet. Events will be swum slowest to fastest with the exception of event #85 – 1000 free which will be swum fastest to slowest. Note that event #85 will be swum two per lane if necessary to complete the meet on time.
- Warm-up:** As a result of the large number of injuries occurring across the country during warm-ups, USMS and Adirondack Masters Swimming do not allow diving into the pool during the warm-up period except in the designated sprint lanes. You must fully cooperate with this requirement. Warm-ups will be 12:00 - 12:55 PM. One lane will be available throughout the meet for warm-up, with no diving allowed.
- Timing:** A Colorado Automatic system will be used. The host team will provide backup timers. Times will be submitted for ADMS and USMS Top Ten records.
- Officials:** Currently certified USAS officials will be provided.
- Services:** A meet program will be available for each participant. Food and drink will be on sale during the meet. No food or drink is to be consumed on the pool deck. No glass containers of any kind may be brought into the pool or locker room areas. A vendor will be at the meet selling equipment.
- Results:** Results will be posted at [www.adms.org](http://www.adms.org).
- Entry Fees:** The entry fee is \$5.00 per event. **NO DECK ENTRIES.** Make your check payable to “Kingston Swim Club”. Mail signed waiver, entry form, a copy of your USMS or MSC card, and a check to be postmarked by January 10, 2009 to: Mike Jordan, 9 Niles Drive, Woodstock, NY 12498  
PH: 845-679-1016; mjordan4@hvc.rr.com.



		XXX
<b>77</b>	<b>MASTERS 200 BREASTSTROKE</b>	
<b>78/79</b>	<b>OPEN 200 BREASTSTROKE</b>	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX XXX
<b>80</b>	<b>MASTERS 100 FREESTYLE</b>	
<b>81/82</b>	<b>11/12 200 FREE RELAY</b>	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX XXX
<b>83/84</b>	<b>OPEN 1000 FREESTYLE</b>	XXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXXX XXX
<b>85</b>	<b>MASTERS 1000 FREESTYLE</b>	
TOTAL:# OF EVENTS ____ X \$5/EVENT = \$ ____ .00 MAKE CHECK PAYABLE TO KINGSTON SWIM CLUB		

**FIRST-TIMERS:** A swimmer registered as an Adirondack Master and participating in their first Adirondack meet is eligible for a First-Timers T-shirt: Please circle size:    S        M        L        XL