

**Gael Aquatic Club
November Age Group Meet – 9 and Overs
November 17-18-19, 2006
Sanction #061113**

- Site:** Iona College, Mulcahy Campus Center Pool.
715 North Avenue - New Rochelle, New York 10801 – (914) 632-5913
- Parking :** All must park in the tiered parking structure a 200-yards beyond pool complex.
- Directions:** From all locations available at <http://www.iona.edu/directions.cfm>.
- Eligibility:** Competitors must be registered with USA swimming.. Age as of November 17, 2006 will determine event eligibility.
- Pool:** 6 lane, 25 yard pool with 7-foot non-turbulent lane lines including outside gutter lanes. Seating for 400. Colorado 5000 electronic timing system, with all six lane display on Colorado Mercury Display Scoreboard. Hy-Tek Meet Manager Software. Photos of Facility <http://www.iona.edu/gaels/swim/swimmingpool.cfm>
- Rules:** Current USA swimming rules will govern the meet. All events are timed finals. Deck seeding will be used. Scratches must be received no later than 30 minutes before the start of each session.
- Warm-up:** The first 40 minutes will be general warm-up. The last 20 minutes lanes 2, 4 & 5 will be for one-way sprints, lane 3 will be assigned as necessary and lanes 1 & 6 will remain open for general warm-up.
- Awards:** Individual Awards 1st – 6th place.
- Entries:** Swimmers are limited to 3 events per session. The meet will be run using Hy-Tek Meet Manager. Emailed Hy-Tek entries are preferred. If sending by mail, entries should be sent on disk. A master sheet must accompany all entries. All sessions will be limited to 3 1/2 hours before scratches.
1. Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by November 1, 2006.
 2. The final deadline for this meet is November 8, 2006 in hand.
 3. Metro entries received between 11/2/06 and 11/8/06 and all entries from other LSC's will be entered in the order they are received, as space allows.
 4. Entry Contact/Coach will receive an e-mail confirming acceptance on deadline.
- An entry fee of \$3.00 per individual event must accompany the entries. In addition, there is a \$1.00 surcharge for any entries not sent on disk.
- Teams are encouraged to e-mail entry files to ncavataro@iona.edu as available.
- Make checks payable to: Iona College. Mail or Express all entries to:
Iona College
Attention: Nick Cavataro
715 North Avenue
New Rochelle, New York 10801
914-633-2323
ncavataro@iona.edu
- Please be sure to sign the “signature waiver” on envelope for entries sent by express mail.
Email address: [Ncavataro@iona.edu](mailto:ncavataro@iona.edu)
No glass bottles allowed on the deck or in the locker rooms.
- Admission:** Adults: \$5.00 Children: \$2.00 Programs: \$2.00 per session

This Form Must be returned with Payment

**Gael Aquatic Club
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November 17-18-19, 2006**

CLUB: _____ CODE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

COACH _____

PHONE _____ E-MAIL _____

CLUBCONTACT _____ PHONE _____

E-MAIL _____

ENTRY FEES: Make Checks payable to IONA COLLEGE

Total Individual Events _____ x \$3.00 = _____

Total Swimmers (non-disk surcharge) _____ x \$1.00 = _____

Total Amount Due: _____

The final deadline for this meet is November 8, 2006 in hand. Mail to:

Iona College
Attention: Nick Cavataro
715 North Avenue
New Rochelle, New York 10801
914-633-2323
ncavataro@iona.edu

If express mail is used, please sign "signature waiver".

Waiver: USA Swimming, inc., Metropolitan Swimming, Inc, Iona College, Gael Aquatic Club, their agents or representatives shall be held free and harmless from liabilities, injuries, claims or damages arising from the conduct of these events.

Signed (Club
Official): _____ Title: _____

No entries accepted without this signed waiver.

**GAEL AQUATIC CLUB
NOVEMBER AGE GROUP MEET – 9 AND OVERS
November 17-18-19, 2006**

Friday, November 17, 2006 – 4:30pm warm-up; 5:30pm start

**Events
Session 1**

Girls		Boys
1	09-10 200-Free	2
3	13-14 500-Free	4
5	15-18 500-Free	6
7	11-12 500-Free	8
9	09-10-200-IM	10
11	13-14 400-IM	12
13	15-18 400-IM	14

Session 2

Saturday, November 18 – 8 AM warm-up

15	13-14	200 IM	16
17	11-12	200 IM	18
19	13-14	200 Back	20
21	11-12	50 Back	22
23	13-14	100 Breast	24
25	11-12	100 Breast	26
27	13-14	200 Fly	28
29	11-12	50 Fly	30
31	13-14	100 Free	32
33	11-12	100 Free	34

Session 4

Sunday, November 19 – 8 AM warm-up

55	11-12	100 IM	56
57	13-14	200 Free	58
59	11-12	200 Free	60
61	13-14	100 Back	62
63	11-12	100 Back	64
65	13-14	200 Breast	66
67	11-12	50 Breast	68
69	13-14	100 Fly	70
71	11-12	100 Fly	72
73	13-14	50 Free	74
75	11-12	50 free	76

Session 3

Saturday, November 18 – 1 PM warm-up

35	15-18	200 IM	36
37	9-10	100 IM	38
39	15-18	200 Back	40
41	9-10	50 Back	42
43	15-18	100 Breast	44
45	9-10	50 Breast	46
47	15-18	100 Fly	48
49	9-10	100 Fly	50
51	15-18	100 Free	52
53	9-10	50 Free	54

Session 5

Sunday, November 19 – 1 PM warm-up

77	15-18	200 Free	78
79	9-10	100 Back	80
81	15-18	100 Back	82
83	9-10	100 Breast	84
85	15-18	200 Breast	86
87	9-10	50 Fly	88
89	15-18	200 Fly	90
91	9-10	100 Free	92
93	15-18	50 free	94

**Questions: Bryan Dorsey, Meet Director: (914) 632-5913
Nick Cavataro, Meet Director: (914) 633-2323**

Directions to the New Rochelle Campus, 715 North Ave, New Rochelle, NY 10801

Directions: <http://www.iona.edu/directions.cfm>

From Upper New York State and Upper Westchester County (I-287)

New York State Thruway to Cross Westchester Expressway (Interstate 287) East. Take East Exit 9 South to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.

From New England and Upper Westchester County (I-95)

Interstate 95 (Connecticut Turnpike, New England Thruway) to Cross Westchester Expressway (Interstate 287). Take Exit 9 south to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.

Alternate Route: Interstate 95 South to Exit 16. Follow signs to North Avenue. Right onto North Avenue, proceed 1 mile to entrance of the College on your right.

From Midtown Manhattan F.D.R. Drive

(East River) Take the FDR to the bridge at Willis Avenue. Bridge connects to the major Deegan Expressway North. Stay left after crossing the bridge. Follow to Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

From Midtown Manhattan-West Side

Take the West Side Highway to the Henry Hudson Parkway North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to end, then right on North Avenue. At second traffic light make left onto campus.

Alternate Route F.D.R. to Bruckner Expressway to Hutchinson River Parkway. North to Exit 14, Pelhamdale Avenue, New Rochelle Road, New Rochelle. Turn right at light on New Rochelle Road, left on Eastchester Road to North Avenue, right on North Avenue to second traffic light, then left onto campus.

From the Bronx

Interstate 87 (Major Deegan Expressway) North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

From Long Island

Whitestone Bridge. Follow signs to Hutchinson River Parkway. Proceed north to Exit 14, Pelhamdale Avenue, New Rochelle. Turn right at light on New Rochelle Road, left on Eastchester Road to North Avenue, right on North Avenue to second traffic light, then left onto campus.

From New Jersey, The West and the South

Holland Tunnel, Lincoln Tunnel, or George Washington Bridge to Henry Hudson Parkway. North to Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

By Railroad and Subways

Metro North Railroad - New Haven Line to New Rochelle Station. Exit North Avenue and take a taxi or #45 bus to College (bus runs Monday through Friday). West Side IRT subway (uptown), change at 180th Street for 241st Street- White Plains Road train. At White Plains Road and 241st Street take #42 bus to North Avenue and Main Street, New Rochelle. Transfer to #45 bus to College (bus runs Monday through Friday). By Amtrak North East Corridor Service to New Rochelle Station. Exit to North Avenue and take a taxi or #45 bus to College (bus runs Monday through Friday). By Bus From Pelham Bay Station in the Bronx, take #45 bus directly to the College (bus runs Monday through Friday). From Fordham Road and Valentine Avenue in the Bronx take Fordham Road bus to North Avenue and Main Street. Take #45 bus north to the College. From 241st Street and White Plains Road, take #42 bus to Main Street and North Avenue. Transfer to #45 bus to the College (bus runs Monday through Friday).