

## Invitational Meet Announcement



AND THE



**NEW YORK SHARKS JANUARY INVITATIONAL SWIM MEET  
at Felix Festa Middle School**

**Saturday and Sunday, January 9<sup>th</sup> – 10<sup>th</sup>, 2010  
Metro Swimming Sanction #100116**

**Invited Teams: (1) New Jersey Race Club, (2) Empire Swim Team, (3) New Jersey Blue Streaks, (4) Zeus Swim Team, and All Other Metro Swim Teams**



# NEW YORK SHARKS JANUARY INVITATIONAL CLASSIC SWIM MEET



At Felix Festa Middle School

**INVITED TEAMS:** (1) New Jersey Race Club, (2) Empire Swim Team, (3) New Jersey Blue Streaks, (4) Zeus Swim Team, and All Other Metro Swim Teams

**SANCTION:** METRO SANCTION # 100116

**HOST CLUB:** Hosted By New York Sharks Aquatics and Empire Aquatics Swimming

**DATE OF MEET:** Saturday, and Sunday, January 9<sup>th</sup> – 10<sup>th</sup>, 2010

**FACILITY:** This meet will be hosted at Felix Festa Natatorium at Felix Festa Middle School, 30 Parrott Road, West Nyack, NY 10994.

**MapQuest:**

<http://www.mapquest.com/maps?city=West+Nyack&state=NY&address=30+Parrott+Road&zipcode=10994>

Felix Festa is an indoor 8 lane 50 meter pool with a bulkhead. The meet will be run in the deep end of the pool. The shallow end of the pool will be open for continuous warm-up through out the meet.

There is seating for 700 spectators in the balcony.

A Colorado fully automatic timing system with an 8 lane read-out board will be used.

**SESSIONS:**

<b>Saturday Morning Session (Session #1)</b>	<b>Warm-up:</b>	<b>Meet Start:</b>
10 & Unders* and 13-14 Age Group Events (*Awards will be given to 8 & Unders)	7:30 a.m.	8:30 a.m.
<b>Sat. Mid-Afternoon Distance (Session #2)</b>	<b>Warm-up:</b>	<b>Meet Start:</b>
12 and Under and 13 & Over Events (Swimmers must provide their own timer!)	12:45 p.m.	1:15 p.m.
<b>Saturday Afternoon Session (Session #3)</b>	<b>Warm-up:</b>	<b>Meet Start:</b>
11-12 and 15 & Over Age Group Events	3:00 p.m.	4:00 p.m.
<b>Sunday Morning Session (Session #4)</b>	<b>Warm-up:</b>	<b>Meet Start:</b>
10 & Unders* and 13-14 Age Group Events (*Awards will be given to 8 & Unders)	7:30 a.m.	8:30 a.m.
<b>Sun. Mid-Afternoon Distance (Session #5)</b>	<b>Warm-up:</b>	<b>Meet Start:</b>
12 and Under and 13 & Over Events (Swimmers must furnish their own timer!)	12:45 p.m.	1:15 p.m.
<b>Sunday Afternoon Session (Session #6)</b>	<b>Warm-up:</b>	<b>Meet Start:</b>
11-12 and 15 & Over Age Group Events	3:00 p.m.	4:00 p.m.

**MEET FORMAT:**

- This meet will be run in accordance to current USA Swimming Rules.
- This meet will be run as a time final meet.
- There are no time standards being used in this meet.
- This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own.
- All relays are pre-seeded. Swimmers/relays will report to the blocks.
- All events that have combined age groups will have awards for both age groups.

**MEET  
ELIGIBILITY:**

- All swimmers must have entry times. **NO TIME or NT is not acceptable.**
- All swimmers must be members of USA Swimming to enter and compete in this meet.
- All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any events including relays.
- All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation.
- All Unattached swimmers must be listed on the team's official entry form.
- There will be 10 & Under, 11-12, 13-14, 15 & Over Events.
- Age for this meet is: (January 9, 2010)

**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 enter and compete in three individual events per day. No Time or NT will not be accepted for this meet.**
- Swimmers may compete in one (1) relay per day/session
- All entries will be accepted on a first come bases.
- Team entries will be considered accepted when the host club accepts the entries.
- Meet Entries will be taken until the meet fills. The host club must stay within the four hour per session rule.

- E-Mail Entries should be send to: **NYSharksMeetEntries@yahoo.com**
- All received entries will be confirmed with a reply within 24 hours. If there is no reply within 24 hours, then assume that those entries were not received.

- Hard Copy and Entry Fees are to be mailed to:

**Roger Ridenour**  
NY Sharks Swim Team  
8 Lakeshore Drive  
Lake Sapphire  
Monroe, NY 10950  
(845) 325-5152 (don't call after 9:00 p.m.)  
**NYSharksMeetEntries@yahoo.com**

- Make entry fee checks payable to: **NYSAQUATICS**
- New York Sharks has the right to consider **NOT ACCEPTING** a club's entries if that club has shown in the past not to pay their entry fees or still owes past entry fees.
- If you are not e-mailing your entries, then overnight or express mail is recommended, **but waive the signature.**
- It is not necessary to use overnight or express mail to send hard copy and check which are sent in support of an e-mailed entry.

**SCRATCHES:**

- All scratch sheets must be turned into the scoring table 30 minutes before the start of each session.

**ENTRY  
DEADLINE:**

- The **Final Entry Deadline** for the meet is **Wednesday, December 30<sup>th</sup>, 2009.**
- All entries will be entered in the order that they were received, as space allows. An e-mail confirming receipt of entries will be sent out within 24 hours

**ENTRY FEES:**

- There is an entry fee of **\$3.00 per Individual Event** and **\$8.00 per Relay Event.**
- Make checks payable to: **NYSAQUATICS**
- Payment must be received prior to the Start of the Meet. Payment must be included in all mail entries. Failure to pay entry fees before the start of the meet could result in teams being barred from the meet.

**WARM-UP PROCEDURES:**

- Warm-ups will be run under Metropolitan Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, and sprint lanes.
- Swimming Equipment is NOT ALLOWED in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys.
- Uniformed and designated meet marshals will monitor warm-ups.
- All general warm-up lanes will swim in a counterclockwise direction.

**SESSION WARM-UPS:**

- **Saturday and Sunday Morning and Afternoon Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before the end of the warm-ups at the competition end of the pool.
- **Saturday and Sunday Mid-Afternoon Distance Warm-ups:** Warm-ups will be a general warm-up for all lanes. There will be sprint lanes in the last 10 minutes of warm-ups.

**COACHES:**

- In accordance with Metropolitan swimming Inc. Policy, only those coaches who display current, valid UDSA Swimming credentials will be permitted to act in a coaching capacity on the deck at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- All coaches must have coaching cards visible at all times.

**AWARDS:**

- Awards for all 8 & Unders in 10&U individual events, 10 & Under, 11-12, 13-14, and 15 & Over. Separate Awards for 13-14/15&O in 13 & Over Events. Separate Awards for 10&U/11-12 for 12 & Under events.
- Awards for individual events will be presented medals for 1<sup>st</sup> through 3<sup>rd</sup>, and ribbons for 4<sup>th</sup> through 8<sup>th</sup> places.
- Awards for all relays will be ribbons for 1<sup>st</sup> through 3<sup>rd</sup>.

**MEET REFEREE & OFFICIALS:**

- Meet Referee: **Tina Ficarelli (E-mail: [mommiefic@yahoo.com](mailto:mommiefic@yahoo.com))**
- Any officials interested in helping out at the meet, please contact Tina Ficarelli. (E-mail: [mommiefic@yahoo.com](mailto:mommiefic@yahoo.com))

**MEET DIRECTOR:**

- **Roger Ridenour – Meet Director**  
NY Sharks Swim Team  
8 Lakeshore Drive  
Lake Sapphire  
Monroe, NY 10950  
(845) 325-5152 (don't call after 9:00 p.m.)  
E-mail: [NYSharksMeetEntries@yahoo.com](mailto:NYSharksMeetEntries@yahoo.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 Felix Festa Middle School, New York Sharks Swim Club, Metropolitan swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the swim meet.

**ADMISSION:**

- Admissions are \$5.00 per session
- Programs are \$4.00 per session

**MERCHANTS:**

- **SWIM NEW JERSEY**

**CONSESSIONS:**

- **There will be food concessions with beverages and hot and cold food.**

**PARKING:**

- There is free unlimited parking around Felix Festa Middle School. Cars parking on Parrott Street will be ticketed and towed. All cars must be parked in designated parking spaces or they will be ticketed by the Clarkstown Police Department.

**FACILITY  
RULES:**

- **NO SMOKING** within 50 feet of any entrance to the school or inside the school.
- **NO FOOD** is allowed on deck. Liquid refreshments in plastic bottles are allowed. **NO GLASS BOTTLES or JUICE BOXES** allowed on deck.

**DIRECTIONS:**

- **MapQuest:**  
<http://www.mapquest.com/maps?city=West+Nyack&state=NY&address=30+Parrott+Road&zipcode=10994>
- **From New Jersey:**
  - 1) Take the Garden State Parkway North or Interstate 287 North.
  - 2) Either highway joins the New York State Thruway (Interstate 87). Follow signs for New York State Thruway South toward Tappan Zee Bridge.
  - 3) Exit New York State Thruway at exit 13N (Palisades Parkway North)
  - 4) Exit the Palisades Parkway at Exit 10.
  - 5) Follow to the end of the ramp and make a right at the light onto Germonds Road.
  - 6) Take Germonds to the next light and cross over Route 304.
  - 7) Go straight on Germonds Road.
  - 8) Head straight onto Parrott Road.
  - 9) Felix Festa Middle School is on the left. Pool entrance and parking area is in the back of the school by the tennis courts.
- **Alternate From New Jersey:**
  - 1) Take the Palisades Parkway North from Fort Lee (instead of the Garden State Parkway or Interstate 287).
  - 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
- **From New York City:**
  - 1) Take the George Washington Bridge to the Palisades Parkway North.
  - 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
- **From Westchester County Vicinity:**
  - 1) Take the Tappan Zee Bridge. Follow the New York Thruway North (Interstate 87)
  - 2) Exit New York State Thruway at exit 13N (Palisades Parkway North)
  - 3) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
- **From Rockland County:**
  - 1) Take the New York State Thruway South (Interstate 87) to Exit 13N for Palisades Parkway North.
  - 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
- **Alternate from Rockland County:**
  - 1) Take the Palisade Parkway South from the Bear Mountain vicinity to Exit 10.
  - 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.

## SATURDAY 10 & UNDER and 13-14 MORNING SESSION

Saturday, January 9<sup>th</sup>, 2010

**SESSION #1 – Saturday Morning 10 & Under and 13-14 Events: Warm Up: 7:30 am (Session Start Time: 8:30 am)**

**Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 8:10 a.m.) before the end of the warm-ups at the competition end of the pool.

Girls Evt. #	Age Group Event	Boys Evt. #
#1	13-14 - 200 yd. Medley Relay+	#2
#3	10 & Under - 200 yd. Medley Relay+	#4
#5	13-14 - 100 yd. Freestyle	#6
#7	10 & Under - 200 yd. Freestyle*	#8
#9	13-14 - 200 yd. Breaststroke	#10
#11	10 & Under - 50 yd. Breaststroke*	#12
#13	13- 14 - 100 yd. Backstroke	#14
#15	10 & Under - 100 yd. Backstroke*	#16
#17	13-14 - 100 yd. Butterfly	#18
#19	10 & Under - 50 yd. Butterfly*	#20
#21	13-14 - 200 yd. Ind. Medley	#22
#23	10 & Under – 50 yd. Freestyle*	#24

+ Relays will be Pre-seeded. There will be no re-seed.

\* - Awards will be given to 8 & Unders and 9-10 in these events

## SATURDAY MID-AFTERNOON DISTANCE SESSION

Saturday, January 9<sup>th</sup>, 2010

**SESSION #2 – Saturday 11-12 & 13 & Over Distance Session: Warm Up: Will start 12:45 pm Start: 1:15 pm**

**Swimmers must provide their own timer and counter!**

**Warm-ups:** There will be a general warm-up in the competition end of the pool. Lanes 5-8 will be sprint lanes.

Girls Evt. #	Age Group Event	Boys Evt. #
#25	12 & Under – 200 yd. Breaststroke%	#26
#27	13 & Over – 500 yd. Freestyle#	#28
#29	12 & Under - 200 yd. Butterfly%	#30

# - Awards will be given to 13-14 and 15 & Overs in these events

% - Awards will be given to 11-12 and 10 & Unders in these events

## SATURDAY 11-12 and 15 & Over AFTERNOON SESSION

Saturday, January 9<sup>th</sup>, 2010

**SESSION #3 – Saturday Afternoon 11-12 & 15 & O Events: Warm Up: 3:00 pm Session Start Time: 4:00 pm**

**Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 3:40 p.m.) before the end of the warm-ups at the competition end of the pool.

Girls Evt. #	Age Group Event	Boys Evt. #
#31	15 & Over - 200 yd. Medley Relay+	#32
#33	11 - 12 - 200 yd. Medley Relay+	#34
#35	15 & Over - 100 yd. Freestyle	#36
#37	11-12 - 200 yd. Freestyle	#38
#39	15 & Over - 200 yd. Breaststroke	#40
#41	11 - 12 - 50 yd. Breaststroke	#42
#43	15 & Over - 100 yd. Backstroke	#44
#45	11-12 - 100 yd. Backstroke	#46
#47	15 & Over – 100 yd. Butterfly	#48
#49	11-12 - 50 yd. Butterfly	#50
#51	15 & Over - 200 yd. Ind. Medley	#52
#53	11-12 - 100 yd. Ind. Medley	#54

+ Relays will be Pre-seeded. There will be no re-seed.

## **SUNDAY 10 & UNDER and 13-14 MORNING SESSION**

Sunday, January 10<sup>th</sup>, 2010

**SESSION #4 – Sunday Morning 10 & Under and 13-14 Events: Warm Up: 7:30 am (Session Start Time: 8:30 am)**

**Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before (at 8:10 a.m.) the end of the warm-ups at the competition end of the pool.

<b>Girls Evt. #</b>	<b>Age Group Event</b>	<b>Boys Evt. #</b>
#55	13-14 - 200 yd. Freestyle Relay+	#56
#57	10 & Under - 200 yd. Freestyle Relay+	#58
#59	13-14 - 200 yd. Freestyle	#60
#61	10 & Under - 100 yd. Freestyle*	#62
#63	13-14 - 100 yd. Breaststroke	#64
#65	10 & Under - 100 yd. Breaststroke*	#66
#67	13- 14 - 200 yd. Backstroke	#68
#69	10 & Under - 50 yd. Backstroke*	#70
#71	13-14 - 200 yd. Butterfly	#72
#73	10 & Under - 100 yd. Butterfly*	#74
#75	13-14 - 50 yd. Freestyle	#76
#77	10 & Under – 100 yd. Ind. Medley	#78

+ Relays will be Pre-seeded. There will be no re-seed.

\* - Awards will be given to 8 & Unders and 9-10 in these events

## **SUNDAY MID-AFTERNOON DISTANCE SESSION**

Sunday, January 10<sup>th</sup>, 2010

**SESSION #5 – Sunday 11-12 & 13&Over Distance Session: Warm Up: Will start 12:45 p.m. Start: 1:15 p.m.**

**Swimmers must provide their own timer and counter!**

**Warm-ups:** There will be a general warm-up in the competition end of the pool. Lanes 6-8 will be sprint lanes.

<b>Girls Evt. #</b>	<b>Age Group Event</b>	<b>Boys Evt. #</b>
#79	12 & Under – 200 yd. Backstroke%	#80
#81	11 & Over – 400 yd. Ind. Medley#	#82
#83	12 & Under - 200 yd. Ind. Medley%	#84

# - Awards will be given to 11-12, 13-14, and 15 & Overs in these events

% - Awards will be given to 11-12 and 10 & Unders in these events

## **SUNDAY 11-12 and 15 & Over AFTERNOON SESSION**

Sunday, January 10<sup>th</sup>, 2010

**SESSION #3 – Sunday Afternoon 11-12 & 15 & O Events: Warm Up: 3:00 pm Session Start Time: 4:00 pm**

**Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 3:40 p.m.) before the end of the warm-ups at the competition end of the pool.

<b>Girls Evt. #</b>	<b>Age Group Event</b>	<b>Boys Evt. #</b>
#85	15 & Over - 200 yd. Freestyle Relay+	#86
#87	11 - 12 - 200 yd. Freestyle Relay+	#88
#89	15 & Over - 200 yd. Freestyle	#90
#91	11-12 - 100 yd. Freestyle	#92
#93	15 & Over - - 100 yd. Breaststroke	#94
#95	11 - 12 - 100 yd. Breaststroke	#96
#97	15 & Over - 200 yd. Backstroke	#98
#99	11-12 - 50 yd. Backstroke	#100
#101	15 & Over – 200 yd. Butterfly	#102
#103	11-12 - 100 yd. Butterfly	#104
#105	15 & Over - 50 yd. Freestyle	#106
#107	11-12 - 50 yd. Freestyle	#108

+ - Relays will be Pre-seeded. There will be no reseed!

**METROPOLITAN SWIMMING**  
**NY Sharks 'January Classic' Invitational Swim Meet 2010**  
 Saturday, and Sunday, January 9<sup>th</sup> & 10<sup>th</sup>, 2010

**\*\*\*WAIVER\*\*\***

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA-Swimming, Felix Festa Middle School, Metro Swimming, Swim New Jersey and the New York Sharks Aquatic Team, NYSAquatics, owner, employees, heirs, administrators and all affiliates and their staff for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

NAME OF CLUB: \_\_\_\_\_

USS CLUB ABBREVIATION: \_\_\_\_\_

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

\_\_\_\_\_ (Print Name)  
 \_\_\_\_\_ (Signature)  
 \_\_\_\_\_ (Address)  
 \_\_\_\_\_ (E-Mail) \_\_\_\_\_ (Telephone)

NAME(S) OR COACH: \_\_\_\_\_

LOCATION OF CLUB: \_\_\_\_\_ (City) \_\_\_\_\_ (State)

NAME/PHONE #/E-MAIL ADDRESS of person to contact regarding this entry:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO CONTACT REGARDING TIMERS/OFFICIALS:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO RECEIVE FINAL RESULTS:

**ENTRY FEE SUMMARY:** \_\_\_\_\_ Individual Event Entries @ **\$3.00** =      \$ \_\_\_\_\_

\_\_\_\_\_ Relay Event Entries @ **\$8.00** =      \$ \_\_\_\_\_

**TOTAL ENTRY FEES =      \$ \_\_\_\_\_**

**MAKE CHECKS PAYABLE TO: NYSAQUATICS**

**List All Unattached Swimmers:**

Unattached Swimmer: \_\_\_\_\_ Unattached Swimmer: \_\_\_\_\_

Unattached Swimmer: \_\_\_\_\_ Unattached Swimmer: \_\_\_\_\_

Unattached Swimmer: \_\_\_\_\_ Unattached Swimmer: \_\_\_\_\_

Unattached Swimmer: \_\_\_\_\_ Unattached Swimmer: \_\_\_\_\_