



# **Condors May Meters Matter Invitational**

May 7 – 9, 2010

**Sanction #100502  
Time Trial #100550-T**

**Invited Teams: All Metropolitan LSC Teams and Cheshire C-Dogs, NJ Wave, Bernal's Gators, Ridgefield Aquatic Club-CT, SONOCO, YMCA of the North Shore**

Any other teams who would like to be invited, please contact [Jeff.Allen@CondorsSwimming.com](mailto:Jeff.Allen@CondorsSwimming.com)

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May 7 – 9, 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #100502 , Time Trial #100550-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 been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: Friday PM – Warm-UP 4:30 PM, Start 5:30 PM  
Session 2: Saturday AM – Warm-Up 8:00 AM, Start 9:00 AM  
Session 3: Saturday PM – Warm-Up 1:30 PM, Start 2:30 PM  
Session 4: Sunday AM – Warm-Up 8:00 AM, Start 9:00 AM  
Session 5: Sunday PM – Warm-Up 1:30 PM, Start 2:00 PM
- FORMAT:** This is a time final event. Time Trials may be offered at the discretion of the meet director. This will be a deck seeded event. All scratch sheets are due back 30 minutes prior to the end or warm-ups.
- ELIGIBILITY:** Open to all Invited 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 May 7, 2010 will determine age for the entire meet.
- DISABILITY SWIMMER:** 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 compete in 3 individual events per day for Saturday & Sunday. Swimmer may compete in 2 individual events on Friday. NT's will not be accepted.
- Invited teams will be given priority in acceptance of entries. Entries may be cut by time, and teams will be informed of any cuts at least 10 days prior to the meet. The 800 Free may be limited to the fastest 6 heats of each gender and the 400 IM's will be limited to the fastest 12 heats of each gender. The host team reserves the right to keep its swimmers entered in the meet.
- 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: **Jeff.Allen@CondorsSwimming.com**  
Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** **Entries must be received by : April 23, 2010**

An email confirming receipt of entries if you provide an email contact. Please contact the entry coordinator Jeff Allen at [Jeff.Allen@CondorsSwimming.com](mailto:Jeff.Allen@CondorsSwimming.com) if you do not receive such a report within 2 days of your original email.

**ENTRY FEE:** An entry fee of \$4.00 per individual event must accompany the entries. Time trials will have a fee of \$5.00 per event.

Make check payable to: **Condors Swimming**

Payment must be received by April 28, 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 host team reserves the right to assign lanes for warm-up based on the size of the meet. If lanes are not assigned, the first 40 minutes will be general warm-up. The last 20 minutes will have lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Other lanes may be assigned by meet director's discretion. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.

**SCRATCH:** 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.

**Metropolitan Scratch Procedure for Timed Final Meets is as follows;**

Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner;

1. Go to the Referee, before the event and state you do not wish to swim.
2. Stand BEHIND your assigned block until the swimmers in your heat has been sent off by the starter.
3. The swimmer is then disqualified from THAT EVENT for the delay of the meet.
4. This counts as an event against the total-per-day allowance.

If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet.

**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 will be awarded to 1<sup>st</sup> – 3<sup>rd</sup> place in each event and ribbons for 4<sup>th</sup> – 8<sup>th</sup> place.

**OFFICIALS:** **Meet Referee:** Mike Natale, phone: 914-557-8922, email: [mfnc45@optonline.net](mailto:mfnc45@optonline.net)  
Officials wishing to volunteer should contact Meet Referee by April 28, 2010.

**MEET DIRECTOR:** Bob Carlucci, contact information phone: 845-638-4381, email [Condcoach@aol.com](mailto:Condcoach@aol.com)

**Assistant meet director:** Don Wagner, phone: 845-638-4381, email: [Don.Wagner@CondorsSwimming.com](mailto:Don.Wagner@CondorsSwimming.com)

**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

**MERCHAN:** 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.

**HOTEL:**

A group rate has been reserved at the Comfort Inn & Suites for \$99.00 per night plus tax. The group block is reserved under "Condors Swim Club" and the deadline for the special rate is April 23, 2010. The hotel is 2.9 miles away from the pool and is roughly a 6 minute drive. The address of the hotel is:

**Comfort Inn & Suites  
425 E Route 59  
Nanuet, NY 10954  
(845) 623-6000**

**DIRECTION:**

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

Women		Men
1	OPEN 400M IM	2
3	12 & Under 200M Fly	4
5	OPEN 800M Freestyle	6

*\*The 400 IM & 800 Free will run fastest to slowest, alternating heats of women and men.  
 \*There will be a 10 minute break after event 4 for warm up and cool down.*

**Saturday Morning – Session Two**  
**Warm-up 8:00 am / Start 9:00 am**

Women		Men
7	12 & Under 200 Back	8
9	11 & 12 50M Fly	10
11	10 & Under 100M Backstroke	12
13	11-12 50M Backstroke	14
15	10 & Under 100M Freestyle	16
17	11-12 50M Freestyle	18
19	10 & Under 100M Breaststroke	20
21	11-12 50M Breaststroke	22
23	10 & Under 50M Butterfly	24
25	12 & Under 400M Freestyle	26

**Saturday Afternoon – Session Three**  
**Warm-up 1:30 pm / Start 2:30 pm**

Women		Men
27	OPEN 200M IM	28
29	OPEN 200M Freestyle	30
31	OPEN 100M Butterfly	32
33	OPEN 200M Breaststroke	34
35	OPEN 100M Backstroke	36

37	OPEN 50M Freestyle	38
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**Sunday Morning – Session Four**  
**Warm-up 8:00 am / Start 9:00 am**

Women		Men
39	12 & Under 200 Breast	40
41	10 & Under 50M Backstroke	42
43	11-12 100M Backstroke	44
45	10 & Under 50M Freestyle	46
47	11-12 100M Freestyle	48
49	12 & Under 200M IM	50
51	10 & Under 50M Breaststroke	52
53	11-12 100M Breaststroke	54
55	12 & Under 100M Butterfly	56

**Sunday Afternoon – Session Five**  
**Warm-up 1:30 pm / Start 2:30 pm**

Women		Men
57	OPEN 200M Butterfly	58
59	OPEN 100M Breaststroke	60
61	OPEN 200M Backstroke	62
63	OPEN 100M Freestyle	64
65	OPEN 400M Freestyle	66