



Condors
November Age Group Open
Invitational

November 20th – 22nd, 2009

Sanction #091107
Time Trial #091153-T

Invited Teams: All teams within the Metro LSC and Bluefish Swim Club, Cheshire YMCA, NJ Wave, Bergen Barracudas, Greenwich Dolphins, Stanford Sharks and Morris County Swim Club

Any other teams who would like to be invited, please contact Office@CondorsSwimming.com

Condors November Age Group Open Invitational

November 20 – 22, 2009

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 091107

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

FACILITY: 50 meter pool with 7-foot lanes and non-turbulent lane lines. Shallow end of pool will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators. The pool has not been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session 1: Friday Distance - Warm-Up 4:30 PM, Start 5:30 PM
Session 2: Saturday Morning – Warm-Up 7:00 AM, Start 8:00 AM
Session 3: Saturday Afternoon – Warm-Up 1:00 PM, Start 2:00 PM
Session 4: Sunday Morning – Warm-Up 7:00 AM, Start 8:00 AM
Session 5: Sunday Afternoon – Warm-Up 1:00 PM, Start 2:00 PM

FORMAT: This will be a timed finals event.
This is a deck seeded meet.

ELIGIBILITY: Open to all Invited 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 SWIMMER: 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: Swimmers may be entered in 3 individual events per day. **No NT's will be accepted.**

Invited teams will be given priority in acceptance of entries.

The Women's Open 1000 Free and Men's Open 1650 Free will run fastest to slowest alternating boys and girls. Swimmers will need to provide their own timers for the 1000 and 1650 Free. The 1000 and 1650 may be limited to the fastest 3 heats. Entries may be cut by time, and teams will be informed of any cuts at least 2 weeks prior to the meet. The host team reserves the right to keep its swimmers entered in the meet.

Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.

U.S. Mail Entries/Payment to:

**Condors Swim Club
115 North Main Street
New City, NY 10956**

Email Entries/Confirm Entry Receipt: **MeetEntries@CondorsSwimming.com**
Sign Express Mail Waiver allowing delivery without signature.

DEADLINE: Entries must be received by : **November 6, 2009**

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: **Condors Swim Club.**

Payment must be received by **November 6, 2009** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

- WARM-UP:** The first 40 minutes will be general warm-up. The last 20 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Lanes 3 & 6 will be assigned as necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.
- SCRATCH:** 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:** Medals will be awarded to 1st – 3rd place in each event and ribbons for 4th – 8th place.
- OFFICIALS:** **Meet Referee:** Mike Natale
Officials wishing to volunteer should contact Meet Referee by email mfnc45@optonline.net
- MEET DIRECTOR:** Tom Keaveney, contact information phone: 914-557-8922,
email Trooper4560@optonline.net
- 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 **Clarkstown Central School District, Condors Swim Club**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION** \$5.00 Adults/session
\$3.00 Program/session
- MERCHAN:** Metro Swim Shop will be available with swimming merchandise throughout the meet.
- PARKING:** There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing.

DIRECTION: 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
Warm-up: 4:30PM
Start: 5:30PM

Girls	Event	Boys
1	13 & Over 500 Free	2
3	12 & Under 400 IM	4
5	Women Open 1000 Free	
	Men Open 1650 Free	6

*The Women's 1000 Free and Men's Open 1650 Free will run fastest to slowest alternating boys and girls.

*The 1000 Free and 1650 Free may be limited to the fastest 3 heats of each event.

*Swimmers in the 1000 Free and 1650 Free will need to provide their own timers.

Saturday AM Session
Warm-up: 7:00AM
Start: 8:00AM

Girls	Event	Boys
7	10 & Under 200 Individual Medley	8
9	13-14 100 Freestyle	10
11	10 & Under 50 Backstroke	12
13	13-14 200 Butterfly	14
15	10 & Under 100 Butterfly	16
17	13-14 100 Backstroke	18
19	10 & Under 50 Freestyle	20
21	13-14 200 Freestyle	22
23	10 & Under 100 Breaststroke	24
25	13-14 100 Breaststroke	26

Saturday PM Session

Warm-up: 1:00PM

Start: 2:00PM

Girls	Event	Boys
27	Senior 100 Freestyle	28
29	11-12 200 Individual Medley	30
31	Senior 200 Butterfly	32
33	11-12 50 Backstroke	34
35	Senior 100 Backstroke	36
37	11-12 100 Butterfly	38
39	Senior 200 Freestyle	40
41	11-12 50 Freestyle	42
43	Senior 100 Breaststroke	44
45	11-12 100 Breaststroke	46
47	Senior 400 Individual Medley	48

Sunday AM Session

Warm-up: 7:00AM

Start: 8:00AM

Girls	Event	Boys
49	10 & Under 200 Freestyle	50
51	13-14 200 Individual Medley	52
53	10 & Under 50 Breaststroke	54
55	13-14 200 Backstroke	56
57	10 & Under 100 Backstroke	58
59	13-14 50 Freestyle	60
61	10 & Under 50 Butterfly	62
63	13-14 200 Breaststroke	64
65	10 & Under 100 Freestyle	66

67	13-14 100 Butterfly	68
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Sunday PM Session
Warm-up: 1:00PM
Start: 2:00PM

Girls	Event	Boys
69	Senior 200 Individual Medley	70
71	11-12 200 Freestyle	72
73	Senior 200 Backstroke	74
75	11-12 50 Breaststroke	76
77	Senior 50 Freestyle	78
79	11-12 100 Backstroke	80
81	Senior 200 Breaststroke	82
83	11-12 50 Butterfly	84
85	Senior 100 Butterfly	86
87	11-12 100 Freestyle	88
89	Senior 500 Freestyle	90