

NY Sharks
2008-MR-NYSLC Invite
July 19-20-2008

Sanction The meet is sanctioned under USA Swimming and Metropolitan Swimming Inc.

Sanction # 080710

Hosted by New York Sharks

Location: *Felix Festa Middle School Clarkstown, NY*
30 Parrott Road, West Nyack, NY 10994

Warm-ups: Metro warm -up procedures will be in effect for this meet. Pool will be used for general warm-ups with feet first entry only.

Meet marshals will be on deck to enforce warm-up procedures.

Facility: 8 lane 50 METER pool with non-turbulent lane dividers. Daktronics timing system will be used. 8 lane Daktronics timing scoreboard will be used. Hy-Tek meet manager computer will be used to conduct the meet.

Format: All events are time finals. Entries are on a first come first served basis and also include Teams entering all sessions will have priority over teams not entering the entire meet. Then the meet will be cut to maintain the 4-hour time limit by time. All entries exceeding this limit will be returned.

All entries must be received by July 7, 2008

Please include e-mail address.

All registered Metro teams and all teams from other LSC's are invited.

ALL ENTRIES MUST BE ON HY-TEK DISK AS PER METRO RULES!

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

Entry limit: Swimmers will be limited to **3 events per session**.

Scratches: Coaches will receive a list of swimmers by session. Swimmers must be scratched 30 minutes prior to the start of the session

Entry Fees: \$4.00 (Four dollars) per event

Entry fee payment must accompany entries. Make checks payable to **New York Sharks**

Swimmers with disabilities are encouraged to attend. Contact the meet director

Robert Ficarelli at NYSLC7192008, if you need special consideration.

Mail Entries:

NY Sharks
60 Lackawanna Trail
Suffern, NY 10901

FED EX, UPS, AND EXPRESS MAIL MUST SIGN SIGNATURE WAIVER!

Email entries: NYSLC7192008 and also to TLangenmay@AOL.Com

Phone #, Email address and name of contact MUST be included in contact info.

NT's will NOT be accepted.

Entries **MUST** be sent on Hy-Tek disk. Please include a printout. Include phone #, Email address and name of contact. Entry Files may be e-mailed; however, waiver and payment must be received by entry deadline for entries to be recognized.

NY Sharks reserve the right to enter their swimmers regardless of times. No deck entries will be allowed.

Admission: \$6.00 (six dollars) per person and Programs \$4.00 (four dollars) per program

Parking: Free parking on campus. Park in only designated parking areas. ANY ILLEGALLY PARKED CARS WILL BE TICKETED AND TOWED per Clarkstown Police Dept.

Spectators: Only swimmers, coaches and officials will be allowed on deck. Everyone else must remain in the spectator area.

REGULATIONS PROHIBIT SMOKING IN ANY BUILDING ON *Felix Festa Middle School* AND WITHIN 50 FEET OF ANY ENTRANCEWAYS.

NO FOOD IS ALLOWED ON DECK. LIQUID REFRESHMENTS MAY BE CONSUMED FROM PLASTIC BOTTLES. NO GLASS OR JUICE BOXES ARE ALLOWED

Concessions: the meet host will serve food and beverages.

Insurance: All swimmers must be currently registered with USA swimming. Unregistered or Improperly registered entries will be scratched as per metro rules. It will be the responsibility of the athlete's coach to correct registration issues.

Rules: Current USA Swimming rules will govern this meet.

Age: Age group will be determined by the swimmer's age as of the first day of the meet.

Awards: Medals 1st-3rd place and ribbons 4th-8th places in all age groups.

Awards will be given only to a coach or team representative at the end of each session.

All awards for each team must be picked up.

No awards will be mailed, except in case of computer failure.

Any officials interested in helping out at the meet, please contact Tina Ficarelli at mommiefic@yahoo.com

Directions

From New Jersey

1. Take the Garden State Parkway I New Jersey or Rte 287 North in New Jersey.
2. Either highway joins the New York State Thruway (Route 87). Follow signs for New York State Thruway South toward Tappan Zee Bridge.
3. Exit the NY State Thruway at exit 13N (Palisades Parkway North).
4. Exit the Palisades Parkway at Exit 10.
5. Follow to the end of the ramp and make a right at the light onto Germonds Road.
6. Take Germonds to next light and cross over Route 304.
7. Go straight on Germonds Road.
8. Head straight onto Parrott Road.
9. Entrance to building will be on your left.

Alternate from New Jersey:

Take the Palisades Parkway North from Fort Lee (instead of the GSP or Route 287).

Then follow from #4 above.

From New York City

Take the George Washington Bridge to the Palisades Parkway North.

Then follow from # 4 above.

From Westchester County Vicinity

Take the Tappan Zee Bridge. Follow the New York State Thruway North (Route 87) to exit 13N, Palisades Parkway North.

Then follow from #4 above.

From North of Rockland County

Take the New York State Thruway South (Route 87) to exit 13N Palisades Parkway North.

Then follow from # 4 above.

Alternate from North of Rockland County:

Take the Palisades Parkway South from the Bear Mountain vicinity to exit 10.

Then follow from #4 above

[Mapquest](#)

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**Session 1
Saturday Morning
July 19, 2008
Warm up 07:00 AM
Check in 07:30 AM
Start 08:05 AM**

- 1 Girls 10 & Under 200 Freestyle
- 2 Boys 10 & Under 200 Freestyle
- 3 Girls 11-12 200 Freestyle
- 4 Boys 11-12 200 Freestyle
- 5 Girls 10 & Under 100 Breaststroke
- 6 Boys 10 & Under 100 Breaststroke
- 7 Girls 11-12 100 Breaststroke
- 8 Boys 11-12 100 Breaststroke
- 9 Girls 10 & Under 50 Backstroke
- 10 Boys 10 & Under 50 Backstroke
- 11 Girls 11-12 50 Backstroke
- 12 Boys 11-12 50 Backstroke
- 13 Girls 10 & Under 100 Butterfly
- 14 Boys 10 & Under 100 Butterfly
- 15 Girls 11-12 100 Butterfly
- 16 Boys 11-12 100 Butterfly
- 17 Girls 10 & Under 50 Freestyle
- 18 Boys 10 & Under 50 Freestyle
- 19 Girls 11-12 50 Freestyle
- 20 Boys 11-12 50 Freestyle

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**Session 2
Saturday Distance Events
July 19, 2008
Warm up 12:00 PM
Check In 12:30 PM
Start 01:05 PM**

Swimmers need to provide their own timers

- 21 Girls Open 400 IM
- 22 Boys Open 400 IM
- 23 Girls Open 400 Freestyle
- 24 Boys Open 400 Freestyle

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Session 3

Saturday Evening

July 19, 2008

Warm up 05:00 PM

Check In 05:30 PM

Start 06:05 PM

- 25 Girls 13 & Over 200 Freestyle
- 26 Boys 13 & Over 200 Freestyle
- 27 Girls 13 & Over 100 Breaststroke
- 28 Boys 13 & Over 100 Breaststroke
- 29 Girls 13 & Over 100 Butterfly
- 30 Boys 13 & Over 100 Butterfly
- 31 Girls 13 & Over 200 Breaststroke
- 32 Boys 13 & Over 200 Breaststroke
- 33 Girls 13 & Over 200 Backstroke
- 34 Boys 13 & Over 200 Backstroke

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Session 4

Sunday Morning

July 20, 2008

Warm up 07:00 AM

Check In 07:30 AM

Start 08:05 AM

- 35 Girls 10 & Under 200 IM
- 36 Boys 10 & Under 200 IM
- 37 Girls 11/12 200 IM
- 38 Boys 11/12 200 IM
- 39 Girls 10 & Under 50 Breaststroke
- 40 Boys 10 & Under 50 Breaststroke
- 41 Girls 11/12 50 Breaststroke
- 42 Boys 11/12 50 Breaststroke
- 43 Girls 10 & Under 100 Backstroke
- 44 Boys 10 & Under 100 Backstroke
- 45 Girls 11/12 100 Backstroke
- 46 Boys 11/12 100 Backstroke
- 47 Girls 10 & Under 50 Butterfly
- 48 Boys 10 & Under 50 Butterfly
- 49 Girls 11/12 50 Butterfly
- 50 Boys 11/12 50 Butterfly
- 51 Girls 10 & Under 100 Freestyle
- 52 Boys 10 & Under 100 Freestyle
- 53 Girls 11/12 100 Freestyle
- 54 Boys 11/12 100 Freestyle

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Session 5

Sunday Distance Events

July 20, 2008

Warm up 12:00 PM

Check In 12:30 PM

Start 01:05 PM

Swimmers need to provide their own timers and counters

55 Girls Open 800 Freestyle

56 Boys Open 800 Freestyle

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Session 6

Sunday Evening

July 20, 2008

Warm up 05:00 PM

Check In 05:30 PM

Start 06:05 PM

- 57 Girls 13 & Over 200 IM
- 58 Boys 13 & Over 200 IM
- 59 Girls 13 & Over 100 Backstroke
- 60 Boys 13 & Over 100 Backstroke
- 61 Girls 13 & Over 50 Freestyle
- 62 Boys 13 & Over 50 Freestyle
- 63 Girls 13 & Over 200 Butterfly
- 64 Boys 13 & Over 200 Butterfly
- 65 Girls 13 & Over 100 Freestyle
- 66 Boys 13 & Over 100 Freestyle

