

CUDA

CUPID INVITATIONAL



CUDA CUPID INVITATIONAL
February 5-6, 2009
Sanction # 100207

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #100207
- LOCATION:** Middletown High School, Gardner Ave. Ext., Middletown, N.Y. 10940.
- FACILITY:** The Middletown High School pool is a 25 yard 6 lane pool with non-turbulent lane dividers and a Colorado System 5 Timing System.
- The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Friday February 5:
Session 1 Warm-Up: 5:45 Pm, Session begins: 6:30 PM
Saturday February 6:
Session 2 Warm-Up: 8:30 AM, Session begins 9:30 AM
Session 3 Warm-Up: 1:00 PM, Session begins 2:00 PM
- FORMAT:** All events are time finals. Entries are on a first come first served basis and also include Teams entering all sessions will have priority over teams not entering the entire meet. Then the meet will be cut to maintain the 4-hour time limit by time. All entries exceeding this limit will be returned.
- Seeding will be conducted at the beginning of the session utilizing a scratch sheet procedure. Each team will have a team packet at the beginning of each session. The packet will include a scratch sheet and other pertinent information for the meet. The scratch sheets will be due 30 minutes before the start of each session. Heat sheets will be posted and distributed. It is the responsibility of the swimmers and their coaches to make sure that they are on time for their races.
- 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 5, 2009 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** will be limited to **5 individual events per session and 1 relay**
Cuts may be made by time. Heats may be limited to 10 heats or 80 swimmers. Open 500 FR/400 IM/1650 FR will be limited to 4 heats or 32 swimmers per gender.
- Entries are on a first come first served basis and also include Teams entering all sessions will have priority over teams not entering the entire meet. Then the meet will be cut to maintain the 4-hour time limit by time. All entries exceeding this limit will be returned.
- ALL ENTRIES MUST BE ON HY-TEK DISK AS PER METRO RULES!**
Phone number, Email address and name of contact **MUST** be included in contact info.

Swimmers entered in the 500 and 1650 yard freestyle must supply their own timers and counters.

U.S. Mail Entries/Payment to:
MRST Barracudas
ATTN: CUPID INVITATIONAL
PO Box 762
Middletown, NY 10940

Email Entries/Confirm Entry Receipt: CoachMel@GoCudas.org

FED EX, UPS, AND EXPRESS MAIL MUST SIGN SIGNATURE WAIVER!

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by Friday, January 22, 2010.
2: The final entry deadline for this meet is Friday, January 29, 2010
3: Metro entries received between Friday, January 22, 2010 and Friday, January 29, 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 must accompany the entries.
Make check payable to: **MRST**.
Payment must be received by Friday, January 29, 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:** Metro warm-up procedures will be in effect for this meet.
Pool will be used for general warm-ups with feet first entry only.

Meet marshals will be on deck to enforce warm-up procedures
- 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:** Ribbons will be awarded for the top six finishers in each event. Grievances (Disputed finishes, etc.) must be made by the athlete's coach to the Referee who will have the final say. Coaches are to pick up their teams awards at the end of the meet.
- OFFICIALS:** **Meet Referee: Mark Amodio, Amodio@vassar.edu**
Officials wishing to volunteer should contact Meet Referee by **January 22, 2009**.
- MEET DIRECTOR:** If you have any questions, please contact our **Meet Director, Chris Joyce** at 845-344-8480 or email at: MeetDirector@GoCudas.org

- 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 the Enlarged City School District of Middletown, NY, the Middletown Recreation Department, the MRST Barracudas, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** There is a \$2.00 admission charge.
Meet Programs will be available for a nominal charge.
- MERCHANTS:** A concession and apparel stand will be available in the pool gallery hallway during all sessions.

Absolutely no food will be allowed on the pool deck.
- PARKING:** There is extensive on-site as well as adjacent street parking at Middletown High School.
- DIRECTIONS: MIDDLETOWN HIGH SCHOOL SWIMMING POOL**
- FROM INTERSTATE 84 EAST/WEST:** Take Rt. 84 to exit 4W (Route 17 West). Take Route 17 West to exit 120. At the end of ramp, make a left onto Route 211 West. Stay in middle lane. Go approximately 1-1/2 miles and turn left onto Wisner Avenue (Gas station on right before you turn.) Go to the first stop sign and turn left onto Gardner Avenue Ext. which goes into the school lower parking lot. The pool area entrance is in the corner of the building closest to the football field. As you enter that entrance, walk through the lobby area and take a left down the hallway. At the end of the hallway turn left towards the vending machines. The pool area is to the right beyond the hallway bathrooms.
- FROM RT. 17 EAST/WEST:** Route 17 East/West to exit 120. Turn onto Route 211 West. Stay in middle lane. Go approximately 1-1/2 miles and turn left onto Wisner Avenue (Gas station on right before you turn.) Go to the first stop sign and turn left onto Gardner Avenue Ext. which goes into the school lower parking lot. See building and pool area directions.

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Session 1: Friday February 5, 2010

Warm-Up: 5:45 PM

Meet Starts: 6:30 PM

Girls	EVENTS	Boys
1	Open 500 Free	2
3	Open 400 IM	4
5	Open 1650 Free	6

Session 2: Saturday February 6, 2010

Warm-Up: 8:30 AM

Meet Starts: 9:30 AM

Girls	EVENTS	Boys
7	12 & Under 100 Free	8
9	9/10 50 Free	10
11	8 & Under 50 Free	12
13	11/12 50 Backstroke	14
15	9/10 50 Backstroke	16
17	8 & Under 50 Backstroke	18
19	12 & Under 100 Breaststroke	20
21	9/10 50 Breaststroke	22
23	8 & Under 50 Breaststroke	24
25	11/12 50 Butterfly	26
27	9/10 50 Butterfly	28
29	8 & Under 50 Butterfly	30
31	12 & Under 200 IM	32
33	10 & Under 100 IM	34
35	11/12 200 Medley Relay	36
37	10 & Under 200 Medley Relay	38

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Session 3: Saturday February 6, 2010

Warm-Up: 1 PM

Meet Starts: 2 PM

Girls	EVENTS	Boys
39	Open 100 Free	40
41	13/14 100 Free	42
43	Open 100 Backstroke	44
45	13/14 100 Backstroke	46
47	Open 100 Breaststroke	48
49	13/14 100 Breaststroke	50
51	Open 100 Butterfly	52
53	13/14 100 Butterfly	54
55	Open 200 IM	56
57	13/14 200 IM	58
59	Open 200 Free	60
61	13/14 200 Free	62
63	Open 200 Medley Relay	64
65	13/14 200 Medley Relay	66

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February 6th, 2010

Please complete this form and mail with check and a hard copy of entry.

CLUB: _____

CLUB CODE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

PHONE: _____ EMAIL: _____

CLUB CONTACT: _____ PHONE: _____

ENTRY FEES: Make Check Payable to: MRST Barracudas

TOTAL INDIVIDUAL ENTRIES: _____ X \$3.00 = _____

TOTAL RELAY ENTRIES: _____ X \$8.00 = _____

TOTAL DUE = _____

Email Entries to: CoachMel@GoCudas.org

Send Check & Hard Copy of Entries to:

MRST Barracudas

ATTN: CUPID INVITATIONAL

PO Box 762

Middletown, NY 10940

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., the Enlarged City School District of Middletown, the Middletown Recreation Department, the MRST Barracudas and their agents or representatives shall be held free and harmless from all liabilities or claims or damages arising by reason of injuries to anyone during the conduct of this meet.

Signed (Club Official): _____

