



Condors NCAA Format Invitational

January 30 – February 1, 2009

Felix Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994
Sanction # 090114

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 January 30, 2009 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. 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 600 spectators.
- Rules:** USA Swimming Code of Conduct is in effect during the swim meet. SCY will be the official course of the meet. Saturday and Sunday events will be swum as Prelims and Finals. There will be 2 heats of finals. All relays will be held with Finals. Time Trials will not be offered at the meet. 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 50 minutes will be general warm-up. The last 40 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:** Special awards for 1st-3rd 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, January 9th. Entry files for all other teams must be received by Friday, January 16th.
- Entry Fees:** \$3.00 per individual event for Timed Finals.
\$4.00 per individual event for Prelims/Finals.
\$8 per relay 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 Evening – Session 1 **Warm-up 4:30pm/ Start 6:00pm**

1	1650 yard Freestyle Timed Final	2
3	400 yard Medley Timed Final	4
5	200 yard Freestyle Relay Timed Final	6

Saturday Morning – Session Two **Warm-up 7:30am/ Start 9:00am**

9	200 yard Individual Medley	10
11	500 yard Freestyle	12
13	100 yard Breaststroke	14
15	200 yard Backstroke	16
17	100 yard Freestyle	18
19	200 yard Butterfly	20

Saturday Evening – Session Three
Warm-up 3:30pm/ Start 5:00pm

7	400 yard Medley Relay Timed Final	8
9	200 Individual Medley Final	10
11	500 yard Freestyle Final	12
13	100 yard Breaststroke Final	14
15	200 yard Backstroke Final	16
17	100 yard Freestyle Final	18
19	200 yard Butterfly Final	20
21	800 Free Relay Timed Final	22

Sunday Morning – Session Four
Warm-up 7:30am/ Start 9:00am

25	200 yard Freestyle	26
27	100 yard Butterfly	28
29	100 yard Backstroke	30
31	200 yard Breaststroke	32
33	50 yard Freestyle	34

Sunday Evening – Session Five
Warm-up 3:30pm/ Start 5:00pm

23	200 yard Medley Relay Timed Final	24
25	200 yard Freestyle Final	26
27	100 yard Butterfly Final	28
29	100 yard Backstroke Final	30
31	200 yard Breaststroke Final	32
33	50 yard Freestyle Final	34
35	400 yard Freestyle Relay Timed Final	36