



Condors Distance Invitational at Westchester Community College

October 30th, 2010

Sanction #101011

Invited Teams: Badger, BGNW Marlins, LaGuardia, LIAC, LIE, NYCC, NYSA, Wagner, YMID

Any other teams who would like to be invited, please contact MeetEntries@CondorsSwimming.com

Condors Distance Invitational at Westchester Community College

October 30, 2010

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #101011

LOCATION: Westchester Community College
75 Grasslands Road
Valhalla, NY 10595

FACILITY: 25 yard pool with six 7 ft lanes, non-turbulent lane dividers. Seating for 200 spectators. Colorado Electronic Timing will be used with a single-line scoreboard.
The pool has not been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session 1: Warm-Up 7:00 AM, Start 8:00 AM
Session 2: Warm-Up TBD, Start no earlier than 11:30 AM
Session 3: Warm-Up TBD, Start no earlier than 3:00 PM
Session 4: Warm-Up TBD, Start no earlier than 6:30 PM
***Times will be finalized 2 week prior to the meet, after entries have been closed**

FORMAT: This will be a timed finals event.
This is a deck seeded meet.

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 **October 30, 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 be entered in 1 individual event per day. **No NT's will be accepted.** The meet will be limited to 4 sessions 2 ½ hours in duration. Assigned sessions for swimmers and start time will be emailed out to the teams 2 weeks prior to the meet. An hour warm-up / cool down will be held between each session.

Invited teams will be given priority in acceptance of entries.

Entries will be cut on a first come first serve basis for invited teams – if after all teams are accepted there needs to be additional cuts they will be cut by time, and teams will be informed of any cuts at least 2 weeks prior to the meet. 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: **MeetEntries@CondorsSwimming.com**
Sign Express Mail Waiver allowing delivery without signature.

DEADLINE: **Entries must be received by : October 14, 2010**

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.

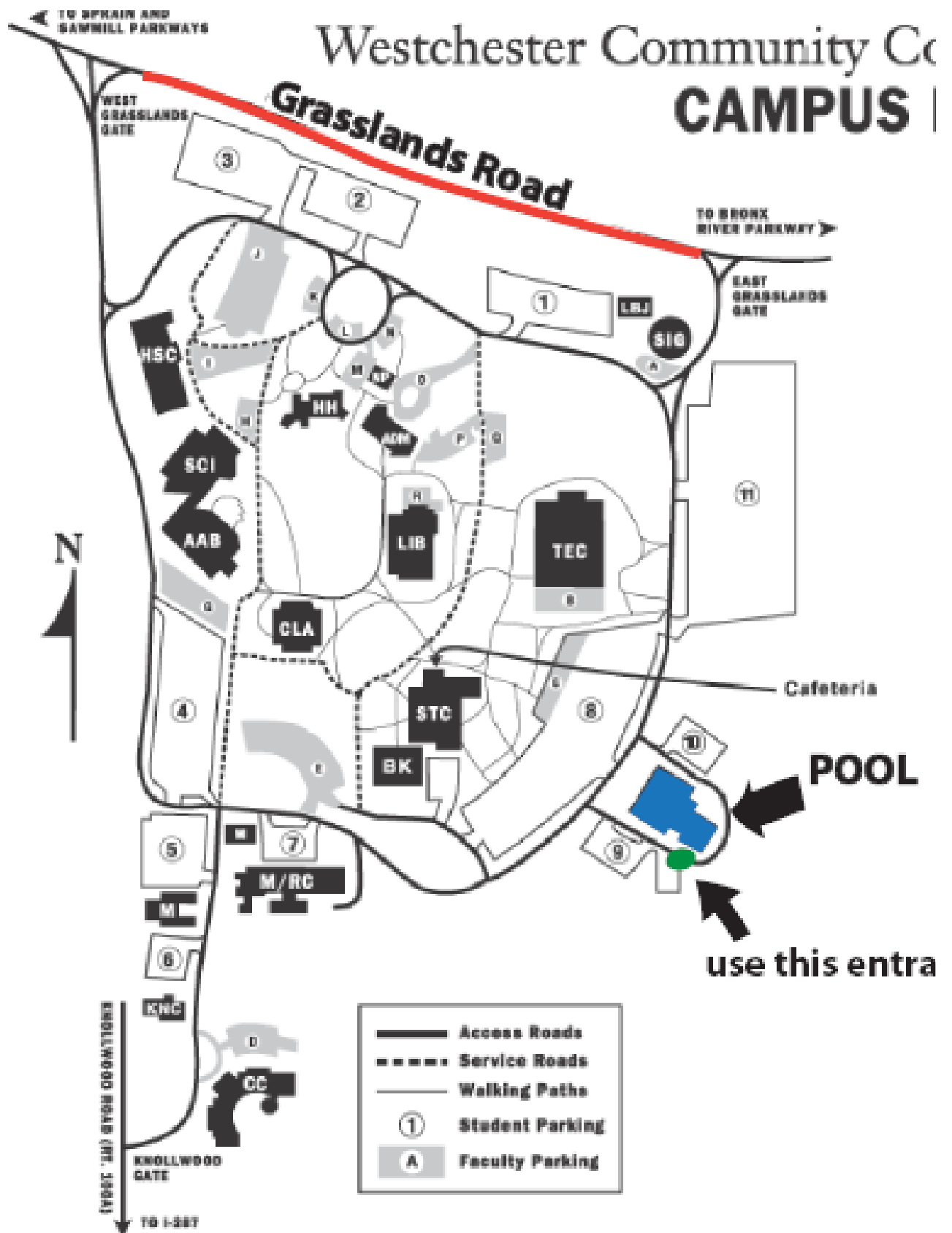
ENTRY FEE: An entry fee of **\$3.00** per individual even must accompany the entries.
Make check payable to: **Condors Swim Club.**

Payment must be received by **October 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:** Warm-up and Session start times will be finalized after entries have been closed. All teams will be informed of which session their swimmers are in 2 weeks prior to the meet. The first 40 minutes will be general warm-up. The last 20 minutes: lanes 2 will be open for one-way sprints; lanes 1 & 6 will be designated for pace. Lanes 3, 4 & 5 will be assigned as necessary. 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.
- 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:** Ribbons will be given to places 1-6.
- OFFICIALS:** **Meet Referee:** Mike Natale
Officials wishing to volunteer should contact Meet Referee by email mfnc45@optonline.net
- MEET DIRECTOR:** Don Wagner, contact information phone: 845-638-4381,
email 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 **Westchester Community College, 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:** No vendors will be available at this meet.
- PARKING:** There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing.
- DIRECTIO N:** **From the Bronx River Parkway.**
Take Virginia Road, Exit 26. Southbound, turn right; Northbound, turn left. At end of Virginia Road, turn right onto Route 100. Westchester Community College entrance is approx. 1/4 mile on left.
- From Cross-Westchester Expressway (Route 287).**
Take Hartsdale Exit 4. Eastbound, turn left; westbound, turn right. North on Knollwood Road (Route 100A) approx. 1/2 mile to Westchester Community College entrance on right.
- From the Sprain Parkway.**
Take Eastview Exit. Northbound, turn right; Southbound, turn left onto Route 100. Westchester Community College entrance is approx. 1/4 mile on right.
- From the Saw Mill River Parkway.**
Take Eastview Exit. Northbound, turn right; Southbound, turn left onto Route 100C. Westchester Community

College entrance is approx. 1-1/2 miles on right.

See campus map below.



Saturday, October 30th
Session 1: Warm-up at 7:00 AM, Meet Start at 8:00 AM
Session 2: TBD, Meet Start no earlier than 11:30 AM

Session 3: TBD, Meet start no earlier than 3:00 PM

Session 4: TBD, Meet start no earlier than 6:30 PM

Event	
1	Women's Open 1650 Yard Freestyle
2	Men's Open 1650 Yard Freestyle

*1650's will run fastest to slowest, alternating heats of women and men.

*The meet will be divided into 4 sessions that are 2 ½ hours in duration after entries have been accepted and the meet has been closed.

*Teams will be informed of what session their athletes will be swimming 2 weeks prior to the meet.

*An hour warm-up / cool down will be held between each session.

*Swimmers are responsible for providing their own timers.