



Condors October Distance Meet

October 24, 2008

Felix Festa Middle School Pool

30 Parrott Road

West Nyack, NY 10994

Sanction # 081016

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 October 24, 2008 will determine event eligibility. Swimmers with disabilities are encouraged to participate. Please advise our meet director of any special accommodations.
- Pool:** 50 meter pool with 7-foot lanes and non-turbulent lane lines. Colorado electronic timing system and an 8-line scoreboard. Seating for 600 spectators.
- Rules:** USA Swimming Code of Conduct is in effect during the swim meet. There are NO time trials available. All events are TIMED FINALS. SCM and LCM times may be converted 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. If a swimmer is a NO SHOW for an event they will be scratched from their next event. If a swimmer is a NO SHOW for the last event of the day they will be scratched from their first event of the next session.
- Warm-Up:** Warm-up lanes will be open. The first 30 minutes will be general warm-up. The last 30 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. No diving will be

allowed except in designated sprint lanes. All swimmers must be supervised by a coach.

- Awards:** Medals for 1st-3rd place and ribbons for 4th – 8th place
- Eligibility:** Swimmers may be entered in 3 individual events per day.
- Entries:** All entries must be submitted in a Hy-Tek file to **office@CondorsSwimming.com**. Entries will be entered on a first come first served basis. Please include the following with all entries: Coach's name, e-mail address, telephone number.
Swimmers need timers for the 1650 Freestyle.
- Deadline:** Entry files for Metro teams must be received by Friday, October 10th. Entry files for all other teams must be received by Monday, October 13th.
- Entry Fees:** \$3.00 per individual event.
Make checks payable to: Condors Swimming
Please mail meet fees along with a hard copy of entries to:
Condors Swimming
115 North Main Street
New City, NY 10956
- Admission:** \$5.00 Adults/session
\$3.00 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 PM Session

Warmup: 4:00PM

Start: 5:00PM

Girls	12&under	Boys
1	500 Freestyle	2
Girls	11 - 14	Boys
3	400 Individual Medley	4
5	Open 1650 Freestyle	6