



**GAEL AQUATIC CLUB
DECEMBER 8 & UNDER MEET**

**December 6, 2009
Dec 091209**

**Gael Aquatic Club
December 8 & Under Meet**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #Dec091209
- LOCATION:** IONA COLLEGE, HYNES CAMPUS CENTER POOL
715 NORTH AVENUE NEW ROCHELLE, NEW YORK 10801
- FACILITY:** 6 Lane, 25 yard pool with 7-foot non-turbulent lane lines including outside gutter lanes. Seating for 400. Colorado 5000 electronic timing system, with all six lane display on Colorado Mercury Display Scoreboard. Hy-Tek Meet Manager. The pool HAS BEEN certified in accordance with Article 104.2.2C
- SESSIONS:** **Session 1 Girls**
Warm-up 8am/ start 9am
- Session 2 Boys**
Warm-up 1:00pm/ start 2pm
- FORMAT:** All sessions will be timed finals
All Seeding will be 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 **December 6, 2009** 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:** Please be sure to sign the "signature waiver" on envelope for entries sent by express mail.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by November 3, 2009.
2: The final entry deadline for this meet is November 10, 2009
3: Metro entries received between November 3, 2009 and November 10, 2009 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 3 days of your original email.
- ENTRY FEE:** An entry fee of \$4.00 per individual even must accompany the entries. Additional \$1.00 for non-disk entries. Make check payable to: **Iona College**.
Payment must be received by November 10, 2009 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, 4 & 5 will be for one-way sprints, lane 3 will be assigned as necessary and lanes 1 & 6 will remain open for general warm-up. The meet manager reserves the right to restructure warmup based on entry size.**
- 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:** Ribbons will be awarded to 1st through 6th place..
- OFFICIALS:** Meet Referee: Paul McClintock, tockswim@aol.com

Officials wishing to volunteer should contact Meet Referee by **November 10, 2009**.

MEET DIRECTOR: [Nick Cavataro](#)
ncavataro@iona.edu
914-633-2323

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 [Iona College and Gael Aquatic Club](#), Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: Adults: \$5.00 Children: \$2.00 Programs: \$2.00 per session

MERCHANTS: [Metro Swim Shop will Present and food concessions will be available.](#)

PARKING: All must park in the tiered parking structure 200-yards beyond pool complex.

DIRECTIONS: [Directions to the New Rochelle Campus, 715 North Ave, New Rochelle, NY 10801](#)

Directions: <http://www.iona.edu/directions.cfm>

From Upper New York State and Upper Westchester County (I-287)

New York State Thruway to Cross Westchester Expressway (Interstate 287) East. Take East Exit 9 South to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.

From New England and Upper Westchester County (I-95)

Interstate 95 (Connecticut Turnpike, New England Thruway) to Cross Westchester Expressway (Interstate 287). Take Exit 9 south to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.

Alternate Route: Interstate 95 South to Exit 16. Follow signs to North Avenue. Right onto North Avenue, proceed 1 mile to entrance of the College on your right.

From Midtown Manhattan F.D.R. Drive

(East River)Take the FDR to the bridge at Willis Avenue. Bridge connects to the major Deegan Expressway North. Stay left after crossing the bridge. Follow to Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

From Midtown Manhattan-West Side

Take the West Side Highway to the Henry Hudson Parkway North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to end, then right on North Avenue. At second traffic light make left onto campus.

Alternate Route F.D.R. to Bruckner Expressway to Hutchinson River Parkway. North to Exit 14, Pelhamdale Avenue, New Rochelle Road, New Rochelle. Turn right at light on New Rochelle Road, left on Eastchester Road to North Avenue, right on North Avenue to second traffic light, then left onto campus.

From the Bronx

Interstate 87 (Major Deegan Expressway) North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end,

then right on North Avenue to second traffic light and left onto campus.

From Long Island

Whitestone Bridge. Follow signs to Hutchinson River Parkway. Proceed north to Exit 14, Pelhamdale Avenue, New Rochelle. Turn right at light on New Rochelle Road, left on Eastchester Road to North Avenue, right on North Avenue to second traffic light, then left onto campus.

From New Jersey, The West and the South

Holland Tunnel, Lincoln Tunnel, or George Washington Bridge to Henry Hudson Parkway. North to Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

By Railroad and Subways

Metro North Railroad - New Haven Line to New Rochelle Station. Exit North Avenue and take a taxi or #45 bus to College (bus runs Monday through Friday). West Side IRT subway (uptown), change at 180th Street for 241st Street-White Plains Road train. At White Plains Road and 241st Street take #42 bus to North Avenue and Main Street, New Rochelle. Transfer to #45 bus to College (bus runs Monday through Friday). By Amtrak North East Corridor Service to New Rochelle Station. Exit to North Avenue and take a taxi or #45 bus to College (bus runs Monday through Friday). By Bus From Pelham Bay Station in the Bronx, take #45 bus directly to the College (bus runs Monday through Friday). From Fordham Road and Valentine Avenue in the Bronx take Fordham Road bus to North Avenue and Main Street. Take #45 bus north to the College. From 241st Street and White Plains Road, take #42 bus to Main Street and North Avenue. Transfer to #45 bus to the College (bus runs Monday through Friday).

**This Form Must be returned with Payment
GAEL AQUATIC CLUB
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December 6, 2009**

CLUB: _____ **CODE** _____

ADDRESS _____

CITY _____ **STATE** _____ **ZIP** _____

COACH _____

PHONE _____ **E-MAIL** _____

CLUB CONTACT _____ **PHONE** _____

E-MAIL _____

ENTRY FEES: Make Checks payable to IONA COLLEGE

Total Individual Events _____ x \$3.00 = _____

Total Swimmers (non-disk surcharge) _____ x \$1.00 = _____

Total Amount Due: _____

The final deadline for this meet is November 21, 2009 in hand. Mail to:

Iona College
Attention: Nick Cavataro
715 North Avenue
New Rochelle, New York 10801
914-633-2323
ncavataro@iona.edu

If express mail is used, please sign “signature waiver”.

Waiver: USA Swimming, inc., Metropolitan Swimming, Inc, Iona College, Gael Aquatic Club, their agents or representatives shall be held free and harmless from liabilities, injuries, claims or damages arising from the conduct of these events.

Signed (Club Official): _____ **Title:** _____

No entries accepted without this signed waiver.

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December 8-and under meet
December 6, 2009

Session 1
Warm-up 8am/ start 9am

Girls

- 1 8-8 50 Free**
- 2 7/Under 25 free**
- 3 8-8 50 Back**
- 4 7/Under 25 Back**
- 5 8-8 50 Breast**
- 6 7/Under 25 Breast**
- 7 8-8 50 Fly**
- 8 7/Under 25 Fly**

- 9 8-8 100 IM
- 10 7/Under 100 IM

Session 2

Warm-up 1:00pm/ start 2pm

Boys

- 11 8-8 50 Free
- 12 7/Under 25 free
- 13 8-8 50 Back
- 14 7/Under 25 Back
- 15 8-8 50 Breast
- 16 7/Under 25 Breast
- 17 8-8 50 Fly
- 18 7/Under 25 Fly
- 19 8-8 100 IM
- 20 7/Under 100 IM

Questions: Nick Cavataro. Meet Director: (914) 633-2323