

BGC-N. WESTCHESTER MARLINS SWIM TEAM
DISTANCE MEET
November 11, 2007

SANCTION # 071106

SITE: Boys & Girls Clubs of Northern Westchester - Trotta Millennium Pool
351 Main Street - Mount Kisco, New York 10549 - (914) 666-8069 #115

ELIGIBILITY: Competitors must be registered with USA Swimming. Age as of November 11, 2007 will determine event eligibility.
Swimmers with disabilities are encouraged to attend . Contact the meet director if you need special consideration.

The USA Swimming Code of Conduct is in effect for the duration of the meet.

POOL: 25 yard pool with eight 7-foot lanes. Non-turbulent lane-lines. Seating for 200 spectators. Colorado electronic timing system, with an eight-line scoreboard.

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. All sessions will be limited to 4 hours.

WARM-UP: Morning session: first 40 min. will be general warm-up. Last 20 minutes: lanes 2 & 7 will be open for one-way sprint. All other lanes will remain open for general warm-up.

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

ENTRIES: The meet will be run on computer using Hy-Tek's Meet Manager. . Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.

1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **October 26, 2007**.

2: The final entry deadline for this meet is **November 2, 2007**

3: Metro entries received between 10/26/07 and 11/02/07 and all entries from other LSC's will be entered in the order they were received, as space allows.

An entry fee of \$3.00 per individual event must accompany the entries.

Make checks payable to: **Boys & Girls Clubs of Northern Westchester**. Mail entries to:

BGNW Marlins Swim Team
Attention: Monique Grayson
22 Pine Hill Court
Briarcliff Manor, New York 10510

Email entries to: bgnwmarlins@aol.com

Food will be available in designated area only.

Food or glass bottles will not be allowed on deck or in the locker rooms.

ADMISSION: Adults: \$5.00 Program included with admission

CONDITIONS: Upon acceptance of his/her entries, the participant waives all claims against the Boys & Girls Clubs Of Northern Westchester, The Marlins Swim Team, Metropolitan Swimming, USA Swimming, their agents or representatives for any injury occurring as a result of the meet.

QUESTIONS: Monique Grayson, Meet Director (914) 941-4464
Dennis Munson, Aquatic Director (914) 666-8069 #115

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DISTANCE MEET
NOVEMBER 11, 2007

MORNING SESSION:

8:00am Warm-up 9:00am Start

General warm-up 8:00-8:40am
Sprint lanes (2 & 7) and continued general warm-up 8:40-8:50am

WOMEN	EVENT	MEN
1	12-under 500 Free Awards will be given to 10-U and 11-12	2
3	13-18 400 IM Awards will be given to 13-14 and 15-18	4
5	11-12 400 IM	6

AFTERNOON SESSION:

12:30pm Warm-up 1:15pm Start

General warm-up 12:30-1:00pm
Sprint lanes (2 & 7) and continued general warm-up 1:00-1:10pm

This session will run fastest to slowest, alternating women & men.
A 15 minutes warm-up may be added mid-session

WOMEN	EVENT	MEN
7	Open 1650 Free Awards will be given to all age groups	8

DIRECTIONS: From I-684 North or South: Take exit 4 to route 172 West (towards Mt.Kisco). Drive approximately 2 miles. Take 117 North (keep right at traffic light). Go one block. Just before traffic light, turn right into B/G Club driveway. Enter pool from the main entrance.

From Long Island: Take Whitestone Bridge, to the Hutchinson Parkway North, to I-684 North, to exit 4 (then proceed as above).

From Saw Mill Parkway North: Take exit 33, Readers Digest Road. Cross railroad tracks and keep right. At traffic light, make a left turn on route 117 (it will become Main Street). Pass 2 traffic lights. Just before the third traffic light, turn right into B/G Club driveway.

From Taconic Parkway South: Take exit for route 133, Mount Kisco. At traffic light, make a right turn. At next traffic light, turn right and follow signs for Mt.Kisco (on route 133 east). Drive approximately 4 miles. When 133 ends, keep right onto route 117 South (Main Street). Pass 2 traffic lights. Just after the third traffic light, make an immediate left turn into the B/G Club driveway.

PS: Additional parking is available across the street in hospital parking lot.

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CLUB: _____ **CLUB CODE:** _____

ADDRESS: _____

CITY: _____ **STATE:** _____ **ZIP:** _____

COACH: _____

PHONE: _____ **E-MAIL ADDRESS:** _____

CLUB CONTACT: _____ **PHONE:** _____

E-MAIL ADDRESS: _____

Entry Fees: Make check payable to: **Boys & Girls Clubs Of Northern Westchester**

Total Individual Events _____ x \$3.00 = _____

TOTAL AMOUNT DUE _____

Due no later than October 26, 2007

Mail to: Monique Grayson, 22 Pine Hill Court, Briarcliff Manor, NY 10510

(Please sign the "signature waiver" on envelope for entries sent by Express Mail.)

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., The Boys & Girls Clubs of Northern Westchester, Trotta Millennium Pool, and the Marlins Swim Team, their agents or representatives shall be held free and harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (Club Official) _____

No entries will be processed without this signed waiver.