



# **Condors Last Chance**

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February 26<sup>th</sup> – 28<sup>th</sup> 2010  
Sanction #100203  
Time Trial #100252-T**

# Condors Last Chance Meet

February 26 - 28, 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. **Sanction #100203, Time Trial #100252-T**
- 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 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 **February 26, 2010** will determine age for the entire meet.
- DISABILITY SWIMMERS:** 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 4 individual events and 1 relay event per day. **No NT's will be accepted.** The Men's 1650 Free and Women's Open 1000 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 heat and swimmers will be notified at least 14 days prior to the start of the meet if they are cut. The host team reserves the right to keep its swimmers entered in the meet.
- Entries will be accepted on a first come first served basis. 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:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by February 12, 2010.  
2: The final entry deadline for this meet is February 16, 2010  
3: Metro entries received between February 12, 2010 and February 16, 2010 and all entries from other LSC's will be entered in the order they were received, as space allows.  
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 event and **\$8.00** per relay event must accompany the entries. Make check payable to: **Condors Swim Club**. Payment must be received by **February 16, 2010** 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.
- SCRATCHES:** 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 for 1st-3rd place and ribbons for 4th – 8th place.
- OFFICIALS:** **Meet Referee:** Mike Natale [mfnc45@optonline.net](mailto:mfnc45@optonline.net) Phone: 914-906-5672  
Officials wishing to volunteer should contact Meet Referee by February 19, 2009.
- MEET DIRECTOR:** Tom Keaveney, contact information phone: 914-557-8922,  
email [Trooper4560@optonline.net](mailto: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
- MERCHANTS:** 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.

**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 One**  
**Warm-up 4:30pm/Start 5:30pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	10 & Under 200 Freestyle	2
3	11 & Over 500 Freestyle	4
5	13 & Over 400 IM	6
7	11-12 200 IM	8
9	13 & Over 1000 Freestyle	
	13 & Over 1650 Freestyle	10

\*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 Morning - Session Two**  
**Warm-up 7:00am/Start 8:00am**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
11	8 & Under 100 IM	12
13	13 & Over 200 IM	14
15	8 & Under 25 Butterfly	16
17	13 & Over 100 Butterfly	18
19	8 & Under 50 Backstroke	20
21	13 & Over 200 Backstroke	22
23	8 & Under 25 Breaststroke	24
25	13 & Over 100 Breaststroke	26
27	8 & Under 25 Freestyle	28
29	13 & Over 200 Freestyle	30
31	8 & Under 100 Medley Relay	32
33	13 & Over 200 Medley Relay	34

**Saturday Afternoon – Session Three**

**Warm-up 12:30pm/Start 1:30pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
35	9-10 100 IM	36
37	11-12 100 IM	38
39	9-10 50 Butterfly	40
41	11-12 100 Butterfly	42
43	9-10 100 Backstroke	44
45	11-12 50 Backstroke	46
47	9-10 50 Breaststroke	48
49	11-12 100 Breaststroke	50
51	9-10 100 Freestyle	52
53	11-12 50 Freestyle	54
55	9-10 200 Medley Relay	56
57	11-12 200 Medley Relay	58

**Sunday Morning – Session Four**

**Warm-up 7:00am/Start 8:00am**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
59	8 & Under 100 Freestyle	60
61	13 & Over 50 Freestyle	62
63	8 & Under 50 Butterfly	64
65	13 & Over 200 Butterfly	66
67	8 & Under 25 Backstroke	68
69	13 & Over 100 Backstroke	70
71	8 & Under 50 Breaststroke	72
73	13 & Over 200 Breaststroke	74
75	8 & Under 50 Freestyle	76
77	13 & Over 100 Freestyle	78
79	8 & Under 100 Freestyle Relay	80
81	13 & Over 200 Freestyle Relay	82

**Sunday Afternoon – Session Five**  
**Warm-up 12:30pm/Start 1:30pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
83	11-12 200 Free	84
85	9-10 100 Butterfly	86
87	11-12 50 Butterfly	88
89	9-10 50 Backstroke	90
91	11-12 100 Backstroke	92
93	9-10 100 Breaststroke	94
95	11-12 50 Breaststroke	96
97	9-10 50 Freestyle	98
99	11-12 100 Freestyle	100
101	9-10 200 Freestyle Relay	102
103	11-12 200 Freestyle Relay	104