



**2013-MR-Patriot May Long Course Invitational
May 4 & 5, 2013 @Lehman College**

Sanction #130501

Invited Teams:

All Teams in Metropolitan LSC and all teams outside of Metro LSC

2013-MR-Patriot May Long Course Invitational

May 4 & 5, 2013

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 130501
- 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) The competitive course is 7-13 feet deep. **NO SMOKING ALLOWED IN THE BUILDING.** Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and stands. Spectators and are not authorized to be in any other part of the building. Offenders will be ejected from the facility.
- SESSIONS:** Sat & Sun 8am Warm up 9am 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 4, 2013** 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, **NT's Are NOT Accepted**
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

U.S. Mail Entries/Payment to: **Patriot Aquatics, PO Box 484, Jefferson Valley, NY 10535**
Email Entries/Confirm Entry Receipt: **patriotentries@gmail.com**
Signature Waiver Required for Express Mailed Entries
- DEADLINE:** 1: Teams will be accepted on a first come/first served basis.
2: The entry deadline for this meet is **April 22, 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 \$5.00 per individual even must accompany the entries.
Make check payable to: **Patriot Aquatics.**
Payment must be received by **April 22, 2012** 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 for 12 & Under Events. Awards for 10 & Under events will be given as follows: 9-10 and 8 & under categories.**
- OFFICIALS:** **Meet Referee: Ken Graham E-mail: ksg@alumni.caltech.edu**
Officials wishing to volunteer should contact Meet Referee by **April 30th.**
- MEET DIRECTOR:** **Robert Vializ, patriotentries@gmail.com 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. **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. 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.** The use of audio or visual recording devices, including a cell phone or tablet device, is not permitted in changing areas, rest rooms or locker rooms.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all liabilities and claims for damages against **The City of New York, Lehman College Apex Aquatic Center, Patriot Swim Team,** Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for injuries to anyone during the conduct of the meet..
- AUDIO/VISUAL STATEMENT** The use of audio or visual recording devices, including a cell phone or tablet device, is not permitted in changing areas, rest rooms or locker rooms.
- ADMISSION:** **\$5 Admission Fee, \$3 for Programs (Fees are set and collected by Lehman College and subject to change at the discretion of Lehman College and without prior notice or consultation with the Patriot Swim Team)**
- MERCHANTS:** **Food and Beverage Concessions provided by Patriot Swim Team. Swim Equipment by Metro Swim Shop**
- PARKING:** **Parking is \$5 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. (Parking fees are set and collected by Lehman College and subject to change at the discretion of Lehman College and without prior notice or consultation with the Patriot Swim Team**
- 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 4, 2013 Warm-up 8:00am Start 9:00am

GIRLS	EVENT	BOYS
1	11-12 200 Fly	2
3	9-10 200 Freestyle	4
5	11-12 200 Freestyle	6
7	9-10 100 Backstroke	8
9	8 & Under 50 Backstroke	10
11	11-12 50 Backstroke	12
13	9-10 50 Breaststroke	14
15	11-12 100 Breaststroke	16
17	9-10 100 Butterfly	18
19	8 & Under 50 Butterfly	20
21	11-12 50 Butterfly	22
23	9-10 50 Freestyle	24
25	11-12 100 Freestyle	26
27	11-12 200 Breast	28

Saturday May 4, 2013 Warm-up 1:30pm Start 2:30pm

GIRLS	EVENTS	BOYS
29	13 & Older 400 IM	30
31	13 & Older 200 Freestyle	32
33	13 & Older 100 Backstroke	34
35	13 & Older 200 Breaststroke	36
37	13 & Older 100 Butterfly	38
39	13 & Older 50 Freestyle	40
41	13 & Older 1500 Freestyle Must Provide Own Timer	42

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Sunday May 5, 2013 Warm-up 8:00am Start 9:00am

GIRLS	EVENTS	BOYS
43	11-12 200 Backstroke	44
45	9-10 100 Freestyle	46
47	11-12 100 Backstroke	48
49	9-10 50 Backstroke	50
51	11-12 50 Breaststroke	52
53	8 & Under 50 Breaststroke	54
55	9-10 100 Breaststroke	56
57	11-12 100 Butterfly	58
59	9-10 50 Butterfly	60
61	11-12 50 Freestyle	62
63	8 & Under 50 Freestyle	64
65	9-10 200 IM	66
67	11-12 200 IM	68

Sunday May 5, 2013 Warm-up 1:30pm Start 2:30am

GIRLS	EVENTS	BOYS
69	13 & Older 400 Free	70
71	13 & Older 200 IM	72
73	13 & Older 200 Backstroke	74
75	13 & Over 100 Breaststroke	76
77	13 & Older 200 Butterfly	78
79	13 & Older 100 Freestyle	80