



**Patriot May Long Course Meet
May 1 & 2, 2010 @Lehman College**

Sanction #100501

Patriot May Long Course Meet

May 1&2, 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #100501
- LOCATION:** Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468
- FACILITY:** 8 Lane 50 Meter Pool utilizing Daktronic Timing System and Scoreboard
The pool **Has** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Sat & Sun 8:00am Warm up 9:00am Start 1:30pm Warm up 2:30pm Start
- FORMAT:** Timed Finals
Deck Seeding
- 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 **May 1, 2010** 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 may enter 4 Individual events per session**
Entries are accepted on a first come, first served basis. Entries received after the entry deadline will only be accepted if the meet is not full. Deck Entries are NOT permitted. All Entries must be sent as a Hy-Tek file. Manual Entries will NOT be accepted. Mail payment along with Hy-Tek Meet Entry Fee Report and detailed Meet Entry Report
- U.S. Mail Entries/Payment to: **Patriot Aquatics, 3 Beecher Lane #2C, Peekskill NY 10566**
Email Entries/Confirm Entry Receipt: **patriotentries@gmail.com**
Signature Waiver Required for Express Mailed Entries
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **April 9, 2010**.
2: The final entry deadline for this meet is **April 12, 2010**
3: Metro entries received between **April 10, 2010** and **April 12, 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 **\$4.00** per individual even must accompany the entries.
Make check payable to: **Patriot Aquatics**.
Payment must be received by **April 12, 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:** **General Warm up in effect. Sprint lanes will be available 20 minutes prior to the end of each warm up. Lanes 1 & 8 will remain General warm up during sprints.**
- 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: Medals 1-3, Ribbons 4-8. Heat Winner Prizes for 10 & Under Events. Awards for 10 & Under events will be given as follows: 9-10 and 8 & under categories.

OFFICIALS: Meet Referee: (E-mail: mommiefic@yahoo.com) (845-268-9136)
Officials wishing to volunteer should contact Meet Referee by April 25th.

MEET DIRECTOR: 914 497 4716

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 **Lehman College, Patriot Swim Team**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: \$5 Admission Fee, \$3 for Programs (Fees are set and collected by Lehman College)

MERCHANTS: Metro Swim Shop. Food and Beverage Concessions

PARKING: Parking is Free in The North Lot (alongside the reservoir) There is also ample free and metered street parking however be sure to read all signs to avoid costly parking tickets.

DIRECTIONS: Bedford Park Boulevard between Goulden and Paul Aves.
BY SUBWAY: Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street.
BY BUS: FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.
BY CAR: Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right.
Via Saw Mill River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.

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Saturday May 1, 2010 Warm-up 8:00am Start 9:00am

GIRLS	EVENT	BOYS
1	10 & Under 200 Freestyle	2
3	13-14 200 Freestyle	4
5	10 & Under 100 Backstroke	6
7	13-14 100 Backstroke	8
9	10 & Under 50 Breaststroke	10
11	13-14 100 Breaststroke	12
13	10 & Under 100 Butterfly	14
15	13-14 200 Butterfly	16
17	10 & Under 50 Freestyle	18
19	13-14 100 Freestyle	20

Saturday May 1, 2010 Warm-up 1:30pm Start 2:30pm

GIRLS	EVENTS	BOYS
21	Open 200 Freestyle	22
23	11-12 100 Freestyle	24
25	Open 100 Backstroke	26
27	11-12 50 Backstroke	28
29	Open 200 Breaststroke	30
31	11-12 100 Breaststroke	32
33	Open 100 Butterfly	34
35	11-12 50 Butterfly	36
37	Open 50 Freestyle	38
39	11-12 200 IM	40

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Sunday May 2, 2010 Warm-up 8:00am Start 9:00am

GIRLS	EVENTS	BOYS
41	10 & Under 100 Freestyle	42
43	13-14 200 Backstroke	44
45	10 & Under 50 Backstroke	46
47	13-14 200 Breaststroke	48
49	10 & Under 100 Breaststroke	50
51	13-14 100 Butterfly	52
53	10 & Under 50 Butterfly	54
55	13-14 50 Freestyle	56
57	10 & Under 200 IM	58
59	13-14 200 IM	60

Sunday May 2, 2010 Warm-up 1:30pm Start 2:30pm

GIRLS	EVENTS	BOYS
61	11-12 200 Freestyle	62
63	Open 100 Freestyle	64
65	11-12 100 Backstroke	66
67	Open 200 Backstroke	68
69	11-12 50 Breaststroke	70
71	Open 100 Breaststroke	72
73	11-12 100 Butterfly	74
75	Open 200 Butterfly	76
77	11-12 50 Freestyle	78
79	Open 200 IM	80