

**FLUSHING YMCA
DISTANCE MEET
OCT. 14, 2007
METRO SANCTION # 071004**

**ENTRIES CLOSE: TUESDAY, OCTOBER 2ND, 2007
PREFERENCE WILL BE GIVEN TO METRO TEAMS WHO ENTER THE MEET BY
SEPTEMBER 25TH**

**ANY CUTS NECESSARY WILL BE BASED ON DATE OF RECEIPT OF ENTRIES.
“NO TIME” ENTRIES WILL NOT BE ACCEPTED**

ENTRIES: HY-TEK VIA MAIL OR E MAIL. PLEASE MAIL HARD COPY IF USING E MAIL.

ENTRY LIMIT: TO KEEP THE MEET MANAGEABLE SWIMMERS MAY ONLY SWIM ONE EVENT.

ENTRY FEE: \$3 PER EVENT. MAKE CHECK PAYABLE TO “FLUSHING YMCA”.

**WARM-UP: 6:00 A.M.
START: 7:00 A.M.**

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1	11 -14 400 IM *	2
3	12 & UNDER 500 FREESTYLE *	4
5	OPEN 1650	6

TIME TRIALS WILL BE AVAILABLE IF TIME PERMITS

SWIMMERS WITH DISABILITIES ARE ENCOURAGED TO ATTEND. CONTACT RICHARD FINKELSTEIN IF YOU NEED SPECIAL CONSIDERATION.

USE OF ALCOHOL OR TOBACCO PRODUCTS ANYWHERE IN THE YMCA IS STRICTLY PROHIBITED. NO GLASS OF ANY KIND ON DECK OR IN THE BALCONY. VIOLATION OF THE ABOVE MAY RESULT IN IMMEDIATE REMOVAL FROM THE FACILITY

**AWARDS: AWARDS WILL BE GIVEN TO THE FIRST SIX PLACES IN EACH EVENT. *SEPARATE AWARDS FOR 11-12, 13-14 400IM.
* SEPARATE AWARDS FOR 10 & U, 11-12 500 FREE.**

THE USA SWIMMING CODE OF CONDUCT IS IN EFFECT FOR THE DURATION OF THE MEET

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. 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 by mail, entries must be on disk with printout included. E MAIL entries accepted at Finkfly33@aol.com. 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: 2007 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.A. 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) In granting this sanction it is understood and agreed that USA Swimming Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. 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 Mial	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.