

2009
Metropolitan Long Course
Junior Olympic Championships
July 31-August 2, 2009

Time Standards corrected July 16, 2009

ENTRY PACKET

Sanction # 090711
Time Trials Sanction # 090752-T

Felix Festa Middle School
30 Parrot Road West Nyack, NY 10954

Hosted by
Condors Swim Club

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

General Chair: Bob Vializ

Age Group Chair: Edgar Perez and Erik Hertenstein

Athletes Representative: Zach Coleman and Eric Heinemann

Coaches Representative: Larry Collins

Meet Director: Bob Carlucci

2009 LC Metropolitan Junior Olympic Swimming Championships July 31-August 2, 2009

Sessions: (10 & U, 13 - 14) Warm-up: 8:00am Start: 9:00am
(11 - 12, 15 -18) Warm-up: 1:30pm Start: 2:30pm

Warm-up/Start times may be adjusted after all entries are received. Teams will be notified of any change. A 5-10 minutes break (warm-up/warm-down) may be added to each session.

Site: Felix Festa Middle School –West Nyack, New York. Eight lanes 50-meter pool with non-turbulent lane lines. Daktronics 8-Line Scoreboard. Seating for 600 spectators.

Awards: Medals for 1st through 8th places, and ribbons for 9th through 16th places in Individual Events. Medals for 1st through 3rd, and ribbons for 4th - 8th places in Relay Events. Top 3 places Individual High Point Awards in each Age Group 10-Under, 11-12, 13-14 & 15-18. Combined Team Award 10&Under, 11-12, and 13-14. Overall 14-Under Team Award.

Events: All Events are Timed Finals. **CONVERTED TIMES WILL NOT BE ALLOWED. Times must have been achieved in either Long Course Meters, Short Course Yards or Short Course Meters, between July 28, 2008 and the entry deadline.**

Scoring: Individual Events: (1st-16th Place) 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1
Relay Events: (1st-16th Place) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
NOTE: Only two relays per club may score.

Admission: Adults: \$ 5.00 Children: \$ 2.00 Session Programs: \$ 3.00

Parking: Free parking in School Lots as long as space is available.

Eligibility: All swimmers must be registered with USA-Swimming and Metropolitan Swimming. A swimmer may enter any number of individual events for which he/she has met the qualifying time, but **may not swim more than three (3) individual events per any one-day excluding relays**. Failure to scratch will result in the swimmer swimming the first three events they are entered in on that day. Entry times must equal or better the qualifying standards. **Long course meter times will be the conforming standards and will be seeded first, followed by SCM & SCY.** Times must have been achieved between **July 28, 2008** and the entry deadline.

SWIMMERS WITH DISABILITIES ARE ENCOURAGED TO ENTER.

Entry Fees: \$4.00 per Individual Event, \$10.00 per Relay, \$1.00 Metropolitan surcharge (including RELAY ONLY SWIMMERS). Make Checks payable to **Condors Swim Club (NO REFUNDS)**.

Entries: Hy-Tek E-mail entries are preferred (email to JuniorOlympics@CondorsSwimming.com) **Entry times may NOT be converted.** They must be submitted in **LCM, SCY or SCM times**. **Long course meter times will be the conforming standards and will be seeded first, followed by SCM & SCY. A meet entries Recon through the USA-Swimming database (SWIMS) will be performed before the meet to proof eligibility.** Team Manager Hy-Tek Entries on a 3 ½”

diskette, labeled with the team name (along with a hard copy) is a second option of entry. Relay only swimmers must also be listed on the Master Entry Form. An Entry Summary with a signed waiver must accompany each entry, regardless of whether entries are submitted via e-mail, diskette or in writing. All results will be e-mailed to the team representative. The Name, Address, and Phone Number of Club Official must be included on the form.

Please include coaches' email address. In case of dispute, the official entry form will be considered the only document of entry. A swimmer's age as of July 31, 2009 will determine the swimmer's age group for the meet. **NT's and Deck Entries will not be accepted.**

Meet Director: Bob Carlucci: telephone number 845-638-4381

Entry Deadline: All entries must be in hand no later than **Tuesday, July 21, 2009**. Entries received after the deadline will be rejected.

SIGN EXPRESS MAIL WAIVER allowing delivery without signature.

Mail Check (**payable to Condors Swim Club**), Diskette and Entry Forms:

Condors Swim Club
115 North Main Street
New City, NY 10956
Phone: 845.638.4381
Fax: 845.638.6181

Email: JuniorOlympics@CondorsSwimming.com

NOTE: **Metropolitan Swimming will impose a fine on any swimmer failing to equal or better the listed cut-off times if the entry time cannot be proven by August 31, 2009.**

Timers: Volunteer Timers are welcome. Timers must report 30 minutes before the start of each session.

Scratches: This meet will be deck seeded. Non Conforming times will be seeded last. **All scratches will be due no later than thirty (30) minutes before each published session start time.** Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES. Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the meet. Coaches should inform their swimmers to leave plenty of time for traffic etc. Athletes who miss a race in which they were seeded and did not properly deck scratched **will be barred from their next individual event.** Relay swimmers' names must be submitted **in the order in which they will swim.** **If a team fails to scratch a relay by the scratch deadline,** and that relay is a No Show, **all future relays of that team must be positively checked in** at the computer table for the relays to be seeded.

Coaches: **All coaches must be registered for 2009 and will only be allowed on deck if all their certifications are current. All coaches MUST carry their up-to-date USA-Swimming 2009 Registration Card in a visible manner.**

Officials: **Certified Metro Officials will be used. Metro Officials wishing to volunteer their time should contact Mike Natale at MFNNC45@optonline.net**

Protests: All competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protests will be handled at the time the meet jury determines.

Time Trials: A separate sanction number will be used for time trial purposes. Swimmer must be entered in the meet **in individual events** to participate in time trials. **Time trials will be held at the discretion of the Meet Director if time permits. Time trials count as one of the 3 individual events limit per day. Fee for time trials is \$5.00 per event, payable at sign-up. Please note that there is a limit of two (2) time trials over the course of the weekend.**

Meet Decorum: Each club is requested to handle its own team and discipline problems. Anyone found vandalizing school property, stealing or displaying disorderly conduct will be subject to disqualification, ejection from the meet, and possible criminal prosecution.

Vendors: Refreshments will be available for purchase in the lower lobby throughout the meet. Please eat outside the pool area and place trash in the proper receptacles. The Metro Swim Shop will provide swimming apparel and related items for sale opposite the spectator entry.

Note: **No Food or drinks will be allowed on the pool deck. Plastic water bottles however, are acceptable. Coaches please monitor your team's area.**

IMPORTANT:

In Case of Emergency Call: 845.638.4380

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

2009 Metropolitan Long Course Summer Junior Olympics

July 31-August 2, 2009

Note: One or two “5 minutes” breaks may be added for warm-up/warm down at each session.

SESSION # 1.

Friday July 31, 2009 Warm-up 8:00am Start 9:00am

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
1	NCT	NCT	NCT	13-14	200 m	Medley Relay	NCT	NCT	NCT	2
3	1:18.59	1:11.49	1:24.99	10&U	100 m	Freestyle	1:27.99	1:11.59	1:18.59	4
5	1:04.89	57.49	1:08.99	13-14	100 m	Freestyle	1:05.99	54.99	1:00.59	6
5 minutes Break warm-up/warm-down										
7	47.59	42.99	51.99	10&U	50 m	Breaststroke	53.99	43.99	53.29	8
9	1:24.59	1:16.49	1:31.99	13-14	100 m	Breaststroke	1:26.99	1:12.99	1:20.59	10
11	40.99	37.49	45.59	10&U	50 m	Backstroke	47.59	37.99	41.09	12
13	1:12.39	1:05.69	1:19.99	13-14	100 m	Butterfly	1:13.99	1:01.59	1:08.09	14
5 minutes Break warm-up/warm-down										
15	5:52.09	6:44.99	6:14.99	10&U	400 m	Freestyle	6:14.99	6:44.99	5:52.09	16
17	4:53.89	5:35.99	5:14.99	13-14	400 m	Freestyle	5:05.99	5:24.99	4:45.09	18

SESSION # 2.

Friday July 31, 2009 Warm-up 1:30pm Start 2:30pm

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
19	NCT	NCT	NCT	11-12	200 m	Medley Relay	NCT	NCT	NCT	20
21	NCT	NCT	NCT	15-18	200 m	Medley Relay	NCT	NCT	NCT	22
5 minutes Break warm-up/warm-down										
23	1:08.29	1:01.79	1:11.49	11-12	100 m	Freestyle	1:11.99	1:02.19	1:08.99	24
25	1:03.89	57.79	1:08.49	15-18	100 m	Freestyle	1:02.69	52.59	57.69	26
27	1:29.29	1:20.49	1:35.99	11-12	100 m	Breaststroke	1:36.99	1:21.59	1:30.29	28
29	1:22.39	1:15.19	1:29.99	15-18	100 m	Breaststroke	1:21.99	1:07.49	1:14.99	30
5 minutes Break warm-up/warm-down										
31	37.09	33.29	38.99	11-12	50 m	Backstroke	39.99	33.29	36.69	32
33	1:13.19	1:05.49	1:18.99	15-18	100 m	Butterfly	1:09.99	58.99	1:05.09	34
35	2:56.79	2:39.99	3:03.99	11-12	200 m	Butterfly	3:03.99	2:39.99	2:56.79	36
37	4:50.29	5:31.99	5:11.99	15-18	400 m	Freestyle	4:49.99	5:19.99	4:39.59	38
39	5:17.59	6:03.99	5:29.99	11-12	400 m	Freestyle	5:29.99	6:03.99	5:17.59	40

SESSION # 3.

Saturday August 1, 2009 Warm-up 8:00am Start 9:00am

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
41	40.59	36.59	45.99	10&U	50 m	Butterfly	46.99	36.79	40.69	42
43	2:21.29	2:07.99	2:30.99	13-14	200 m	Freestyle	2:25.99	2:00.99	2:13.79	44
45	2:50.69	2:35.99	3:09.99	10&U	200 m	Freestyle	3:09.99	2:39.99	2:50.69	46
47	2:45.79	2:30.99	2:55.99	13-14	200 m	Butterfly	2:49.99	2:24.99	2:39.69	48
5 minutes Break warm-up/warm-down										
49	1:43.49	1:33.99	1:51.99	10&U	100 m	Breaststroke	1:56.99	1:35.99	1:45.79	50
51	1:13.99	1:04.69	1:20.99	13-14	100 m	Backstroke	1:16.99	1:02.99	1:09.29	52
53	1:31.09	1:22.19	1:40.99	10&U	100 m	Backstroke	1:42.99	1:22.19	1:31.09	54
55	5:39.59	5:06.99	5:59.99	13-14	400 m	Individual Medley	5:48.99	4:54.99	5:28.99	56
5 minutes Break warm-up/warm-down										
57	NCT	NCT	NCT	10&U	200 m	Freestyle Relay	NCT	NCT	NCT	58
59	NCT	NCT	NCT	13-14	400 m	Freestyle Relay	NCT	NCT	NCT	60

SESSION # 4.

Saturday August 1, 2009 Warm-up 1:30pm Start 2:30pm

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
61	2:27.69	2:13.99	2:37.99	11-12	200 m	Freestyle	2:36.99	2:15.49	2:30.29	62
63	2:18.49	2:04.49	2:29.99	15-18	200 m	Freestyle	2:15.99	1:54.99	2:06.69	64
65	41.49	37.19	43.99	11-12	50 m	Breaststroke	44.59	37.59	41.49	66
67	3:00.49	2:42.99	3:14.99	15-18	200 m	Breaststroke	2:59.99	2:30.99	2:46.99	68
5 minutes Break warm-up/warm-down										
69	1:18.59	1:11.09	1:24.99	11-12	100 m	Backstroke	1:25.99	1:11.59	1:18.79	70
71	1:13.79	1:06.49	1:19.99	15-18	100 m	Backstroke	1:11.99	1:00.49	1:07.29	72
73	35.29	31.59	36.99	11-12	50 m	Butterfly	37.99	32.09	35.49	74
75	5:38.99	5:04.99	5:55.09	15-18	400 m	Individual Medley	5:29.99	4:45.19	5:08.09	76
5 minutes Break warm-up/warm-down										
77	3:13.39	2:55.99	3:27.99	11-12	200 m	Breaststroke	3:27.99	2:59.99	3:17.59	78
79	NCT	NCT	NCT	15-18	400 m	Freestyle Relay	NCT	NCT	NCT	80
81	NCT	NCT	NCT	11-12	400 m	Freestyle Relay	NCT	NCT	NCT	82
5 minutes warm-up										
83	6:14.89	5:35.89	6:25.99	11-12	400 m	Individual Medley	6:25.99	5:35.89	6:14.89	84

SESSION # 5.**Sunday August 2, 2009 Warm-up 8:00am Start 9:00am**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
85	NCT	NCT	NCT	13-14	200 m	Freestyle Relay	NCT	NCT	NCT	86
87	NCT	NCT	NCT	10&U	200 m	Medley Relay	NCT	NCT	NCT	88
89	2:37.39	2:22.59	2:54.99	13-14	200 m	Backstroke	2:45.99	2:16.99	2:30.59	90
91	3:13.79	2:55.99	3:30.99	10&U	200 m	Individual Medley	3:43.99	2:59.99	3:18.99	92
5 minutes Break warm-up/warm-down										
93	2:38.09	2:23.49	2:50.99	13-14	200 m	Individual Medley	2:43.99	2:14.99	2:28.59	94
95	35.79	32.09	37.99	10&U	50 m	Freestyle	38.99	31.99	35.19	96
97	29.89	26.99	31.39	13-14	50 m	Freestyle	30.19	25.29	27.99	98
99	1:37.09	1:27.09	1:53.99	10&U	100 m	Butterfly	1:53.99	1:27.99	1:37.19	100
5 minutes Break warm-up/warm-down										
101	2:59.99	2:42.99	3:16.99	13-14	200 m	Breaststroke	3:09.99	2:39.99	2:55.79	102
103	NCT	NCT	NCT	10&U	400 m	Freestyle Relay	NCT	NCT	NCT	104
105	NCT	NCT	NCT	13-14	400 m	Medley Relay	NCT	NCT	NCT	106

SESSION # 6.**Sunday August 2, 2009 Warm-up 1:30pm Start 2:30pm**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
107	NCT	NCT	NCT	11-12	200 m	Freestyle Relay	NCT	NCT	NCT	108
109	NCT	NCT	NCT	15-18	200 m	Freestyle Relay	NCT	NCT	NCT	110
111	2:51.39	2:35.99	3:03.99	11-12	200 m	Backstroke	3:03.99	2:37.99	2:54.89	112
113	2:39.99	2:23.99	2:49.99	15-18	200 m	Backstroke	2:34.99	2:13.09	2:27.99	114
5 minutes Break warm-up/warm-down										
115	2:47.79	2:31.49	2:59.99	11-12	200 m	Individual Medley	3:02.99	2:32.59	2:48.89	116
117	2:39.09	2:22.09	2:49.99	15-18	200 m	Individual Medley	2:36.99	2:10.99	2:25.19	118
119	31.59	28.59	32.99	11-12	50 m	Freestyle	32.99	28.29	31.29	120
121	29.49	26.59	31.99	15-18	50 m	Freestyle	28.69	23.79	26.29	122
5 minutes Break warm-up/warm-down										
123	1:19.59	1:12.09	1:25.99	11-12	100 m	Butterfly	1:25.99	1:13.49	1:20.99	124
125	2:44.19	2:29.99	2:50.99	15-18	200 m	Butterfly	2:36.99	2:17.99	2:32.39	126
127	NCT	NCT	NCT	11-12	400 m	Medley Relay	NCT	NCT	NCT	128
129	NCT	NCT	NCT	15-18	400 m	Medley Relay	NCT	NCT	NCT	130

2009 Metropolitan Long Course Summer Junior Olympics at Felix Festa

JULY 31-August 2, 2009

Team Name _____ **Team Code** _____

Coach's Name _____

Address _____

Day Phone # _____ **Eve Phone #** _____

E-Mail Address: _____

MEET ENTRY REPORT

Metropolitan Swimmer Surcharge (must include relay only swimmers)

Females Entered x \$ 1.00 = _____

Males Entered x \$ 1.00 = _____

Individual and Relay Entry

Female Individuals Entries: _____ x \$4.00 = _____

Male Individual Entries: _____ x \$4.00 = _____

Female Relay Entries: _____ x \$10.00 = _____

Male Relay Entries: _____ x \$10.00 = _____

Total Amount Entries = _____

Make Check payable to Condors Swim Club

Mail Hy-Tek diskette, Hard Copy, Meet Entry Report and Check to:

Condors Swim Club
115 North Main Street New City, NY 10956
JuniorOlympics@CondorsSwimming.com

DUE DATE: Tuesday, July 21, 2009

SIGN EXPRESS MAIL WAIVER allowing delivery without signature.

Meet Director: Bob Carlucci 845-638-4381