



**NEW YORK SHARKS  
JUNE SUMMER SIZZLE LC  
SWIM MEET**

**At Felix Festa Middle School**

Saturday, and Sunday, June 12<sup>th</sup> – 13<sup>th</sup>, 2010

Metro Sanction #100605



# NEW YORK SHARKS JUNE METROPOLITAN 'SUMMER SIZZLE' LONG COURSE SWIM MEET



At Felix Festa Middle School

**SANCTION:**

**METRO SANCTION #100605**

**METRO MEET:**

This is a Metropolitan meet and has an early deadline for Metro LSC Teams. The Metro Entry Deadline is Tuesday, June 1<sup>st</sup>, 2010.

**HOST CLUB:**

Hosted By **New York Sharks Aquatics**

**DATE OF MEET:**

Saturday, and Sunday, June 12<sup>th</sup> – 13<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
- Felix Festa is an indoor 8 lane 50 meter pool with a bulkhead. The meet will be run in the 50 meter course starting in the deep end of the pool.
- 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>Sunday Morning Session (Session #1)</b> 11-12 and 15 & Over Age Group Session	<b>Warm-up</b> 7:30 a.m.	<b>Meet Start</b> 8:30 a.m.
<b>Saturday Afternoon Distance Session (Session #2)</b> Open 400 mtr. I.M. (4 women, 4 men heats only!) (Swimmers must provide own timer)	<b>Warm-up</b> 12:45 p.m.	<b>Meet Start</b> 1:15 p.m.
<b>Saturday Afternoon Session (Session #3)</b> 10 & Under and 13-14 Age Group Events	<b>Warm-up</b> 2:00 p.m.	<b>Meet Start</b> 3:00 p.m.
<b>Sunday Morning Session (Session #4)</b> 11-12 and 15 & Over Age Group Session	<b>Warm-up</b> 7:30 a.m.	<b>Meet Start</b> 8:30 a.m.
<b>Sunday Afternoon Distance Session (Session #5)</b> Open 400 mtr. Freestyle (4 women, 4 men heats only!) (Swimmers must provide their own timer)	<b>Warm-up</b> 12:45 p.m.	<b>Meet Start</b> 1:15 p.m.
<b>Sunday Afternoon Session (Session #6)</b> 10 & Under & 13-14 Age Group Events	<b>Warm-up</b> 2:00 p.m.	<b>Meet Start</b> 3:00 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 TIME STANDARDS FOR THE OPEN 400 FREE and 400 IM.** There are **NO TIME STANDARDS** for all other events.
- 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.

**DISTANCE 400  
FREESTYLE and  
400 IND. MEDLEY  
SESSION:**

- The 400 mtr. Freestyle and 400 mtr. Ind. Medley will be a limited event.
- Entries will be received and entered until the 4 heats have been filled. The event will be considered full at that point and all other entries will be offered to swim in another event.
- These events will be swum slowest to fastest.
- Awards will be given as a single age group to the OPEN age group.
- There will be a positive check-in for these events.
- **Swimmers must provide their own timers in the 400 mtr. Ind. Medley and in the 400 mtr. Free. Timer must write down time, push back-up button, and in the 400 mtr. Free able to ring the final lap bell.**

**MEET  
ELIGIBILITY:**

- All swimmers must have entry times. **NO TIME or NT is not acceptable.**
- **All Entry Times must be in Long Course Meter Times!**
- 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, and 15 & Over Events. There will be an OPEN 400 mtr. Freestyle and Open 400 mtr. Ind. Medley Events.
- **Age for this meet is: (June 12<sup>th</sup>, 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 3** individual events per session.
- All entries will be accepted on a first come bases.
- Non-Metro LSC Entries will be accepted in the order of receipt after the Metro Entry Deadline (June 1<sup>st</sup>, 2010), unless the meet has already been closed!
- 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](mailto:NYSharksMeetEntries@yahoo.com)
- All received entries will be confirmed with a replay with in 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.)  
E-mail: [NYSharksMeetEntries@yahoo.com](mailto: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 check-in sheets must be turned into the scoring table 30 minutes before the start of each session.

**ENTRY  
DEADLINE:**

- The **Metro LSC Entry Deadline** for the meet is **Tuesday, June 1st, 2010.**
- All Metro Entries will be accepted in the order that they were received, as space allows. **All NON-METRO LSC entries will be added after the Tuesday, June 1<sup>st</sup>, Metro Entry deadline.** (Only if the meet is not full and in order of receipt.) An e-mail confirming receipt of entries will be sent out within 24 hours upon receipt. Please contact entry coordinator or meet director if you did not receive an e-mail confirmation

### **ENTRY FEES:**

- There is an entry fee of **\$4.00 per Individual Event**
- Make checks payable to: **NYSAQUATICS**
- Payment must be received prior to the start for all entries. 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.
- All swimmers must enter the pool from the starting end of the pool.
- 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 Warm-ups:** Warm-ups will be a general warm-up in all lanes. There will be one way sprint lanes will start 20 minutes before the end of the warm-ups (at 8:10 a.m.) at the competition end of the pool.
- **Saturday and Sunday Afternoon Warm-ups:** Warm-ups will be a general warm-up in all lanes. There will be one way sprint lanes will start 20 minutes before the end of the warm-ups (at 2:40 p.m.) at the competition end of the pool.
- **Saturday and Sunday 400 mtr. Freestyle and 400 mtr. Ind. Medley Warm-ups:** There will be a 30 minute general warm-up in the competition pool. Lanes 5-7 will be sprint lanes the last 10 minutes of the warm-ups. (at 1:05 p.m.)

### **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 10 & Under, 11-12, 13-14, 15 & Over, and Open 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.

### **MEET DIRECTORS:**

- **Roger Ridenour, Edgar Perez, Robert Ficarelli**  
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)**

### **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))

### **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 11-12 and 15 & Over MORNING SESSION

Saturday, June 12<sup>th</sup>, 2010

**SESSION #1 – Saturday Morning 11-12 and 15 & Over Events:** Warm Up: 7:30 a.m. Session Start Time: 8:30 p.m.

**Warm-ups:** Warm-ups will be a general warm-up in the competition 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.

<u>Girls Evt. #</u>	<u>Age Group Event</u>	<u>Boys Evt. #</u>
#1	11-12 - 200 mtr. Freestyle	#2
#3	15 & Over - 200 mtr. Freestyle	#4
#5	11-12 - 50 mtr. Breaststroke	#6
#7	15 & Over - 100 mtr. Breaststroke	#8
#9	11-12 - 100 mtr. Backstroke	#10
#11	15 & Over – 200 mtr. Backstroke	#12
#13	11-12 - 100 mtr. Butterfly	#14
#15	15 & Over – 200 mtr. Butterfly	#16
#17	11-12 - 50 mtr. Freestyle	#18
#19	15 & Over – 50 mtr. Freestyle	#20

## SATURDAY OPEN 400 mtr. Ind. Medley MID-AFTERNOON SESSION

Saturday, June 12<sup>th</sup>, 2010

**SESSION #2 – Saturday Open 400 mtr. Ind. Medley Session:** Warm Up: 12:45 p.m. Meet Start: 1:15 p.m.

**Warm-ups:** There will be a general warm-up in the competition pool. Lanes 5-7 will be sprint lanes.

<u>Girls Evt. #</u>	<u>Time Standard: Faster Than</u>	<u>Age Group Event</u>	<u>Time Standard: Faster Than</u>	<u>Boys Evt. #</u>
#21	6:05.00	Open - 400 mtr. Ind. Medley Limited to 4 women, 4 men heats	6:10.00	#22

**Swimmers must provide their own timer!**

## SATURDAY 10 & Under and 13-14 AFTERNOON SESSION

Saturday, June 12<sup>th</sup>, 2010

**SESSION #3 – Saturday Afternoon 10&U & 13-14 Events:** Warm Up: 2:00 pm Session Start Time: 3:00 pm

**Warm-ups:** Warm-ups will be a general warm-up in the competition pool. There will be one way sprint lanes that will start 20 minutes (at 2:40 p.m.) before the end of the warm-ups at the competition end of the pool.

<u>Girls Evt. #</u>	<u>Age Group Event</u>	<u>Boys Evt. #</u>
#23	10 & Under - 100 mtr. Freestyle	#24
#25	13-14 200 mtr. Freestyle	#26
#27	10 & Under – 100 mtr. Breaststroke	#28
#29	13-14 – 100 mtr. Breaststroke	#30
#31	10 & Under - 50 mtr. Backstroke	#32
#33	13-14 - 100 mtr. Backstroke	#34
#35	10 & Under - 50 mtr. Butterfly	#36
#37	13-14 - 200 mtr. Butterfly	#38
#39	10 & Under – 200 mtr. Ind. Medley	#40
#41	13-14 – 200 mtr. Ind. Medley	#42

## SUNDAY 11 & 12 and 15 & OVER MORNING SESSION

Sunday, June 13<sup>th</sup>, 2009

**SESSION #4 – Sunday Morning 11-12 and 15 & Over Events:** Warm Up: 7:30 a.m. Session Start Time: 8:30 p.m.

**Warm-ups:** Warm-ups will be a general warm-up in the competition 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.

<u>Girls Evt. #</u>	<u>Age Group Event</u>	<u>Boys Evt. #</u>
#43	15 & Over - 100 mtr. Freestyle	#44
#45	11-12 - 100 mtr. Freestyle	#46
#47	15 & Over - 200 mtr. Breaststroke	#48
#49	11-12 - 100 mtr. Breaststroke	#50
#51	15 & Over - 100 mtr. Backstroke	#52
#53	11-12 - 50 mtr. Backstroke	#54
#55	15 & Over - 100 mtr. Butterfly	#56
#57	11-12 - 50 mtr. Butterfly	#58
#59	15 & Over - 200 mtr. Ind. Medley	#60
#61	11-12 - 200 mtr. Ind. Medley	#62

## SUNDAY OPEN 400 mtr. Freestyle MID-AFTERNOON SESSION

Sunday, June 13<sup>th</sup>, 2010

**SESSION #5 – Sunday Open 400 mtr. Freestyle Session:** Warm Up: 12:45 p.m. Meet Start: 1:15 p.m.

**Warm-ups:** There will be a general warm-up in the competition end of the pool. Lanes 5-7 will be sprint lanes.

<u>Girls Evt. #</u>	<u>Time Standard: Faster Than or Equal to:</u>	<u>Age Group Event</u>	<u>Time Standard: Faster Than</u>	<u>Boys Evt. #</u>
#63	5:16.00	Open - 400 mtr. Freestyle Limited to 4 women, 4 men heats	5:16.00	#64

Swimmers must provide their own timer!

## SUNDAY 10 & Under and 13-14 AFTERNOON SESSION

Sunday, June 13<sup>th</sup>, 2010

**SESSION #6 – Sunday Afternoon 10&U & 13-14 Events:** Warm Up: 2:00 pm Session Start Time: 3:00 pm

**Warm-ups:** Warm-ups will be a general warm-up in the competition pool. There will be one way sprint lanes that will start 20 minutes (at 2:40 p.m.) before the end of the warm-ups at the competition end of the pool.

<u>Girls Evt. #</u>	<u>Age Group Event</u>	<u>Boys Evt. #</u>
#65	10 & Under - 200 mtr. Freestyle	#66
#67	13-14 - 100 mtr. Freestyle	#68
#69	10 & Under - 50 mtr. Breaststroke	#70
#71	13-14 - 200 mtr. Breaststroke	#72
#73	10 & Under - 100 mtr. Backstroke	#74
#75	13-14 - 200 mtr. Backstroke	#76
#77	10 & Under - 100 mtr. Butterfly	#78
#79	13-14 - 100 mtr. Butterfly	#80
#81	10 & Under - 50 mtr. Freestyle	#82
#83	13-14 50 mtr. Freestyle	#84

**METROPOLITAN SWIMMING**  
**NY Sharks 'Summer Sizzler' Swim Meet 2010**

**SATURDAY, AND SUNDAY, June 12<sup>th</sup> - 13<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 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)

\_\_\_\_\_ (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** \_\_\_\_\_ Individual Event Entries @ **\$4.00** = \_\_\_\_\_ \$

**FEE**

**SUMMARY:**

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

**MAKE CHECKS PAYABLE TO: NYSAQUATICS**

**List All Unattached Swimmers:**

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

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

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