



“8th Annual Early Bird Invitational”
November 20, 21, 22 2009
091116

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #091116
- LOCATION:** **Washingtonville High School**
54 West Main Street
Washingtonville, NY 10992
- FACILITY:** 25 yard pool with six 7-foot lanes; Non-turbulent lane lines;
Ample seating for 350 is available. Colorado electronic timing system and scoreboard.
The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1 – 4:00 pm Warm-up 4:30 pm Start
Session 2 – 5:30 pm Warm-up 6:15 pm Start
Session 3 – 8:00 am Warm-up 9:00 am Start
Session 2 – 2:00 pm Warm-up 3:00 pm Start
Session 5 – 8:00 am Warm-up 9:00 am Start
Session 6 – 2:00 pm Warm-up 3:00 pm Start
- FORMAT:** All events are timed finals. Slow to fast standard Pre-Seed Seeding. Metropolitan Association scratch rules will be in effect for this meet.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on **November 20, 2009** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.
The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** Limit of 4 events per session. Meet will be run using Hy-Tek's Meet Manager. All entries must be in yards; NT's will not be accepted. All entries must be sent in Team Manager format
- U.S. Mail Payment to: **Aqua Gems Swimming PO Box 221 Warwick, NY 10990**
Email Entries/Confirm Entry Receipt: **feedercoach@yahoo.com**
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **November 7th, 2009**.
2: The final entry deadline for this meet is **November 14th, 2009**
3: Metro entries received between **November 8th, 2009** and **November 14th, 2009** and all entries from other LSC's will be entered in the order they were received, as space allows.
An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$3.00** per individual even must accompany the entries.
Make check payable to: **Aqua Gems Swimming**.
Payment must be received by **10 days prior to the meet or delivered the day of the meet to the meet director** for email entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** **Assigned warm up procedures will be in effect**
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30

minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.

COACHES: In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

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

OFFICIALS: **Meet Referee: John Greer email: johnwgreer2727@yahoo.com**
Officials wishing to volunteer should contact Meet Referee by **November 1, 2009.**

MEET DIRECTOR: **Tim Olsen email: feedercoach@yahoo.com**
603-903-2655 or 603-313-7084

RULES: The current USA Swimming Rules and Regulations will apply.
The USA Swimming Code of Conduct is in effect for the duration of the meet.
The overhead start procedure may be used at the discretion of the meet Referee.

SAFETY: Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Aqua Gems Swimming**, Washingtonville School District, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: **Adults \$4.00 Program \$3.00 per session**

MERCHANTS: A complete snack bar will be available in a classroom removed the seating area, including hot breakfast and lunch items. For the afternoon sessions, we will offer hot items such as pizza, hot dogs etc. Food will be available in designated area only. Food or glass bottles will not be allowed in the facility.

Our Swimming Merchant will be:

Ultimate Swim Shop.
463 Main Street,
Metuchen, New Jersey 08840
1-800-628-SWIM
info@ultimateswimshop.com

PARKING: Park in appropriate marked spots. Illegally parked cars will be towed at the owner's expense.

DIRECTIONS: <http://www.mapquest.com/>

Entries will be verified by a return email and .pdf file attachment of entry lists from Aqua Gems. A subsequent email from originator will be used as acceptance of entries by the submitting team. Lack of a subsequent email from originator may lead to non-verification of entries. Checks for entry fees must be sent to

Aqua Gems Swimming
PO Box 221, Warwick, NY 10990
10 days prior to the day of the meet or delivered the day of the meet to the meet director

Aqua Gems "Early Bird Invitational" – SUNY Orange
November 20, 21, 22- 2009
Sanction # 091116

Please fill in cut, paste and email with your entries

CLUB: _____ CLUB CODE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

PHONE: _____ E-MAIL ADDRESS: _____

CLUB CONTACT: _____ PHONE: _____

Entrv Fees: Make check payable to: **Aqua Gems Swimming**

Total Individual Events _____ x \$3.00 = _____

Total Relay Events _____ x \$8.00 = _____

Total Swimmers (non-disk surcharge) _____ x \$1.00 = _____

TOTAL DUE _____

Mail to: Tim Olsen Email entries – feedercoach@yahoo.com (Hytek entry event list will be available on the metro website – <http://www.metroswimming.org/Calendar/Calendar.html>

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., Aqua Gems Swim Club , SUNY Orange, County of Orange 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.

Session: 1 Friday Afternoon

Day of Meet: 1 Warm-up : 4:00pm Start : 4:30pm

Round Event – Heats may be limited due to Timeline

Finals 1 Girls 1000 Freestyle

Finals 2 Boys 1000 Freestyle

Session: 2 Friday Night

Day of Meet: 1 Warm-up 5:30pm Start 6:15pm

Round # Event

Finals 3 Girls 11-12 200 Freestyle

Finals 4 Boys 11-12 200 Freestyle

Finals	5	Girls 13-14 200 Freestyle
Finals	6	Boys 13-14 200 Freestyle
Finals	7	Girls 10 & Under 200 Freestyle
Finals	8	Boys 10 & Under 200 Freestyle
Finals	9	Girls 200 Freestyle
Finals	10	Boys 200 Freestyle
Finals	11	Girls 11-12 200 IM
Finals	12	Boys 11-12 200 IM
Finals	13	Girls 13-14 500 Freestyle
Finals	14	Boys 13-14 500 Freestyle
Finals	15	Girls 500 Freestyle
Finals	16	Boys 500 Freestyle

Session: 3 Saturday Morning

Day of Meet: 2 Warm-up 8:00 am Start 9:00am

Round	#	Event
Finals	17	Girls 11-12 100 Freestyle
Finals	18	Boys 11-12 100 Freestyle
Finals	19	Girls 9-10 100 Freestyle
Finals	20	Boys 9-10 100 Freestyle
Finals	21	Girls 11-12 100 Breaststroke
Finals	22	Boys 11-12 100 Breaststroke
Finals	23	Girls 9-10 50 Breaststroke
Finals	24	Boys 9-10 50 Breaststroke
Finals	25	Girls 11-12 100 Butterfly
Finals	26	Boys 11-12 100 Butterfly
Finals	27	Girls 9-10 50 Butterfly
Finals	28	Boys 9-10 50 Butterfly
Finals	29	Girls 11-12 50 Backstroke
Finals	30	Boys 11-12 50 Backstroke
Finals	31	Girls 9-10 100 Backstroke
Finals	32	Boys 9-10 100 Backstroke
Finals	33	Girls 11-12 100 IM
Finals	34	Boys 11-12 100 IM
Finals	35	Girls 9-10 200 Medley Relay
Finals	36	Boys 9-10 200 Medley Relay
Finals	37	Girls 11-12 200 Medley Relay
Finals	38	Boys 11-12 200 Medley Relay

Session: 4 Saturday Afternoon

Day of Meet: 2 Warm-up 2:00 PM Start 3:00 pm

Round	#	Event
Finals	39	Girls 13-14 400 IM
Finals	40	Boys 13-14 400 IM
Finals	41	Girls 400 IM
Finals	42	Boys 400 IM
Finals	43	Girls 8 & Under 50 Freestyle
Finals	44	Boys 8 & Under 50 Freestyle
Finals	45	Girls 50 Freestyle
Finals	46	Boys 50 Freestyle
Finals	47	Girls 13-14 50 Freestyle
Finals	48	Boys 13-14 50 Freestyle
Finals	49	Girls 8 & Under 50 Breaststroke
Finals	50	Boys 8 & Under 50 Breaststroke
Finals	51	Girls 100 Breaststroke
Finals	52	Boys 100 Breaststroke
Finals	53	Girls 13-14 100 Breaststroke

Finals	54	Boys 13-14 100 Breaststroke
Finals	55	Girls 8 & Under 50 Butterfly
Finals	56	Boys 8 & Under 50 Butterfly
Finals	57	Girls 100 Butterfly
Finals	58	Boys 100 Butterfly
Finals	59	Girls 13-14 100 Butterfly
Finals	60	Boys 13-14 100 Butterfly
Finals	61	Girls 8 & Under 200 Medley Relay
Finals	62	Boys 8 & Under 200 Medley Relay
Finals	63	Girls 200 Backstroke
Finals	64	Boys 200 Backstroke
Finals	65	Girls 13-14 200 Backstroke
Finals	66	Boys 13-14 200 Backstroke
Finals	67	Girls 200 Medley Relay
Finals	68	Boys 200 Medley Relay

Session: 5 Sunday Morning

Day of Meet: 3 Warm-up 8:00 am Start 9:00am

Round	#	Event
Finals	69	Girls 11-12 50 Freestyle
Finals	70	Boys 11-12 50 Freestyle
Finals	71	Girls 9-10 50 Freestyle
Finals	72	Boys 9-10 50 Freestyle
Finals	73	Girls 200 Breaststroke
Finals	74	Boys 200 Breaststroke
Finals	75	Girls 11-12 50 Breaststroke
Finals	76	Boys 11-12 50 Breaststroke
Finals	77	Girls 9-10 100 Breaststroke
Finals	78	Boys 9-10 100 Breaststroke
Finals	79	Girls 11-12 100 Backstroke
Finals	80	Boys 11-12 100 Backstroke
Finals	81	Girls 9-10 50 Backstroke
Finals	82	Boys 9-10 50 Backstroke
Finals	83	Girls 200 Butterfly
Finals	84	Boys 200 Butterfly
Finals	85	Girls 9-10 100 Butterfly
Finals	86	Boys 9-10 100 Butterfly
Finals	87	Girls 11-12 50 Butterfly
Finals	88	Boys 11-12 50 Butterfly
Finals	89	Girls 9-10 100 IM
Finals	90	Boys 9-10 100 IM
Finals	91	Girls 11-12 200 Free Relay
Finals	92	Boys 11-12 200 Free Relay
Finals	93	Girls 9-10 200 Free Relay
Finals	94	Boys 9-10 200 Free Relay

Session: 6 Sunday Afternoon

Day of Meet: 3 Warm-up 2:00 PM Start at 3:00 pm

Round Event

Finals	95	Girls 8 & Under 100 Freestyle
Finals	96	Boys 8 & Under 100 Freestyle
Finals	97	Girls 100 Freestyle
Finals	98	Boys 100 Freestyle
Finals	99	Girls 13-14 100 Freestyle
Finals	100	Boys 13-14 100 Freestyle
Finals	101	Girls 8 & Under 50 Backstroke
Finals	102	Boys 8 & Under 50 Backstroke
Finals	103	Girls 100 Backstroke
Finals	104	Boys 100 Backstroke
Finals	105	Girls 13-14 100 Backstroke
Finals	106	Boys 13-14 100 Backstroke
Finals	107	Girls 8 & Under 100 IM
Finals	108	Boys 8 & Under 100 IM
Finals	109	Girls 200 IM
Finals	110	Boys 200 IM
Finals	111	Girls 13-14 200 IM
Finals	112	Boys 13-14 200 IM
Finals	113	Girls 8 & Under 200 Freestyle Relay
Finals	114	Boys 8 & Under 200 Freestyle Relay
Finals	115	Girls 400 Freestyle Relay
Finals	116	Boys 400 Freestyle Relay
Finals	117	Girls 13-14 400 Freestyle Relay
Finals	118	Boys 13-14 400 Freestyle Relay

Events without ages are open events