

# **CONDORS SWIM CLUB SUMMER LONG COURSE**

**Sunday June 26, 2005**

**Felix V. Festa Middle School, Clarkstown, NY**

**Sanctioned by Metropolitan Swimming Inc. #**

**Site:** Felix V. Festa Middle School, 30 Parrott Road West Nyack, NY 10994. There is ample on site parking next to the pool. Detailed directions are attached.

**Pool:** 50 meter eight lane pool with non-turbulent lane dividers. There is seating for 600 spectators. Colorado Electronic Timing will be used.

**Eligibility:** All swimmers must be USS registered. Age as of June 26, 2006 will determine eligibility for age events. Please include USA Swimming number with entry sheet.

**Entries: Individual entries are limited to 4 events/session.** Entries must be accompanied by master entry sheets. Entry fees are \$4.00 per individual event and \$8.00 per relay event. A \$1.00 surcharge per swimmer for any entries that are not on disk. We will accept all entries on Hy-Tek or LSA disks. Please include a hard copy with your disk. Make all checks payable to "CONDORS SWIM CLUB". Send entries and checks to:

Terri Wolin  
40 Goodwin Ave.  
White Plains, NY 10607  
Email: [terribw@optonline.net](mailto:terribw@optonline.net)

Results will be provided on disk as well as hard copy. Please bring a disk for results. If you have any questions contact Terri Wolin at 914-592-1078.

**Deadline: Metro only entries must be received by Wednesday June 1, 2005. After this date entries from Metro and non-Metro teams will be accepted as space is available until Sunday June 13, 2005.**

**Seeding:** Deck seeding will be used.

**Rules:** USS rules will govern this meet. All events are timed finals.

**Conditions:** Upon acceptance of his/her entries, the participant waives all claims against Clarkstown Central School District, Condors Swim Club, Metropolitan Swimming, their agents or representatives for any injury occurring as a result of the meet.

**Awards:** Swimmers will be given medals for 1st -3rd places and ribbons for 4th- 8<sup>th</sup> places in each age group. Relays will receive medals for 1st - 3rd. Only coaches may pick up awards.

**Food:** Refreshments will be available at reasonable prices. No food or drink will be allowed on the pool deck or in the locker rooms.

**Admission:** There will be an admission fee of \$3.00 per adult. Programs will be available for \$2.00.

## **Directions**

### **From New Jersey**

1. Take the Garden State Parkway or Rte 287 North.
2. Either highway joins the New York State Thruway (Route 87). Follow signs for New York State Thruway South toward Tappan Zee Bridge.
3. Exit the NY State Thruway at exit 13N (Palisades Parkway North).
4. Exit the Palisades Parkway at Exit 10.
5. Follow to the end of the ramp and make a right at the light onto Germonds Road.
6. Take Germonds to next light and cross over Route 304.
7. Go straight on Germonds Road.
8. Head straight onto Parrott Road.
9. Entrance to building will be on your left.

### **Alternate from New Jersey:**

Take the Palisades Parkway North from Fort Lee (instead of the GSP or Route 287). Then follow from #4 above.

### **From New York City**

- Take the George Washington Bridge to the Palisades Parkway North. Then follow from # 4 above.

### **From Westchester County Vicinity**

- Take the Tappan Zee Bridge. Follow the New York State Thruway North (Route 87) to exit 13N Palisades Parkway North. Then follow from #4 above.

### **From North of Rockland County**

- Take the New York State Thruway South (Route 87) to exit 13N Palisades Parkway North. Then follow from # 4 above.

### **Alternate from North of Rockland County:**

Take the Palisades Parkway South from the Bear Mountain vicinity to exit 10.

**Session # 1****Warm-up 9:00 AM****Start 10:00 AM**

1	<b>Girls</b>	10 & Under 100 Free	<b>Boys</b>	2
3	<b>Girls</b>	11-12 100 Free	<b>Boys</b>	4
5	<b>Girls</b>	10 & Under 50 Back	<b>Boys</b>	6
7	<b>Girls</b>	11-12 50 back	<b>Boys</b>	8
9	<b>Girls</b>	10 & Under 100 Fly	<b>Boys</b>	10
11	<b>Girls</b>	11-12 100 Fly	<b>Boys</b>	12
13	<b>Girls</b>	10 & Under 50 Breast	<b>Boys</b>	14
15	<b>Girls</b>	11-12 50 Breast	<b>Boys</b>	16
17	<b>Girls</b>	10 & Under 50 Free	<b>Boys</b>	18
19	<b>Girls</b>	11-12 50 Free	<b>Boys</b>	20
21	<b>Girls</b>	10 & Under 200 IM	<b>Boys</b>	22
23	<b>Girls</b>	11-12 200 IM	<b>Boys</b>	24
25	<b>Girls</b>	10 & Under 200 Free Relay	<b>Boys</b>	26
27	<b>Girls</b>	11-12 200 Free Relay	<b>Boys</b>	28

**Session # 2****Warm-up 2:00 PM****Start 3:00PM**

29	<b>Girls</b>	13-14 100 Free	<b>Boys</b>	30
31	<b>Girls</b>	15-18 100 Free	<b>Boys</b>	32
33	<b>Girls</b>	13-14 200 Breast	<b>Boys</b>	34
35	<b>Girls</b>	15-18 200 Breast	<b>Boys</b>	36
37	<b>Girls</b>	13-14 100 Fly	<b>Boys</b>	38
39	<b>Girls</b>	15-18 100 Fly	<b>Boys</b>	40
41	<b>Girls</b>	13-14 200 Back	<b>Boys</b>	42
43	<b>Girls</b>	15-18 200 Back	<b>Boys</b>	44
45	<b>Girls</b>	13-14 200 Free	<b>Boys</b>	46
47	<b>Girls</b>	15-18 200 Free	<b>Boys</b>	48
49	<b>Girls</b>	13-14 200 IM	<b>Boys</b>	50
51	<b>Girls</b>	15-18 200 IM	<b>Boys</b>	52
53	<b>Girls</b>	13-14 200 Free Relay	<b>Boys</b>	54
55	<b>Girls</b>	15-18 200 Free Relay	<b>Boys</b>	56