



Aqua Gems Swimming



P. O. Box 221 □ Warwick, NY 10990
Phone 603-903-2655; 603-313-7084

WEBSITE - www.aquagems.com

Dear Coaches and Team Representatives:

Enclosed please find your sign up package for the Aqua Gems

“January Blitz – 2010” 9th Annual

which is being held on January 8, 9, 10 2010 at Washingtonville High School, Washingtonville, NY

Please visit the Metro Web Site at www.metroswimming.org or the Aqua Gems site at www.aquagems.com . Team entries should be sent via email using Hy-Tek to Tim Olsen at - feedercoach@yahoo.com) (603-903-2655 or 603-313-7084).

We look forward to as many of you joining in the competition.

Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.

The USA Swimming Code of Conduct is in effect for the duration of the meet.

If you have any questions please do not hesitate to give me call. This is a fun event for us and we hope that you will come and join us. We look forward to seeing you there.

Sincerely,

Tim Olsen

Tim Olsen Meet Director feedercoach@yahoo.com
603-903-2655 or 603-313-7084

John Greer, Meet Referee
email – johnwgreer2727@yahoo.com

AQUA GEMS SWIMMING
“ **JANUARY BLITZ- 2010** ”
2010-INV-SC

January 8, 9, 10 2010

SANCTION # 100114

SITE: Washingtonville High School
Route 94, Washingtonville, NY

ELIGIBILITY: All competitors must be registered with USA Swimming. Age as of January 8, 2010 will determine event eligibility. Swimmers with Disabilities are encouraged to attend. The USA Swimming Code of Conduct is in effect for the duration of the meet.

POOL: 25 yard pool with six 7-foot lanes; Non-turbulent lane lines;
Ample seating for 350 is available. Colorado electronic timing system and scoreboard.

RULES: Current USA Swimming rules will govern the meet. All events are timed finals. *Swimmers are limited to 5 events per session.* Cuts to keep within the 4-hour session time limit will be made on entries received on a first come first served basis.
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, Aqua Gems Swimming, Washingtonville School District, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.**

ADMISSION: Adults \$4.00 Program \$3.00 per session

MERCHANTS: A complete snack bar will be available in the seating area, including hot breakfast and lunch items. For the afternoon sessions, we will offer hot items such as pizza, hot dogs etc. Food will be available in designated area only. Food or glass bottles will not be allowed in the facility.

Our Swimming Merchant will be:

Ultimate Swim Shop.
463 Main Street,
Metuchen, New Jersey 08840
1-800-628-SWIM
info@ultimateswimshop.com

PARKING: Park in appropriate marked spots. Illegally parked cars will be towed at the owner's expense.

**SCHOOL
DISTRICT
RULES:**

Washingtonville High School is a smoke free campus.

WARM-UP: First 40 minutes will be general warm-up. Last 20 minutes: lanes 2 & 5 will be open for one-way sprint. All other lanes will remain open for general warm-up. Warm up lanes will be posted on either end of the pool.

SEEDING: On deck seeding is in effect for this meet. Seeding shall be done at the beginning of each session utilizing a scratch sheet procedure. Heat sheets will be posted and distributed to the coaches. Scratches are to be indicated and initialed by the coach and returned to the scoring table no less than one half hour before the session start.

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. At no time are parents to be on deck unless requested for timing.

AWARDS: Individual events: medals: 1st-3rd; ribbons: 4th-8th. Team competition will be awarded the January Blitz trophy

OFFICIALS: **Meet Referee: John Greer email: johnwgreer2727@yahoo.com**
Officials wishing to volunteer should contact Meet Referee by **December 15, 2009**

MEET

DIRECTOR: **Tim Olsen email: feedercoach@yahoo.com**
603-903-2655 or 603-313-7084

TIMERS: Individual teams are responsible for providing timers for the 1650 events.

ENTRIES: **Metro LSC clubs will be given priority on a first come first serve basis if entries are received December 27 ,2009 by 5:00pm. All other entries from other LSC's will be entered after that date. Other entries will be accepted on a first come first serve basis up to 5:00pm on January 3, 2010. Entries must be received no later than January 3, 2010 .**

The cost is \$3.00 per individual event and \$8.00 / relay.

Time trials \$5.00 each entry will be available time permitting and at the discretion of the meet referee

Make checks payable to: **Aqua Gems Swim Club.**

email entries to:

Tim Olsen at feedercoach@yahoo.com

Subject: Aqua Gems 2010 January Blitz

Message: Include Team name and contact email and phone number

Entries will be verified by a return email and .pdf file attachment of entry lists from Aqua Gems. A subsequent email from originator will be used as acceptance of entries by the submitting team. Lack of a subsequent email from originator may lead to non-verification of entries. Checks for entry fees must be sent to

Aqua Gems Swimming

PO Box 221, Warwick, NY 10990

10 days prior to the day of the meet or delivered the day of the meet to the meet director

The meet will be run on computer using Hy-Tek's Meet Manager. Visit

<http://www.metroswimming.org/Calendar/Calendar.html> for the Hy-tek event list. *There will be \$2.00 surcharge per Swimmer for entries not on disk.*

Aqua Gems "January Blitz" – Washingtonville High School
January 8,9,10- 2010
Sanction # 100114

Please fill in cut, paste and email with your entries

CLUB: _____ CLUB CODE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

PHONE: _____ E-MAIL ADDRESS: _____

CLUB CONTACT: _____ PHONE: _____

Entrv Fees: Make check payable to: **Aqua Gems Swimming**

Total Individual Events _____ x \$3.00 = _____

Total Relay Events _____ x \$8.00 = _____

Total Swimmers (non-disk surcharge) _____ x \$1.00 = _____

TOTAL DUE _____

Mail to: Tim Olsen Email entries – feedercoach@yahoo.com (Hytek entry event list will be available on the metro website – <http://www.metroswimming.org/Calendar/Calendar.html>

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., Aqua Gems Swim Club , Washingtonville School District, County of Orange or representatives shall be held free and harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (Club Official) _____

No entries will be processed without this signed waiver.

Session: 1 Friday Afternoon

Day of Meet: 1 Warm-up : 4:00pm Start : 4:30pm

Round **Event – Heats may be limited due to Timeline**

Finals	1	Girls 1650 Freestyle
Finals	2	Boys 1650 Freestyle

Session: 2 Friday Night

Day of Meet: 1 Warm-up Immediately Following Session 1 Not before 5:30pm

Session Start no sooner than 6:15pm

Round	#	Event
Finals	3	Girls 11-12 200 Freestyle
Finals	4	Boys 11-12 200 Freestyle
Finals	5	Girls 13-14 200 Freestyle
Finals	6	Boys 13-14 200 Freestyle
Finals	7	Girls 10 & Under 200 Freestyle
Finals	8	Boys 10 & Under 200 Freestyle
Finals	9	Girls 200 Freestyle
Finals	10	Boys 200 Freestyle
Finals	11	Girls 11-12 200 IM
Finals	12	Boys 11-12 200 IM
Finals	13	Girls 13-14 500 Freestyle
Finals	14	Boys 13-14 500 Freestyle
Finals	15	Girls 500 Freestyle
Finals	16	Boys 500 Freestyle

Session: 3 Saturday Morning

Day of Meet: 2 Warm-up 8:00 am Start 9:00am

Round	#	Event
Finals	17	Girls 11-12 100 Freestyle
Finals	18	Boys 11-12 100 Freestyle
Finals	19	Girls 9-10 100 Freestyle
Finals	20	Boys 9-10 100 Freestyle
Finals	21	Girls 11-12 100 Breaststroke
Finals	22	Boys 11-12 100 Breaststroke
Finals	23	Girls 9-10 50 Breaststroke
Finals	24	Boys 9-10 50 Breaststroke
Finals	25	Girls 11-12 100 Butterfly
Finals	26	Boys 11-12 100 Butterfly
Finals	27	Girls 9-10 50 Butterfly
Finals	28	Boys 9-10 50 Butterfly

Session: 3 Continued

Round	#	Event
Finals	29	Girls 11-12 50 Backstroke
Finals	30	Boys 11-12 50 Backstroke

Finals	31	Girls 9-10 100 Backstroke
Finals	32	Boys 9-10 100 Backstroke
Finals	33	Girls 11-12 100 IM
Finals	34	Boys 11-12 100 IM
Finals	35	Girls 9-10 200 Medley Relay
Finals	36	Boys 9-10 200 Medley Relay
Finals	37	Girls 11-12 200 Medley Relay
Finals	38	Boys 11-12 200 Medley Relay

Session: 4 Saturday Afternoon

Day of Meet: 2 Warm-up will start 2:00 PM

Session Start at 3:00 pm

Round	#	Event
Finals	39	Girls 13-14 400 IM
Finals	40	Boys 13-14 400 IM
Finals	41	Girls 400 IM
Finals	42	Boys 400 IM
Finals	43	Girls 8 & Under 50 Freestyle
Finals	44	Boys 8 & Under 50 Freestyle
Finals	45	Girls 50 Freestyle
Finals	46	Boys 50 Freestyle
Finals	47	Girls 13-14 50 Freestyle
Finals	48	Boys 13-14 50 Freestyle
Finals	49	Girls 8 & Under 50 Breaststroke
Finals	50	Boys 8 & Under 50 Breaststroke
Finals	51	Girls 100 Breaststroke
Finals	52	Boys 100 Breaststroke
Finals	53	Girls 13-14 100 Breaststroke
Finals	54	Boys 13-14 100 Breaststroke
Finals	55	Girls 8 & Under 50 Butterfly
Finals	56	Boys 8 & Under 50 Butterfly
Finals	57	Girls 100 Butterfly
Finals	58	Boys 100 Butterfly
Finals	59	Girls 13-14 100 Butterfly
Finals	60	Boys 13-14 100 Butterfly
Finals	61	Girls 8 & Under 200 Medley Relay
Finals	62	Boys 8 & Under 200 Medley Relay
Finals	63	Backstroke Girls 200 Backstroke
Finals	64	Boys 200 Backstroke
Finals	65	Girls 13-14 200
Finals	66	Boys 13-14 200 Backstroke
Finals	67	Girls 400 Medley Relay
Finals	68	Boys 400 Medley Relay

Session: 5 Sunday Morning

Day of Meet: 3 Warm-up 8:00 am Start 9:00am

Round	#	Event
Finals	69	Girls 11-12 50 Freestyle
Finals	70	Boys 11-12 50 Freestyle
Finals	71	Girls 9-10 50 Freestyle
Finals	72	Boys 9-10 50 Freestyle
Finals	73	Girls 200 Breaststroke
Finals	74	Boys 200 Breaststroke
Finals	75	Girls 11-12 50 Breaststroke
Finals	76	Boys 11-12 50 Breaststroke
Finals	77	Girls 9-10 100 Breaststroke
Finals	78	Boys 9-10 100 Breaststroke
Finals	79	Girls 11-12 100 Backstroke
Finals	80	Boys 11-12 100 Backstroke
Finals	81	Girls 9-10 50 Backstroke
Finals	82	Boys 9-10 50 Backstroke
Finals	83	Girls 200 Butterfly
Finals	84	Boys 200 Butterfly
Finals	85	Girls 9-10 100 Butterfly
Finals	86	Boys 9-10 100 Butterfly
Finals	87	Girls 11-12 50 Butterfly
Finals	88	Boys 11-12 50 Butterfly
Finals	89	Girls 9-10 100 IM
Finals	90	Boys 9-10 100 IM
Finals	91	Girls 11-12 200 Free Relay
Finals	92	Boys 11-12 200 Free Relay
Finals	93	Girls 9-10 200 Free Relay
Finals	94	Boys 9-10 200 Free Relay

Session: 6 Sunday Afternoon

Day of Meet: 3 Warm-up will start 2:00 PM

Session Start at 3:00 pm

Round	Event
Finals	95 Girls 8 & Under 100 Freestyle
Finals	96 Boys 8 & Under 100 Freestyle
Finals	97 Girls 100 Freestyle
Finals	98 Boys 100 Freestyle
Finals	99 Girls 13-14 100 Freestyle

Finals	100	Boys 13-14 100 Freestyle
Finals	101	Girls 8 & Under 50 Backstroke
Finals	102	Boys 8 & Under 50 Backstroke
Finals	103	Girls 100 Backstroke
Finals	104	Boys 100 Backstroke
Finals	105	Girls 13-14 100 Backstroke
Finals	106	Boys 13-14 100 Backstroke
Finals	107	Girls 8 & Under 100 IM
Finals	108	Boys 8 & Under 100 IM
Finals	109	Girls 200 IM
Finals	110	Boys 200 IM
Finals	111	Girls 13-14 200 IM
Finals	112	Boys 13-14 200 IM
Finals	113	Girls 8 & Under 200 Freestyle Relay
Finals	114	Boys 8 & Under 200 Freestyle Relay
Finals	115	Girls 800 Freestyle Relay
Finals	116	Boys 800 Freestyle Relay
Finals	117	Girls 13-14 400 Freestyle Relay
Finals	118	Boys 13-14 400 Freestyle Relay

Events without ages are open events.