



Metro 8 & Under Championships

Hosted by Condors Swimming

March 9th – 10th, 2013

Sanction # 130303

Metro 8 & Under Championships

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 130303
- LOCATION:** Felix Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994
- FACILITY:** 50 meter pool with 7-foot lanes and non-turbulent lane lines. Shallow end of pool will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard.
Seating for 800 spectators.
The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: Saturday Morning (**Girls**) – Warm-Up 8:00 AM, Start 9:00 AM
Session 2: Saturday Afternoon (**Boys**) – Warm-Up 1:00 PM, Start 2:00 PM
Session 3: Sunday Morning (**Girls**) – Warm-Up 8:00 AM, Start 9:00 AM
Session 4: Sunday Afternoon (**Boys**) – Warm-Up 1:00 PM, Start 2:00 PM
- FORMAT:** This will be a timed finals event.
This is a deck seeded meet.
- ELIGIBILITY:** Open to all Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on **March 9, 2013** will determine age for the entire meet.
- DISABILITY SWIMMER:** 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 be entered in 3 individual events per day. All entries must be in yards and NT will not be accepted.

Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.

U.S. Mail Entries/Payment to:

Condors Swim Club
115 North Main Street
New City, NY 10956

Email Entries/Confirm Entry Receipt: **MeetEntries@CondorsSwimming.com**
Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** **Entries must be received by : February 23, 2013**

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 event and **\$10.00** per relay event must accompany the entries.
Make check payable to: **Condors Swim Club**.
Payment must be received by **February 23, 2013** 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:** The first 40 minutes will be general warm-up. The last 20 minutes: lanes 2-7 will be open for one-way sprints. Lanes 3 - 6 will be assigned as necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach. The Meet Director reserves the right to assign warm-up lanes as necessary.
- SCRATCH:** 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: **Individual Events:** Medals for 1st through 8th places, Ribbons for 9th through 16th places.
Relay Events: Medals for 1st through 3rd places, Ribbons for 4th through 8th places.

Team Spirit Award: There will be an award presented to the team who demonstrates the most Team Spirit. The winner will be determined by a vote held by the coaches representing all the teams attending the meet. Each team will receive one vote.

High Point Awards: Top three individual high point scorers in each age group will win a high point award.

OFFICIALS: **Meet Referee:** Mike Natale
Officials wishing to volunteer should contact Meet Referee by email mfnc45@optonline.net

MEET DIRECTOR: Laurie Lawson, Laurie.Lawson@condorsswimming.com. 845-638-4381

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: **All swimmers must wear footwear upon leaving the pool area.**

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.

Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this requirement.

WATER DEPTH: USA 2012 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
1.0 meter = 4 feet 6 inches, 5 meters = 13 feet

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.

AUDIO/VISUAL STATEMENT: **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms**

DECK CHANGING: **Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.**

ADMISSION \$5.00 Adults/session
\$3.00 Program/session

MERCHANT: A concession stand will be available throughout the duration of the meet. Kastaway Swimwear will be available with swimming merchandise 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.

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.



Session 1 – Girls
Saturday AM, March 9
Warm-up 8:00 AM / Start 9:00 AM

Event #	Event
1	Girls 8 & Under 100 Medley Relay
2	Girls 7 & Under 100 Medley Relay
3	Girls 8 Year Old 100 Freestyle
4	Girls 6 & Under 50 Freestyle
5	Girls 7 & Under 100 Freestyle
6	Girls 8 Year Old 25 Backstroke
7	Girls 6 & Under 25 Backstroke
8	Girls 7 Year Old 25 Backstroke
9	Girls 8 Year Old 25 Butterfly
10	Girls 6 & Under 25 Butterfly
11	Girls 7 Year Old 25 Butterfly
12	Girls 8 Year Old 50 Breaststroke
13	Girls 7 & Under 50 Breaststroke
14	Girls 8 Year Old 25 Freestyle
15	Girls 7 Year Old 25 Freestyle
16	Girls 8 & Under 200 Freestyle Relay
17	Girls 7 & Under 200 Freestyle Relay

Session 2 – Boys
Saturday PM, March 9
Warm-up 1:00 / Start 2:00

Event #	Event
18	Boys 8 & Under 100 Medley Relay
19	Boys 7 & Under 100 Medley Relay
20	Boys 8 Year Old 100 Freestyle
21	Boys 6 & Under 50 Freestyle
22	Boys 7 & Under 100 Freestyle
23	Boys 8 Year Old 25 Backstroke
24	Boys 6 & Under 25 Backstroke
25	Boys 7 Year Old 25 Backstroke
26	Boys 8 Year Old 25 Butterfly
27	Boys 6 & Under 25 Butterfly
28	Boys 7 Year Old 25 Butterfly
29	Boys 8 Year Old 50 Breaststroke
30	Boys 7 & Under 50 Breaststroke
31	Boys 8 Year Old 25 Freestyle
32	Boys 7 Year Old 25 Freestyle
33	Boys 8 & Under 200 Freestyle Relay
34	Boys 7 & Under 200 Freestyle Relay

Session 3 – Girls
Sunday AM, March 10
Warm-up 8:00 AM / Start 9:00 AM

Event #	Event
35	Girls 8 & Under 100 Freestyle Relay
36	Girls 7 & Under 100 Freestyle Relay
37	Girls 8 Year Old 100 Individ. Medley
38	Girls 7 & Under 100 Individ. Medley
39	Girls 6 & Under 25 Freestyle
40	Girls 8 Year Old 50 Backstroke
41	Girls 6 & Under 50 Backstroke
42	Girls 7 Year Old 50 Backstroke
43	Girls 8 Year Old 25 Breaststroke
44	Girls 6 & Under 25 Breaststroke
45	Girls 7 Year Old 25 Breaststroke
46	Girls 8 Year Old 50 Butterfly
47	Girls 7 & Under 50 Butterfly
48	Girls 8 Year Old 50 Freestyle
49	Girls 7 & Under 50 Freestyle
50	Girls 8 & Under 200 Medley Relay
51	Girls 7 & Under 200 Medley Relay

Session 4 – Boys
Sunday PM, March 10
Warm-up 1:00 / Start 2:00

Event #	Event
52	Boys 8 & Under 100 Freestyle Relay
53	Boys 7 & Under 100 Freestyle Relay
54	Boys 8 Year Old 100 Individ. Medley
55	Boys 7 & Under 100 Individ. Medley
56	Boys 6 & Under 25 Freestyle
57	Boys 8 Year Old 50 Backstroke
58	Boys 6 & Under 50 Backstroke
59	Boys 7 Year Old 50 Backstroke
60	Boys 8 Year Old 25 Breaststroke
61	Boys 6 & Under 25 Breaststroke
62	Boys 7 Year Old 25 Breaststroke
63	Boys 8 Year Old 50 Butterfly
64	Boys 7 & Under 50 Butterfly
65	Boys 8 Year Old 50 Freestyle
66	Boys 7 & Under 50 Freestyle
67	Boys 8 & Under 200 Medley Relay
68	Boys 7 & Under 200 Medley Relay