



2009 GR8&U Meet

Sunday June 14th, 2009

Metro LSC Sanction # 090605

Asphalt Green AquaCenter

1750 York Avenue (at 91st St), New York, NY 10040

Sunday, June 14th Prelims – Warm Up: 8:00 AM / Start: 8:30 AM

Women #	Event	Men #
1	100 Individual Medley	2
3	25 Butterfly	4
5	50 Freestyle	6
7	25 Backstroke	8
9	50 Breaststroke	10
11	25 Freestyle	12
13	50 Backstroke	14
15	25 Breaststroke	16
17	50 Butterfly	18
19	100 Freestyle	20

ENTRY FEES

Individual Events: **\$3.00 per event.** Fees must accompany mailed entries and/or be paid in full by before the meet starts. Checks are payable to: **Asphalt Green, Inc.**

MAIL ENTRIES

Brian Brown, AGUA Head Coach
555 East 90th Street
New York, NY 10128
Email: MeetDirector@asphaltgreen.org or Clare Clemens Cclemens@asphaltgreen.org

ENTRY LIMIT

Swimmers will be limited to 4 events for the entire meet. Seeding will be by short course yard times only. **Cuts will be made to ensure meet ends by 10:00am. No "NT"(No Time) will be permitted.**

FORMAT

Timed Finals

DEADLINE

Entries must be received by **June 5, 2009.** Entries will be accepted in the order in which they are received. **Cuts to keep within the time allowed for the session will be made as necessary.**

FACILITY

1 x 8-lane 25-yard pool.

RULES

Current USA Swimming rules are in effect. The USA Swimming Code of Conduct is in effect for the duration of the meet. Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet.

SCRATCHES

Scratches are due 30 minutes before the start of the Prelims session each day.

ELIGIBILITY

All swimmers must be currently registered with USA Swimming. Registration will be verified with the Metro Office. Swimmers with disabilities are encouraged to attend. If you need special considerations contact the meet director.

AWARDS

Individual events: Ribbons 1st-8th.

QUESTIONS

Email: MeetDirector@asphaltgreen.org or call **Meet Director Brian Brown 212-369-8890 x 2234** or **Coach Clare Clemens 212-369-8890 x 2250.**

ADMISSIONS

Adult Admission (18 & Over): \$5.00 per person. Session Program: \$3.00 per session.

SPECTATORS

Only swimmers, coaches, officials and timers will be allowed on deck. **No smoking is allowed in the building. No food or glass bottles are allowed on pool deck.** Teams are required to police and maintain their areas on the pool deck.

CONCESSIONS

Refreshments will be available and must be consumed in the designated areas only. No food or glass bottles will be allowed on the pool deck or in the spectator area.

PARKING

The following garages are available for parking during the meet: **The Hamilton** – 1735 York Ave (90th between York & 1st Ave) \$10 from 6:00 am - 7:30 pm or **The Andover** – 1675 York Ave (88th & 89th York Ave) \$9.00 from 6:00 am - 7:00 pm weekdays and \$11.00 from 6:00 am - 7:00 pm weekends.