



Condors Last Chance Meet

February 15th – 17th, 2008

CONDORS
swim club

Felix Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994

There is ample on-site parking next to the pool. Detailed directions are attached.

- Eligibility:** All swimmers must be registered with USA Swimming.
Age as of February 15, 2008 will determine event eligibility.
Swimmers with disabilities are encouraged to attend.
Please advise our meet director of any special accommodations.
- Pool:** 25 yard pool with eight 7-foot lanes, a bulkhead, and non-turbulent lane lines.
Daktronics electronic timing system and an 8-line scoreboard.
Seating for 600 spectators.
- Rules:** Current USA Swimming rules will govern the meet.
The USA Swimming Code of Conduct is in effect for the duration of the meet.
There are NO time trials available.
All events are TIMED FINALS.
Converted times may be used for entries.
- Scratches:** Scratches will be due 30 minutes before each published session start time.
Metropolitan Scratch Procedures will be followed. Please consult your guidelines.
Once a swimmer is scratched they will not be re-entered.
- Warm-Up:** Warm-up lanes will be organized by age group and team.
Lane assignments will be available when scratch sheets are picked up.
First 40 minutes will be general warm-up.
Last 20 minutes: lanes 2-7 will be open for one-way sprints, lanes 1 & 8 will remain open for general warm-up.
No diving will be allowed except in designated sprint lanes.
All swimmers must be supervised by a coach.
- Awards:** Medals for 1st-3rd place.
Ribbons for 4th-8th place.

Entries: Swimmers may be entered in 3 individual events per day and 1 relay per day. Swimmers entered in the 500 Freestyle must provide their own Counter. Swimmers entered in the 1000 Freestyle and 1650 Freestyle must provide their own Timer and Counter.

All entries must be submitted in a Hy-Tek file to amyj@condorsswimclub.org. Entries will be entered on a first come first served basis. Please include the following with all entries: Coach's name, e-mail address, and telephone number.

Deadline: Entry files for Metro teams must be received by Friday, February 1st. Entry files for all other teams must be received by Monday, February 4th.

Entry Fees: \$3.00 per individual event.
\$8.00 per relay.
Make checks payable to: Condors Swim Club
Please mail meet fees along with a hard copy of entries to:
Condors Swim Club
115 North Main Street
New City, NY 10956

Admission: \$3.00 Adults/session
\$2.00 Program/session

Food: Food and glass bottles are NOT permitted on the pool deck. There is a concession stand.

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

Directions

From North of Rockland County: Take Palisades Interstate Parkway South to Exit 10. Make a left off the exit. Make a left at the first traffic light onto Middletown Road. Take a right at next traffic light onto Germonds Road...

From the George Washington Bridge: Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

From the Tappan Zee Bridge: Take the NYS Thruway (I-87 North) to Exit 13N (Palisades Interstate Parkway – North). Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

...follow **Germonds Road** through the intersection of Germonds Road and Route 304 (you will pass Albertus Magnus High School on your right). Make a left onto Parrott Road. The entrance for the pool is down the walkway at the end of the tennis courts.

Friday Evening - Session One
Warm-up 4:30pm/Start 5:30pm

Girls	Event	Boys
1	11 & Over 500 Freestyle	2
3	13 & Over 400 IM	4
5	11-12 200 Freestyle	6
7	13 & Over 1000 Freestyle	8
9	13 & Over 1650 Freestyle	10

Saturday Morning - Session Two
Warm-up 7:00am/Start 8:00am

Girls	Event	Boys
11	8 & Under 100 IM	12
13	13-14 200 IM	14
15	8 & Under 25 Butterfly	16
17	13-14 100 Butterfly	18
19	8 & Under 50 Backstroke	20
21	13-14 200 Backstroke	22
23	8 & Under 25 Breaststroke	24
25	13-14 100 Breaststroke	26
27	8 & Under 25 Freestyle	28
29	13-14 200 Freestyle	30
31	8 & Under 100 Medley Relay	32
33	13-14 200 Medley Relay	34

Saturday Afternoon – Session Three
Warm-up 12:30pm/Start 1:30pm

Girls	Event	Boys
35	9-10 100 IM	36
37	11-12 100 IM	38
39	9-10 50 Butterfly	40
41	11-12 100 Butterfly	42
43	9-10 100 Backstroke	44
45	11-12 50 Backstroke	46
47	9-10 50 Breaststroke	48
49	11-12 100 Breaststroke	50
51	9-10 100 Freestyle	52
53	11-12 50 Freestyle	54
55	9-10 200 Medley Relay	56
57	11-12 200 Medley Relay	58

Saturday Evening - Session Six (Formerly Part of Session Two)
Warm-up 5:30pm/Start 6:30pm

Girls	Event	Boys
105	15-18 200 IM	106
107	15-18 100 Butterfly	108
109	15-18 200 Backstroke	110
111	15-18 100 Breaststroke	112
113	15-18 200 Freestyle	114
115	15-18 200 Medley Relay	116

Sunday Morning – Session Four
Warm-up 7:00am/Start 8:00am

Girls	Event	Boys
59	8 & Under 100 Freestyle	60
61	13-14 50 Freestyle	62
63	8 & Under 50 Butterfly	64
65	13-14 200 Butterfly	66
67	8 & Under 25 Backstroke	68
69	13-14 100 Backstroke	70
71	8 & Under 50 Breaststroke	72
73	13-14 200 Breaststroke	74
75	8 & Under 50 Freestyle	76
77	13-14 100 Freestyle	78
79	8 & Under 100 Freestyle Relay	80
81	13-14 200 Freestyle Relay	82

Sunday Afternoon – Session Five
Warm-up 12:30pm/Start 1:30pm

Girls	Event	Boys
83	11-12 200 IM	84
85	9-10 100 Butterfly	86
87	11-12 50 Butterfly	88
89	9-10 50 Backstroke	90
91	11-12 100 Backstroke	92
93	9-10 100 Breaststroke	94
95	11-12 50 Breaststroke	96
97	9-10 50 Freestyle	98
99	11-12 100 Freestyle	100
101	9-10 200 Freestyle Relay	102
103	11-12 200 Freestyle Relay	104

Sunday Evening – Session Seven (Formerly Part of Session Four)
Warm-up 5:30pm/Start 6:30pm

Girls	Event	Boys
117	15-18 50 Freestyle	118
119	15-18 200 Butterfly	120
121	15-18 100 Backstroke	122
123	15-18 200 Breaststroke	124
125	15-18 100 Freestyle	126
127	15-18 200 Freestyle Relay	128