



2010 Metropolitan Long Course Junior Olympic Championships
July 30 – August 1, 2010
Sanction #100704, Time Trials Sanction # 100750-T

Hosted By Condors Swimming



2010 Metropolitan Long Course Junior Olympic Championships

July 30 – August 1, 2010

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #100704, Time Trials 100750-T

LOCATION: Felix V. Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994

FACILITY: 50 meter pool with eight (8), 7-foot wide lanes and non-turbulent lane lines. Colorado electronic timing system and 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, July 30	Warm-ups 7:00 AM	Session Starts at 8:05 AM
Session 2: Friday, July 30	Warm-ups 1:30 PM	Session Starts at 2:35 PM
Session 3: Saturday, July 31	Warm-ups 7:00 AM	Session Starts at 8:05 AM
Session 3: Saturday, July 31	Warm-ups 1:30 PM	Session Starts at 2:35 PM
Session 4: Sunday, August 1	Warm-ups 7:00 AM	Session Starts at 8:05 AM
Session 5: Sunday, August 1	Warm-ups 1:30 PM	Session Starts at 2:35 PM

Warm-up/Start times may be adjusted after all entries are received. Teams will be notified of any change. A 5-10 minute break (warm-up/warm-down) may be added to each session.

FORMAT: All Events are Timed Finals
The meet will be Deck Seeded. Long course meter times will be the conforming standards and will be seeded first, followed by SCM & SCY. All scratch sheets are due back 30 minutes prior to the end of warm-ups.

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 **July 30, 2010** will determine age for the entire meet.
Times must have been achieved in either Long Course Meters, Short Course Yards or Short Course Meters, between May 1, 2009 and the entry deadline.

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: A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not swim more than three (3) individual events per any one-day excluding relays. Failure to scratch will result in the swimmer swimming the first three events they are entered in on that day. Entry times must equal or better the qualifying standards. Relay only swimmers must also be listed on the Master Entry Form.

Entry times may NOT be converted. NT's and Deck Entries will not be accepted. A meet entries Recon through the USA-Swimming database (SWIMS) will be performed before the meet to prove eligibility. All times that are not provable through SWIMS will be removed from the meet.

A Hy-Tek Team Manager Export file of entries must be emailed. An Entry Summary with a signed waiver must accompany each entry. The Name, Address, and Phone Number of Club Official must be included on the form.

U.S. Mail Entries/Payment to: **Condors Swim Club, 115 North Main Street, New City, NY 10956**
Email Entries/Confirm Entry Receipt: **MetroJuniorOlympics@gmail.com**
Sign Express Mail Waiver allowing delivery without signature.

Time Trials: A separate sanction number will be used for time trial purposes. Swimmers must be entered in the meet in **individual events** to participate in time trials. **Time trials will be held at the discretion of the Meet Director if time permits. Time trials count as one of the 3 individual events limit per day. Fee for time trials is \$5.00 per event, payable at sign-up. Please note that there is a limit of two (2) time trials over the course of the weekend.**

DEADLINE: 1: Metro LSC teams are eligible to attend.
2: The final entry deadline for this meet is **Tuesday, July 20, 2010. Entries received after the deadline will be rejected.**

An email confirming receipt of entries if you provide an email contact. Please contact Jim.Wargo@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, **\$10.00** per Relay event, and **\$1.00** Metropolitan surcharge (including RELAY ONLY SWIMMERS) must accompany the entries. Make check payable to: **Condors Swim Club**. Payment must be received by **Tuesday, July 20, 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 will be divided into two (2) 30 minute sessions broken by age group. The first 20 minutes of each session will be general warm-up. The last 10 minutes of each session: lanes 2 & 7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Lanes 3 & 6 may be assigned as necessary. Warm-up lanes may be assigned at host team's discretion. No diving will be allowed except in designated sprint lanes. Swimmers must enter the pool from the deep end. All swimmers must be supervised by a coach.**

	Session 1 / Friday AM	Session 2 / Friday PM	Session 3 / Saturday AM	Session 4 / Saturday PM	Session 5 / Sunday AM	Session 6 / Sunday PM
Warm-up 1	13 - 14's	15 - 18's	10 & Under	11 - 12's	13 - 14's	15 - 18's
Warm-up 2	10 & Under	11 - 12's	13 - 14's	15 - 18's	10 & Under	11 - 12's

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. Relay swimmers' names must be submitted in the order in which they will swim.

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.

If a team fails to scratch a relay by the scratch deadline, and that relay is a No Show, all future relays of that team must be positively checked in at the computer table for the relays to be seeded.

Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the session. Coaches should inform their swimmer to leave plenty of time for traffic, etc.

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 through 8th places, and ribbons for 9th through 16th places in Individual Events. Medals for 1st through 3rd, and ribbons for 4th through 8th places in Relays Events. Top 3 places win Individual High Point Awards in each Age Group 10&Under, 11-12, 13-14, & 15-18. Combined Team Awards for 10&Under, 11-12, 13-14, and Overall 14&Under Team Award.

Awards must be picked up at the end of the meet. No awards will be mailed.

SCORING: Individual Events: (1st-16th Place) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: (1st-16th Place) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
NOTE: Only two relays per club may score.

OFFICIALS: Meet Referee: Mike Natale, phone: 914-906-5672, email: mfnn45@optonline.net
Officials wishing to volunteer should contact Meet Referee by Tuesday, July 20, 2010.

MEET DIRECTOR: Bob Carlucci, phone: 845-638-4381, email: Condcoach@aol.com
Assistant Meet Directors: Sandra Hanson & Tom Keaveney

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.

Protests: All competition-related protests, including protest concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protest will be handled at the time the meet jury determines.

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

MERCHANT S: Metro Swim Shop will be available throughout the meet for equipment and clothing. A concession stand run by Condors Swimming will be available 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 \$109.00 per night plus tax. The group block is reserved under "Condors Swim Club" and the deadline for the special rate is June 30, 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

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.



2010 Metropolitan Long Course Summer Junior Olympics

July 30-August 1, 2010

Note: One or two “5 minutes” breaks may be added for warm-up/warm down at each session.

SESSION # 1.

Friday July 30, 2010 Warm-up 7:00am Start 8:05am

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
1	NCT	NCT	NCT	13-14	200 m	Medley Relay	NCT	NCT	NCT	2
3	1:18.59	1:11.49	1:23.99	10&U	100 m	Freestyle	1:23.99	1:11.59	1:18.59	4
5	1:04.89	57.49	1:08.49	13-14	100 m	Freestyle	1:05.49	54.99	1:00.59	6
5 minutes Break warm-up/warm-down										
7	47.59	42.99	51.49	10&U	50 m	Breaststroke	53.99	43.99	48.19	8
9	1:24.59	1:16.49	1:31.99	13-14	100 m	Breaststroke	1:26.99	1:11.99	1:20.09	10
11	40.99	37.49	45.59	10&U	50 m	Backstroke	45.59	37.99	41.09	12
13	1:12.39	1:05.69	1:19.99	13-14	100 m	Butterfly	1:13.99	1:01.59	1:08.09	14
5 minutes Break warm-up/warm-down										
15	5:52.09	6:44.99	6:14.99	10&U	400 m	Freestyle	6:14.99	6:44.99	5:52.09	16
17	4:53.89	5:35.99	5:14.99	13-14	400 m	Freestyle	5:05.99	5:24.99	4:45.09	18

SESSION # 2.

Friday July 30, 2010 Warm-up 1:30pm Start 2:35pm

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
19	NCT	NCT	NCT	11-12	200 m	Medley Relay	NCT	NCT	NCT	20
21	NCT	NCT	NCT	15-18	200 m	Medley Relay	NCT	NCT	NCT	22
5 minutes Break warm-up/warm-down										
23	1:08.29	1:01.79	1:11.49	11-12	100 m	Freestyle	1:11.99	1:02.19	1:08.99	24
25	1:03.89	57.79	1:08.49	15-18	100 m	Freestyle	1:02.69	52.29	57.69	26
27	1:29.29	1:20.49	1:35.99	11-12	100 m	Breaststroke	1:36.99	1:21.59	1:30.29	28
29	1:22.39	1:15.19	1:29.99	15-18	100 m	Breaststroke	1:21.99	1:06.49	1:13.79	30
5 minutes Break warm-up/warm-down										
31	37.09	33.29	38.99	11-12	50 m	Backstroke	39.99	33.29	36.69	32
33	1:13.19	1:05.49	1:18.99	15-18	100 m	Butterfly	1:09.99	57.99	1:03.09	34
35	2:56.79	2:39.99	3:03.99	11-12	200 m	Butterfly	3:03.99	2:39.99	2:56.79	36
37	4:50.29	5:31.99	5:11.99	15-18	400 m	Freestyle	4:49.99	5:16.99	4:36.89	38
39	5:17.59	6:03.99	5:29.99	11-12	400 m	Freestyle	5:29.99	6:03.99	5:17.59	40

SESSION # 3.

Saturday July 31, 2010 Warm-up 7:00am Start 8:05am

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
41	40.59	36.59	45.99	10&U	50 m	Butterfly	46.99	36.79	40.69	42
43	2:21.29	2:07.99	2:30.99	13-14	200 m	Freestyle	2:25.99	2:00.99	2:13.79	44
45	2:50.69	2:35.99	3:09.99	10&U	200 m	Freestyle	3:09.99	2:33.99	2:48.89	46
47	2:45.79	2:30.99	2:55.99	13-14	200 m	Butterfly	2:49.99	2:24.99	2:39.69	48
5 minutes Break warm-up/warm-down										
49	1:43.49	1:33.99	1:51.99	10&U	100 m	Breaststroke	1:56.99	1:35.99	1:45.79	50
51	1:13.99	1:06.59	1:19.99	13-14	100 m	Backstroke	1:16.99	1:02.99	1:09.29	52
53	1:31.09	1:22.19	1:39.99	10&U	100 m	Backstroke	1:39.99	1:22.19	1:31.09	54
55	5:39.59	5:06.99	5:59.99	13-14	400 m	Individual Medley	5:48.99	4:54.99	5:28.99	56
5 minutes Break warm-up/warm-down										
57	NCT	NCT	NCT	10&U	200 m	Freestyle Relay	NCT	NCT	NCT	58
59	NCT	NCT	NCT	13-14	400 m	Freestyle Relay	NCT	NCT	NCT	60

SESSION # 4.

Saturday July 31, 2010 Warm-up 1:30pm Start 2:35pm

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
61	2:27.69	2:13.99	2:37.99	11-12	200 m	Freestyle	2:36.99	2:15.49	2:30.29	62
63	2:18.49	2:04.49	2:29.99	15-18	200 m	Freestyle	2:15.99	1:54.99	2:06.69	64
65	41.49	37.19	43.99	11-12	50 m	Breaststroke	44.59	37.59	41.49	66
67	3:00.49	2:42.99	3:14.99	15-18	200 m	Breaststroke	2:59.99	2:30.09	2:46.09	68
5 minutes Break warm-up/warm-down										
69	1:18.59	1:11.09	1:24.99	11-12	100 m	Backstroke	1:25.99	1:11.59	1:18.79	70
71	1:13.79	1:06.49	1:19.99	15-18	100 m	Backstroke	1:11.99	1:00.49	1:07.29	72
73	35.29	31.59	36.99	11-12	50 m	Butterfly	37.99	32.09	35.49	74
75	5:38.99	5:04.99	5:55.09	15-18	400 m	Individual Medley	5:29.99	4:45.19	5:08.09	76
5 minutes Break warm-up/warm-down										
77	3:13.39	2:55.99	3:27.99	11-12	200 m	Breaststroke	3:27.99	2:59.99	3:17.59	78
79	NCT	NCT	NCT	15-18	400 m	Freestyle Relay	NCT	NCT	NCT	80
81	NCT	NCT	NCT	11-12	400 m	Freestyle Relay	NCT	NCT	NCT	82
5 minutes warm-up										
83	6:02.39	5:27.99	6:25.99	11-12	400 m	Individual Medley	6:25.99	5:27.99	6:02.39	84

SESSION # 5.**Sunday August 1, 2010 Warm-up 7:00am Start 8:05am**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
85	NCT	NCT	NCT	13-14	200 m	Freestyle Relay	NCT	NCT	NCT	86
87	NCT	NCT	NCT	10&U	200 m	Medley Relay	NCT	NCT	NCT	88
89	2:37.39	2:22.59	2:52.99	13-14	200 m	Backstroke	2:45.99	2:16.99	2:30.59	90
91	3:13.79	2:55.99	3:30.99	10&U	200 m	Individual Medley	3:43.99	2:55.99	3:15.99	92
5 minutes Break warm-up/warm-down										
93	2:38.09	2:23.49	2:50.99	13-14	200 m	Individual Medley	2:41.99	2:14.99	2:28.59	94
95	35.79	32.09	37.99	10&U	50 m	Freestyle	37.99	31.99	35.19	96
97	29.89	26.99	31.39	13-14	50 m	Freestyle	30.19	25.29	27.99	98
99	1:37.09	1:27.09	1:53.99	10&U	100 m	Butterfly	1:53.99	1:27.99	1:37.19	100
5 minutes Break warm-up/warm-down										
101	2:59.99	2:42.99	3:16.99	13-14	200 m	Breaststroke	3:09.99	2:38.99	2:54.99	102
103	NCT	NCT	NCT	10&U	400 m	Freestyle Relay	NCT	NCT	NCT	104
105	NCT	NCT	NCT	13-14	400 m	Medley Relay	NCT	NCT	NCT	106

SESSION # 6.**Sunday August 1, 2010 Warm-up 1:30pm Start 2:35pm**

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
107	NCT	NCT	NCT	11-12	200 m	Freestyle Relay	NCT	NCT	NCT	108
109	NCT	NCT	NCT	15-18	200 m	Freestyle Relay	NCT	NCT	NCT	110
111	2:49.49	2:33.99	3:03.99	11-12	200 m	Backstroke	3:03.99	2:37.99	2:54.89	112
113	2:36.79	2:22.99	2:49.99	15-18	200 m	Backstroke	2:34.99	2:10.99	2:24.99	114
5 minutes Break warm-up/warm-down										
115	2:47.79	2:31.49	2:59.99	11-12	200 m	Individual Medley	3:02.99	2:32.59	2:48.89	116
117	2:39.09	2:22.09	2:49.99	15-18	200 m	Individual Medley	2:36.99	2:07.99	2:21.09	118
119	31.59	28.59	32.99	11-12	50 m	Freestyle	32.99	28.29	31.29	120
121	29.49	26.59	31.49	15-18	50 m	Freestyle	28.69	23.79	26.29	122
5 minutes Break warm-up/warm-down										
123	1:19.59	1:12.09	1:25.99	11-12	100 m	Butterfly	1:25.99	1:13.49	1:20.99	124
125	2:44.19	2:29.99	2:50.99	15-18	200 m	Butterfly	2:36.99	2:12.99	2:26.49	126
127	NCT	NCT	NCT	11-12	400 m	Medley Relay	NCT	NCT	NCT	128
129	NCT	NCT	NCT	15-18	400 m	Medley Relay	NCT	NCT	NCT	130

2010 Metropolitan Long Course Summer Junior Olympics at Felix Festa

JULY 30-August 1, 2010

Team Name _____ **Team Code** _____

Coach's Name _____

Address _____

Day Phone # _____ **Eve Phone #** _____

E-Mail Address: _____

MEET ENTRY REPORT

Metropolitan Swimmer Surcharge (must include relay only swimmers)

Females Entered x \$ 1.00 = _____

Males Entered x \$ 1.00 = _____

Individual and Relay Entry

Female Individuals Entries: _____ x \$4.00 = _____

Male Individual Entries: _____ x \$4.00 = _____

Female Relay Entries: _____ x \$10.00 = _____

Male Relay Entries: _____ x \$10.00 = _____

Total Amount Entries = _____

Make Check payable to Condors Swim Club

Mail Hy-Tek diskette, Hard Copy, Meet Entry Report and Check to:

**Condors Swim Club
115 North Main Street New City, NY 10956
Jeff.Allen@CondorsSwimming.com**

DUE DATE: Tuesday, July 20, 2010

SIGN EXPRESS MAIL WAIVER allowing delivery without signature.

Meet Director: Bob Carlucci 845-638-4381