



Aqua Gems Swim Team



P. O. Box 221 ♦ Warwick, NY 10990
Phone 845-988-9315

WEBSITE - WWW.AQUAGEMS.COM

Dear Coaches and Team Representatives:

Enclosed please find your sign up package for the Aqua Gems
“Dust off The Swimmer” 2nd Annual

Invitational, which is being held starting on October 2, 2004 at SUNY Orange Physical Education Facility.

This invitational is being held to kick-off the swim season and give the swimmers to dust off their fins.

Please visit the Metro Web Site at www.metroswimming.org or the Aqua Gems site at www.aquagems.com . Team entries should be sent via email using Hy-Tek to Bill Pendergast at - wpendergast@frontiernet.net) (845-928-3988) or by mail to the location listed in the meet package.

We look forward to as many of you joining in the competition and the FUN !!!

If you have any questions please do not hesitate to give me call . This is a fun event for us and we hope that you will come and join us. We look forward to seeing you there.

Sincerely,

Bill Pendergast, Meet Director

email – pen4@optonline.net and
wpendergast@frontiernet.net
845-928-3988 daytime 845-469-7079 evenings

AQUA GEMS OF WARWICK, NY
" DUST OFF THE SWIMMER"
2004-INV-SC

October 2, 2004

SANCTION #

SITE: AQUA GEMS – Orange County Community College
115 South Street, Middletown, New York

EUGIBIUTY: All competitors must be registered with USA Swimming. Age as of September 28, 2003 will determine event eligibility. **Swimmers with Disabilities are encouraged to attend.**

POOL: 25 yard pool with six 7-foot lanes. Non-turbulent lane lines. **Seating will be limited to posted capacity.**
Colorado electronic timing system

RULES: Current USA Swimming rules will govern the meet. All events are timed finals. **Swimmers are limited to 5 events per session.** Cuts to keep within the 4-hour session time limit will be made on entries received on a first come first served basis. See "ENTRIES" below

WARM-UP: First 40 minutes will be general warm-up. Last 20 minutes: lanes 2 & 5 will be open for one-way sprint. All other lanes will remain open for general warm-up.

SEEDING: On deck seeding is in effect for this meet. Seeding shall be done at the beginning of each session utilizing a scratch sheet procedure. Heat sheets will be posted and distributed to the coaches. Scratches are to be indicated and initialed by the coach and returned to the score table no less than one half hour before the session start.

AWARDS: Individual events: medals: 1st-3rd; ribbons: 4th-8th.

ENTRIES: **Metro LSC clubs will be given priority on a first come first serve basis if entries are received September 20,2004 by 5:00pm. All other entries from other LSC's will be entered after that date. Other entries will be accepted on a first come first serve basis up to 5:00pm on September 27, 2004. Entries must be received no later than September 27, 2004.** The cost is \$3.00 per individual event and \$8.00 / relay. Make checks payable to: Aqua Gems Swim Club. Mail entries to: Aqua Gems Swim Club, PO Box 221, Warwick, New York 10990 Email Entries to Bill Pendergast @ wpendergast@frontiernet.net

Express Deliveries – Bill Pendergast, c/o Pendergast & Terach Architects - 8 Turner Road, Central Valley, NY 10917 (845) 928-3988 **(Please sign the "signature waiver" on envelope for entries sent by Express Mail.)** The meet will be run on computer using Hy-Tek's Meet Manager. Visit www.aquagems.com for the Hy-tek event list. *There will be \$1.00 surcharge per Swimmer for entries not on disk.*

Food will be available in designated area only. Food or glass bottles will not be allowed on deck or in the facility.

ADMISSION: There will be an admission charge of \$3.00 for adults.

CONDITIONS: Upon acceptance of his/her entries, the participant waives all claims against the Aqua Gems Swim Club , Orange County Community College, USA Swimming, their agents or representatives for any injury occurring as a result of the meet.

QUESTIONS: Bill Pendergast, Meet Director (845) 928-3988 **email – wpendergast@frontiernet.net**

Aqua Gems “Dust off the Swimmer”

Sanction Number

Session: 1 Saturday Morning

Day of Meet: 1 Warm-up . 8:00 am Start . 9:00am

GIRLS EVENT #	<u>EVENTS</u>	BOYS EVENT #
1	8/U 50 yard freestyle	2
3	Open 50 yard freestyle	4
5	11-12 100 yard freestyle	6
7	8/U 25 yard backstroke	8
9	Open 100 yard backstroke	10
11	11-12 100 yard backstroke	12
13	8/U 25 yard breast stroke	14
15	11/12 50 yard breast stroke	16
17	Open 400 Yard IM	18
19	11-12 50 yard butterfly	20
21	Open 100 yard butterfly	22
23	8/U 100 yard freestyle relay	24
25	Open 200 yard freestyle relay	26
27	11-12 200 yard freestyle relay	28

Session: 2 Saturday Afternoon

Day of Meet: 1 Warmup will start following AM session not before 12:00 pm.

Session Start no sooner than 1:00 pm

GIRLS EVENT #	<u>EVENTS</u>	BOYS EVENT #
29	13-14 50 freestyle	30
31	9-10 50 freestyle	32
33	13-14 100 yard backstroke	34
35	9-10 100 yard backstroke	36
37	13-14 100 yard breast stroke	38
39	9-10 50 yard breast stroke	40
41	13-14 200 yard butterfly	42
43	9-10 50 yard butterfly	44
45	13-14 100 yard freestyle	46
47	9-10 100 yard freestyle	48
49	13-14 400 yard freestyle relay	50
51	9-10 200 yard freestyle relay	52
53	13-14 200 yard freestyle relay	54

Aqua Gems at SUNY Orange

Directions and Location

Orange County Community College – SUNY Orange Physical Education Building

Corner of South Street and Conkling Ave.

Main Campus

115 South Street, Middletown NY 10940

Phone 845-344-6222 Main Number

Phone 845-341-4274 Phone at Pool / PE Building

Aqua Gems 845-988-9315 Hotline

Meet Director Cell Number - 845-527-2687

Arriving from Connecticut or upstate New York:

Take Interstate 84 West to Exit 3W (Middletown), Route 17M (US 6) (Middletown), proceed on 17M which becomes Dolson Avenue approx. 2.0 miles on Dolson Avenue past Shoprite and MacDonald's on right to light on Bedford Avenue (Tire Discount on the corner on the left), turning left on Bedford Ave. to the top of the hill to the stop sign (South Street.) Physical Education Building is straight ahead between Tennis Courts. Parking can be found by turning left on South Street or right on South and then left on Conkling Ave. going past main entrance to the PE Building.

Arriving from Port Jervis, NY or Pennsylvania:

Take Interstate 84 East to Exit 3W (Middletown), Route 17M (US 6) (Middletown), proceed on 17M which becomes Dolson Avenue approx. 2.0 miles on Dolson Avenue past Shoprite and MacDonald's on right to light on Bedford Avenue (Tire Discount on the corner on the left), turning left on Bedford Ave. to the top of the hill to the stop sign (South Street.) Physical Education Building is straight ahead between Tennis Courts. Parking can be found by turning left on South Street or right on south and then left on Conkling Ave. going past main entrance to the PE Building.

From New York City or New Jersey:

NY State Thruway to Exit 16 (Harriman) to Route 17 West to Exit 123 (Middletown.) Proceed on 17M (US 6) approx. 7.2 miles (17M will become Dolson Avenue) past Shoprite and MacDonald's on right to light on Bedford Avenue (Tire Discount on the corner on the left), turning left on Bedford Ave. to the top of the hill to the stop sign (South Street.) Physical Education Building is straight ahead between Tennis Courts. Parking can be found by turning left on South Street or right on South and then left on Conkling Ave. going past main entrance to the PE Building.

From upstate:

Route 17 to Exit 121W, then Interstate 84 West for 3.3 miles to Exit 3W, Route 17M (US 6) (Middletown.) proceed on 17M approx. 2.0 miles (17M becomes Dolson Avenue) on Dolson Avenue past Shoprite and MacDonald's on right to light on Bedford Avenue (Tire Discount on the corner on the left), turning left on Bedford Ave. to the top of the hill to the stop sign (South Street.) Physical Education Building is straight ahead between Tennis Courts. Parking can be found by turning left on South Street or right on South and then left on Conkling Ave. going past main entrance to the PE Building.

Accommodations:

See other attachment