

# HYDRO



## **2011 Second Chance Meet**

**Invitational Meet, December 17-18, 2011**

**Sanction # 111208**

**Time Trials Sanction # 111252-T**

Invited Teams: APEX, BAD, COND, MAKO, BGNW, PATS, ABBE, LIAC, LIE, TS, LGAC, NYCC, EAST, NJW (NJ), SAC (NJ), BMS (NJ), XCEL (NJ), ESC (NJ), WAG, WEST. Additional teams who would like an invitation to this meet are asked to contact Brian Brown at [coachbrown@hydroswimteam.com](mailto:coachbrown@hydroswimteam.com).

# HYDRO/RIST

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **111208**  
(Time Trials Sanction # **111252-T**)
- LOCATION:** **APEX Aquatics Center, Lehman College**  
**250 Bedford Park Boulevard West**  
**Bronx, NY 10468**
- FACILITY:** **8 lanes x 25 yards competition course with Daktronics timing system and scoreboard.**  
The pool **has not** been certified in accordance with Article 104.2.2C (4)  
Water depth from end of pool in shallow end is: 13 feet at 1 meter / 12 feet at 5 meters  
Water depth from end of pool in deep end is: 7 feet at 1 meter / 7 feet at 5 meters
- SESSIONS:** **Saturday, December 17 – Senior Session – 8:00 AM Warm Up / 9:00 AM Start**  
**Saturday, December 17 – Age Group Session – 1:00 PM Warm Up / 2:00 PM Start**  
**Sunday, December 18 – Senior Session – 8:00 AM Warm Up / 9:00 AM Start**  
**Sunday, December 18 – Age Group Session – 1:00 PM Warm Up / 2:00 PM Start**
- FORMAT:** **This meet is timed finals. Deck seeding will be used.**
- 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 **December 17, 2011** 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 up to 4 events per session. Entries are by invitation only and will be accepted on a first-come, first-serve basis as space allows. Entries will only be accepted in Hy-Tek format. No manual entries. No NTs will be allowed.**

U.S. Mail Entries/Payment to:  
**Hydroquatics Inc., 350 Cabrini Blvd, Suite 2H**  
**New York, NY 10040**

Email Entries/Confirm Entry Receipt: [coachbrown@hydroswimteam.com](mailto:coachbrown@hydroswimteam.com)  
**Signature Waiver required for express mail entries.**

- DEADLINE:** Entries must be received by **December 3, 2011**.  
An email confirming receipt of entries will be sent if you provide an email contact.  
Please contact Meet Director Brian Brown [coachbrown@hydroswimteam.com](mailto:coachbrown@hydroswimteam.com) if you do not receive such a report within 2 days of your original email.
- TIME TRIALS:** Time Trials will be available if time permits Inquire with Meet Director at the meet.
- ENTRY FEE:** An entry fee of **\$3.00** per individual event must accompany the entries.  
Make check payable to: **Hydroquatics Inc.** Payment must be received by **September 30, 2011** 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**
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 8:30 AM (30 minutes prior to the start of the session). Coaches are asked to clearly indicate entire session and individual event scratches.
- 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 for 1<sup>st</sup>-8<sup>th</sup> Place will be awarded in each age group.**
- OFFICIALS:** **Meet Referee: Kris Sawicz – [krzysztofs0711@aol.com](mailto:krzysztofs0711@aol.com) – (917) 975-9816**  
Officials wishing to volunteer should contact Meet Referee.
- MEET DIRECTOR:** **Brian Brown – (646) 323-0827**  
**[coachbrown@hydroswimteam.com](mailto:coachbrown@hydroswimteam.com)**
- RULES:** 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 **RI Swimming Inc., Hydroquatics Inc., Metropolitan Swimming Inc., USA Swimming Inc.**, their agents or representatives for any injury occurring as a result of the meet.

**ADMISSION:** \$5.00 Adult Admission Fee, \$2.00 Children Admission Fee, \$3.00 for Programs

**MERCHANTS:** Food concessions; Metro Swim Shop

**PARKING:** \$5.00 all-day parking at Lehman College Supervised Lot.  
Street parking and meter parking is also available.

**DIRECTIONS:** 250 Bedford Park Boulevard West (between Goulden and Paul Ave).

**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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Session #1 – Senior Division Swimmers aged 13&Over <u>only</u> Saturday, December 17 <sup>th</sup> – 8:00 AM WU / 9:00 AM Start		
Girls #	Event	Boys #
1	200 Yard IM	2
3	100 Yard Freestyle	4
5	200 Yard Breaststroke	6
7	100 Yard Backstroke	8
9	200 Yard Butterfly	10
11	500 Yard Freestyle <small>(May be limited to Top 24 entries per event)</small>	12
Session #2 – Age Group Division Swimmers aged 9-12 <u>only</u> (No 8&U) 9-10/11-12 will be scored separately Saturday, December 17 <sup>th</sup> – 1:00 PM WU / 2:00 PM Start		
Girls #	Event	Boys #
13	200 Yard IM	14
15	100 Yard Freestyle	16
17	200 Yard Breaststroke	18
19	100 Yard Backstroke	20
21	200 Yard Butterfly	22
23	500 Yard Freestyle <small>(May be limited to Top 24 entries per event)</small>	24

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<b>Session #3 – Senior Division</b> <b>Swimmers aged 13&amp;O <u>only</u></b> <b>Sunday, December 18<sup>th</sup> – 8:00 AM WU / 9:00 AM Start</b>		
<b>Girls #</b>	<b>Event</b>	<b>Boys #</b>
<b>25</b>	<b>200 Yard Freestyle</b>	<b>26</b>
<b>27</b>	<b>100 Yard Breaststroke</b>	<b>28</b>
<b>29</b>	<b>200 Yard Backstroke</b>	<b>30</b>
<b>31</b>	<b>100 Yard Butterfly</b>	<b>32</b>
<b>33</b>	<b>50 Yard Freestyle</b>	<b>34</b>
<b>35</b>	<b>400 Yard IM</b> <small>(May be limited to Top 24 entries per event)</small>	<b>36</b>
<b>Session #4 – Age Group Division</b> <b>Swimmers aged 9-12 <u>only</u> (No 8&amp;U)</b> <b>9-10/11-12 will be scored separately</b> <b>Sunday, December 18<sup>th</sup> – 1:00 PM WU / 2:00 PM Start</b>		
<b>Girls #</b>	<b>Event</b>	<b>Boys #</b>
<b>37</b>	<b>200 Yard Freestyle</b>	<b>38</b>
<b>39</b>	<b>100 Yard Breaststroke</b>	<b>40</b>
<b>41</b>	<b>200 Yard Backstroke</b>	<b>42</b>
<b>43</b>	<b>100 Yard Butterfly</b>	<b>44</b>
<b>45</b>	<b>50 Yard Freestyle</b>	<b>46</b>
<b>47</b>	<b>400 Yard IM</b> <small>(May be limited to Top 24 entries per event)</small>	<b>48</b>