

FLUSHING YMCA
JUNIOR SWIM CHAMPIONSHIPS

DATES: Oct. 23rd and 24th, 2004

ENTRIES DEADLINE: Oct. 12th, 2004 METRO SANCTION # 04
Priority entry will be given to Metro teams who enter before Oct 5th over teams from outside our LSC.

ANY CUTS NECESSARY WILL BE BASED ON DATE OF RECEIPT OF ENTRIES.

ENTRY FEE: \$3.00 per individual event
\$8.00 per relay

		Sat. Oct. 23 rd	4 P.M. Warm-up, 5 P.M. Start		
<u>GIRLS</u>			<u>EVENT</u>		<u>BOYS</u>
1	13-14	50	Freestyle		2
3	11-12	50	Freestyle		4
5	13-14	200	Backstroke		6
7	11-12	50	Backstroke		8
9	13-14	100	Butterfly		10
11	11-12	50	Butterfly		12
13	13-14	100	Breaststroke		14
15	11-12	50	Breaststroke		16
17	13-14	200	Medley Relay		18
19	11-12	200	Medley Relay		20
			10 minute Warm-Up		
21	13-14	1000	Freestyle		22
		Sun. Oct. 24 th	7 A.M. Warm-up, 8 A.M. Start		
23	15-18	50	Freestyle		24
25	10 & Under	50	Freestyle		26
27	15-18	200	Backstroke		28
29	10 & Under	50	Backstroke		30
31	15-18	100	Butterfly		32
33	10 & Under	50	Butterfly		34
35	15-18	100	Breaststroke		36
37	10 & Under	50	Breaststroke		38
39	15-18	200	Medley Relay		40
41	10 & Under	200	Medley Relay		42
			10 minute Warm-Up		
43	15-18	1000	Freestyle		44

SPECIAL NOTES

1000 Free is a separate session but may still be limited to the top 12 girls and boys in each age group.

In addition to medals and ribbons, first place finishers in each individual event will be awarded a swim equipment package worth up to \$25.00 (limit 1 per swimmer).

There will be a team trophy for first, second and third place.

Scoring - Ind. 7 - 5 - 4 - 3 - 2 - 1, Relays - Double

Events 1 - 22 will be on Sat. Oct. 23rd Warm-up 4:00 P.M.

23 - 44 will be on Sun. Oct. 24th Warm-up 7:00 A.M.

See attached sheets for more information.

Additional meet dates: Fri-Sun Nov 12,13,14 Big Apple Classic (may be one week later) Sat/Sun Jan. 22,23 Fran Schnarr Pentathalon

FLUSHING "Y" AQUATIC CLUB
USA MEET SCHEDULE
TO BE HELD AT THE JESS BROWN AQUATIC CENTER

FLUSHING YMCA
138-46 NORTHERN BLVD.
FLUSHING, N.Y. 11354
718-961-6880

GENERAL INFORMATION

1. Facilities: Six lane 42' X 75' indoor pool, Colorado electronic timing, Keifer lanes, Paragon starting blocks, Colorado beep start system, 6 lane scoreboard.
2. Seeding: All events will be seeded using the re-entry system.
3. Awards: A distinctive medal will be given to 1st, 2nd, and 3rd places. Ribbons will be given to 4th, 5th, and 6th places. Relay awards - Medals 1st - 3rd place. Coaches, please pick up awards after each session.
4. Entry Fees: \$3.00 per individual event, \$8.00 per relay except where noted, \$1.00 per swimmer surcharge, non-Hy-Tek entries. Make checks payable to "Flushing YMCA". If not enclosing check please enclose check request. Telephone inquiries will be accepted at 718-961-6880. No phone entries please.
5. Entry Format: If using Hy-Tek, entries must be on disk with printout included. If not using Hy-Tek, please submit entries on the enclosed master form. Please return the form that certifies that all swimmers are current USA members along with your entries. Please include name, phone number, e mail and times to call contact person in case of any problems.
6. Rules: 2004 USA Rules will govern this meet. Metro safety and warm-up guidelines are in effect. Total warm-up will last 50 minutes and will be adjusted to ensure a safe and proper warm-up for all age groups. Time trials may be held if time permits.
7. Conditions: Entries may have to be limited in order to keep the sessions at 4 hours in duration. The method of cutting will be listed on the event entry blank.
8. Eligibility: All contestants must be USA registered. Age as of the first day of the meet will determine eligibility for age group events.
9. Parking may be available for certified coaches listed on the summary sheet in our lot on 37th Ave. If you are not listed, you will not have a spot. A municipal parking lot is available around the corner from the back entrance of the "Y" on Union St. between 37th and 38th Ave. in addition to street parking.
10. Refreshments available at reasonable rates. Food, smoking and glass of any kind are not permitted in the pool area or balcony.
11. Admission: \$3.00 for spectators over age 12. Programs will be available for purchase.

12.Supervision: Each club is requested to handle its own team and discipline problems. Anyone found guilty of vandalism or disorderly conduct will be ejected from the meet. No one is permitted above the 2nd floor of the building.

13.Coaches must show their current U.S.A. membership card to pick up meet packet. Only currently certified U.S.S. coaches will be permitted on the pool deck. U.S.A. cards must be worn on the pool deck or be available if requested.

14.Mail: SEND ALL ENTRIES TO: RICHARD FINKELSTEIN - SWIM COACH
FLUSHING YMCA 138-46 NORTHERN BLVD.
FLUSHING, N.Y. 11354

E Mail entries to Finkfly33@aol.com - hard copy must follow

SUGGESTED DIRECTIONS: From Eastern Long Island - L.I.E. to Cross Isl. Pkwy. North (follow towards Whitestone Expy). Exit at Linden Place. Make a left at the light (Linden Pl). Follow about 5 blocks to 35th Ave. Make left onto 35th Ave. Go 2 blocks to Union St. Make right onto Union St. Go 1 block to Northern Blvd. Make left onto Northern Blvd. The YMCA will be on your right.

From Triboro Bridge - Take Grand Central Pkwy to Northern Blvd/Shea Stadium exit. Follow signs to Northern Blvd. YMCA will be about one mile on the right.

From Whitestone Bridge - Stay to the right when coming off the bridge. Exit at Linden Place and follow as above.

A) Upon acceptance of entries, swimmers, coaches, parents and spectators waive their right to all claims against Metropolitan Swimming, the Metropolitan Swim Committee, Flushing Y Aquatic Club, Flushing YMCA, their agents and/or representatives for any injury or loss of property occurring as a result of this meet.

B) I HEREBY CERTIFY THAT ALL SWIMMERS THAT I AM ENTERING AT THE _____ ARE CURRENTLY REGISTERED WITH USA SWIMMING
name of meet

_____	_____	_____
name of club	club code	E Mail
_____	_____	_____
coach's name (print)		coach's signature

The following certified coaches will be attending this meet:

PLEASE RETURN THIS SHEET, SIGNED, ALONG WITH YOUR ENTRIES AND KEEP A COPY FOR YOUR RECORDS.

WARM-UP PROCEDURES - Metro guidelines will be followed. Adjustments may be made to ensure a safe & proper warm up.