



Riverbank RedTails Swim Team
6th Annual International LC Invitational
June 20th & 21st, 2009
Lehman College APEX Center
250 Bedford Park Blvd. West
Bronx, NY 10468
212-960-1134
Sanction: 090655-A

General information

1. **Facilities:** Eight lanes 50 meters Olympic size indoor pool, electronic timing system, non-turbulent lane lines.
2. **Awards:** A distinctive medal will be given to 1st, 2nd, and 3rd places. High Point awards will be given to top three individuals in each age division and top three teams.
3. **Entry Fees:** \$3.00 per individual event, \$ 8.00 per relay, \$1.00 per swimmer surcharge, non-Hy-Tek entries. Make Checks payable to NHT Redtails Swim Team. Send Entries to Coach Danny Trinidad at Riverbank State Park 679 Riverside Drive New York NY 10031, email entries to Moarroyo@aol.com.
4. **Entry Format:** If using Hy-Tek, entries must be on disk with printout included. If not using Hy-Tek, please submit entries on enclosed master form. Swimmers allowed only 4 individual events and 1 relay per day.
5. **Rules:** 2009 USA Swimming Rules will govern this meet. Metro safety and warm-up guidelines will be in effect. Please return the form that certifies that all swimmers are current USA/FINA members along with your entries. Please include name, phone number, email and times to call contact person if needed. All events are timed finals.
6. **Conditions:** Entries may have to be limited in order to keep the sessions at a 4 hour duration, as per Metropolitan Swimming regulations.
7. **Eligibility:** All swimmers must be USA/FINA registered. Age as of the first day of the meet will determine eligibility for age group events. **Swimmers with disabilities are encouraged to enter.**

8. **Parking**: Street parking will be available.
9. **Vending**: Refreshments and food will be available. Foods and glass of any kind are not permitted on the pool deck or in the seating area.
10. **Admission**: spectators will be required to pay admission fees for each session. Programs will be available as well.
11. **Supervision**: Each club is responsible for their team's discipline. Anyone found guilty of vandalism or disorderly conduct will be ejected from the facility.
12. **ID Cards**: Coaches and swimmers will be provided with ID cards that must be displayed at all times during the meet. Only swimmers and coaches with ID cards will be allowed on the pool deck.

Mail all entries to: Danny Trinidad – Head Swim Coach
Riverbank State Park – Aquatics Complex
679 Riverside Drive
New York, NY 10031
212.694-3669
e-mail entries to: Moarroyo@aol.com

Entry Deadline: Friday, 6/13/09

Note: Only Metro LSC entries will be accepted prior to May 30, 2009.

Riverbank RedTails Swim Team
6th Annual International Meet Event List

Session I

Saturday, June 20, 2009

8:30am Warm-up

9:30am Start time

Women

Men

1	15 & Over	200 Meter Individual Medley	2
3	11-12	200 Meter Freestyle	4
5	15 & Over	100 Meter Breastroke	6
7	11-12	50 Meter Breastroke	8
9	15 & Over	200 Meter Backstroke	10
11	11-12	100 Meter Backstroke	12
13	15 & Over	100 Meter Freestyle	14
15	11-12	50 Meter Freestyle	16
17	15 & Over	200 Meter Butterfly	18
19	11-12	100 Meter Butterfly	20
21	15 & Over	400 Meter Medley Relay	22
23	11-12	400 Meter Medley Relay	24

Session II

Saturday, June 20, 2009

1:30pm Warm-up

2:30pm Start time

Women

Men

25	13-14	200 Meter Individual Medley	26
27	10 & U	200 Meter Freestyle	28
29	13-14	100 Meter Breastroke	30
31	10 & U	50 Meter Breastroke	32
33	13-14	200 Meter Backstroke	34
35	10 & U	100 Meter Backstroke	36
37	13-14	100 Meter Freestyle	38
39	10 & U	50 Meter Freestyle	40
41	13-14	200 Meter Butterfly	42
43	10 & U	200 Meter Medley Relay	44
45	13-14	400 Meter Medley Relay	46

**Riverbank RedTails Swim Team
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Session III

Sunday, June 21, 2009

8:30am Warm-up

9:30am Start time

Women

Men

47	15 & Over	200 Meter Freestyle	48
49	11-12	200 Meter Individual Medley	50
51	15 & Over	100 Meter Backstroke	52
53	11-12	50 Meter Backstroke	54
55	15 & Over	200 Meter Breastroke	56
57	11-12	100 Meter Breastroke	58
59	15 & Over	50 Meter Freestyle	60
61	11-12	100 Meter Freestyle	62
63	15 & Over	100 Meter Butterfly	64
65	11-12	50 Meter Butterfly	66
67	15 & Over	400 Meter Freestyle Relay	68
69	11-12	400 Meter Freestyle Relay	70

** High Point Awards Presentations **

Session IV

Sunday, June 21, 2009

1:30 pm Warm-up

2:30 pm Start time

Women

Men

71	13-14	200 Meter Freestyle	72
73	10 & U	200 Meter Individual Medley	74
75	13-14	100 Meter Backstroke	76
77	10 & U	50 Meter Backstroke	78
79	13-14	200 Meter Breastroke	80
81	10 & U	100 Meter Breastroke	82
83	13-14	50 Meter Freestyle	84
85	10 & U	100 Meter Freestyle	86
87	13-14	100 Meter Butterfly	88
89	10 & U	50 Meter Butterfly	90
91	13-14	400 Meter Freestyle Relay	92
93	10 & U	400 Meter Freestyle Relay	94

** High Point Awards Presentation **

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Meet Entry Summary & Waiver

Team Name _____ Team Code _____
Address _____ City _____ State _____ Zip _____

Head Coach's Name _____
Day Phone # _____
Evening phone # _____
E-Mail: _____

Fee summary:

Female Individual Entries	_____	x \$3.00 =	_____
Male Individual Entries	_____	x \$3.00 =	_____
Female Relay Entries	_____	x \$8.00 =	_____
Male Relay Entries	_____	x \$8.00 =	_____
Non Hy-Tek Surcharge Entries	_____	x \$1.00 =	_____

Total of entry fees = _____

***Make check payable to NHT Redtails Swim Team. Deadline: Friday, 6/13/09**

Event Waiver:

Upon acceptance of entries, swimmers, coaches, parents and spectators waive their right to all claims against New York State Office of Parks, Recreation and Historic Preservation, Riverbank State Park, Riverbank RedTails Swim Team, Lehman College Metropolitan Swimming, their agents and representatives for any injury or loss of property occurring as a result of this meet.

I hereby certify that all swimmers that I am entering at the: Riverbank RedTails 6th International LC Invitational Meet is currently registered with USA/FINA Swimming.

Print Name _____ Title _____
Signature _____ Date _____
(Team official/coach)

Certified Coaches and team officials attending this meet: _____

***Entries will not be accepted without this signed waiver**