



AND THE



NEW YORK SHARKS FALL CLASSIC SWIM MEET at Felix Festa Middle School

**Friday, Saturday and Sunday, November 6th – 8th, 2009
Metro Swimming Sanction #091113**

NEW YORK SHARKS FALL CLASSIC SWIM MEET hosted by the New York Sharks and Empire Swim Club

Friday, Saturday, and Sunday, November 6th, 7th, and 8th, 2009

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #091113

LOCATION: This meet will be hosted at Felix Festa Natatorium at Felix Festa Middle School, 30 Parrott Road, West Nyack, NY 10994.

MapQuest:

<http://www.mapquest.com/maps?city=West+Nyack&state=NY&address=30+Parrott+Road&zipcode=10994>

FACILITY: Felix Festa is an indoor 8 lane 50 meter pool with a bulkhead. The meet will be run in the deep end of the pool. The shallow end of the pool will be open for continuous warm-up through out the meet.

There is seating for 700 spectators in the balcony.

A Colorado fully automatic timing system with an 8 lane read-out board will be used.

The pool **has** been certified in accordance with Article 104.2.2C (4)

SESSIONS:

Friday Night Session (Session #1)	Warm-up	Meet Start
All Age Groups Distance Events	4:30 p.m.	5:15 p.m.
Saturday Morning Session (Session #2)	Warm-up	Meet Start
10 & Unders* and 13-14 Age Group Events (*Awards will be given to 8 & Unders)	7:30 a.m.	8:30 a.m.
Saturday Afternoon Session(Session #3)	Warm-up	Meet Start
11-12 and 15 & Over Age Group Events	1:00 p.m.	2:00 p.m.
Sunday Morning Session (Session #4)	Warm-up	Meet Start
10 & Unders* and 13-14 Age Group Events (*Awards will be given to 8 & Unders)	7:30 a.m.	8:30 a.m.
Sunday Afternoon Session (Session #5)	Warm-up	Meet Start
11-12 and 15 & Over Age Group Events	1:00 p.m.	2:00 p.m.

FORMAT:

- This meet will be run in accordance to current USA Swimming Rules.
- This meet will be run as a time final meet.
- There are no time standards being used in this meet.
- This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own.
- All relays are pre-seeded. Swimmers will report to the blocks.
- All events that have combined age groups will have awards for both age groups.
- All swimmers must have entry times. **NO TIME or NT is not acceptable.**
- All swimmers must be members of USA Swimming to enter and compete in this meet.
- All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any events including relays.
- All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation.
- All Unattached swimmers must be listed on the team's official entry form.
- There will be 10 & Under, 11-12, 13-14, 15 & Over Events.

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 November 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:

- **Swimmers may enter and compete in four individual events per day. No Time or NT will not be accepted for this meet.**
- Swimmers may compete in one (1) relay per day/session
- All entries will be accepted on a first come bases.
- Team entries will be considered accepted when the host club accepts the entries.
- Meet Entries will be taken until the meet fills. The host club must stay within the four and one half hour per session rule.
- E-Mail Entries should be send to: NYSharksMeetEntries@yahoo.com
- All received entries will be confirmed with a reply within 24 hours. If there is no reply within 24 hours, then assume that those entries were not received.
- Hard Copy and Entry Fees are to be mailed to:

Roger Ridenour
NY Sharks Swim Team
8 Lakeshore Drive
Lake Sapphire
Monroe, NY 10950
(845) 325-5152 (don't call after 9:00 p.m.)
NYSharksMeetEntries@yahoo.com

- Make entry fee checks payable to: **NYSAQUATICS**
- New York Sharks has the right to consider **NOT ACCEPTING** a club's entries if that club has shown in the past not to pay their entry fees or still owes past entry fees.
- If you are not e-mailing your entries, then overnight or express mail is recommended, **but waive the signature**.
- It is not necessary to use overnight or express mail to send hard copy and check which are sent in support of an e-mailed entry.

DEADLINE:

1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **Wednesday, October 28th, 2009**.
2: The final entry deadline for this meet is **Friday, October 30th, 2009**
3: Metro entries received between Wednesday, October, 28th, 2009 and Friday, October 30th, 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 2 days of your original email.

ENTRY FEE:

An entry fee of **\$3.00** per individual event and \$8.00 per relay event even must accompany the entries. Make check payable to: **NYSharksAquatics**. Payment must be received by **Friday, November 6th, 2009 prior to the start of the meet** 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:

- Warm-ups will be run under Metropolitan Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, and sprint lanes.
- Swimming Equipment is **NOT ALLOWED** in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys.
- Uniformed and designated meet marshals will monitor warm-ups.
- All general warm-up lanes will swim in a counterclockwise direction.
- **Friday Night Warm-ups:** There will be a general warm-up in the both ends of the pool. Lanes 5-7 will be sprint lanes starting at 5:00 p.m.
- **Saturday and Sunday Morning and Afternoon Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes will start 20 minutes before the end of

the warm-ups at the competition end of the pool.

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:

- Awards for all 8 & Unders in 10&U individual events, 10 & Under, 11-12, 13-14, and 15 & Over.
- Awards for individual events will be presented medals for 1st through 3rd, and ribbons for 4th through 8th places.
- Awards for all relays will be ribbons for 1st through 3rd.

OFFICIALS:

- **Meet Referee: Tina Ficarelli (E-mail: mommiefic@yahoo.com) (845-268-9136)**
- Any officials interested in helping out at the meet, please contact Tina Ficarelli. (E-mail: mommiefic@yahoo.com)

Officials wishing to volunteer should contact Meet Referee by **November 1st, 2009.**

**MEET
DIRECTOR:**

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 **New York Sharks Aquatics and Empire Swim Club**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION:

- Admissions are \$5.00 per session
- Programs are \$3.00 per session

MERCHANTS:

- **SWIM NEW JERSEY**

PARKING:

- There is free unlimited parking around Felix Festa Middle School. Cars parking on Parrott Street will be ticketed and towed. All cars must be parked in designated parking spaces or they will be ticketed by the Clarkstown Police Department.

DIRECTIONS:

- **MapQuest:**
<http://www.mapquest.com/maps?city=West+Nyack&state=NY&address=30+Parrott+Road&zipcode=10994>
- **From New Jersey:**
 - 1) Take the Garden State Parkway North or Interstate 287 North.
 - 2) Either highway joins the New York State Thruway (Interstate 87). Follow signs for New York State Thruway South toward Tappan Zee Bridge.
 - 3) Exit New York State Thruway at exit 13N (Palisades Parkway North)
 - 4) Exit the Palisades Parkway at Exit 10.
 - 5) Follow to the end of the ramp and make a right at the light onto Germonds Road.
 - 6) Take Germonds to the next light and cross over Route 304.

- 7) Go straight on Germonds Road.
 - 8) Head straight onto Parrott Road.
 - 9) Felix Festa Middle School is on the left. Pool entrance and parking area is in the back of the school by the tennis courts.
- **Alternate From New Jersey:**
 - 1) Take the Palisades Parkway North from Fort Lee (instead of the Garden State Parkway or Interstate 287).
 - 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
 - **From New York City:**
 - 1) Take the George Washington Bridge to the Palisades Parkway North.
 - 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
 - **From Westchester County Vicinity:**
 - 1) Take the Tappan Zee Bridge. Follow the New York Thruway North (Interstate 87)
 - 2) Exit New York State Thruway at exit 13N (Palisades Parkway North)
 - 3) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
 - **From Rockland County:**
 - 1) Take the New York State Thruway South (Interstate 87) to Exit 13N for Palisades Parkway North.
 - 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
 - **Alternate from Rockland County:**
 - 1) Take the Palisade Parkway South from the Bear Mountain vicinity to Exit 10.
 - 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.

FACILITY
RULES:

- **NO SMOKING** within 50 feet of any entrance to the school or inside the school.
- **NO FOOD** is allowed on deck. Liquid refreshments in plastic bottles are allowed. **NO GLASS BOTTLES** or **JUICE BOXES** allowed on deck.

FRIDAY EVENING DISTANCE SESSION

Friday, November 6th, 2009

SESSION #1 – Friday Evening Distance Events: Warm Up: 4:30 p.m. (Session Start Time: 5:15 p.m.)

Warm-ups: Warm-ups will be a general warm-up in the competition end of the pool. Lanes 5-7 will be sprint lanes starting at 5:00 p.m.

<u>Girls Evt. #</u>	<u>Age Group Event</u>	<u>Boys Evt. #</u>
#1	12 & Under 200 yd. Ind. Medley#	#2
#3	13 & Over - 400 yd. Ind. Medley#	#4
#5	12 & Under 500 yd. Freestyle#	#6
#7	13 & Over 500 yd. Freestyle*#	#8

- Awards will be given for 10 & Under, 11-12, 13-14, and 15 & Over age groups.

* - Events #7 and #8 – 13 & Over 500 yd. Free will be swum slowest to fastest alternating girls and guys. Slowest heats may be combined to speed meet.

SATURDAY 10 & Under and 13-14 MORNING SESSION

Saturday, November 7th, 2009

SESSION #2 – Saturday Morning 10 & Under and 13-14 Events: Warm Up: 7:30 am (Session Start Time: 8:30 am)

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before (at 8:10 a.m.) the end of the warm-ups at the competition end of the pool.

<u>Girls Evt. #</u>	<u>Age Group Event</u>	<u>Boys Evt. #</u>
#9	13-14 - 200 yd. Medley Relay+	#10
#11	10 & Under - 200 yd. Medley Relay+	#12
#13	13-14 - 200 yd. Freestyle	#14
#15	10 & Under - 100 yd. Freestyle*	#16
#17	13-14 - 100 yd. Backstroke	#18
#19	10 & Under - 50 yd. Breaststroke*	#20
#21	13-14 - 200 yd. Breaststroke	#22
#23	10 & Under – 100 yd. Backstroke*	#24
#25	13-14 - 200 yd. Butterfly	#26
#27	10 & Under - 50 yd. Butterfly*	#28
#29	13-14 - 50 yd. Freestyle	#30

+ Relays will be Pre-seeded. There will be no re-seed.

* Awards will be given to 8 & Unders in these events

SATURDAY 11-12 and 15 & Over AFTERNOON SESSION

Saturday, November 7th, 2009

SESSION #3 – Saturday Afternoon 11-12 & 15 & Over Events: Warm Up: 1:00 p.m. (Session Start Time: 2:00 p.m.)

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before (at 1:40 p.m.) the end of the warm-ups at the competition end of the pool.

<u>Girls Evt. #</u>	<u>Age Group Event</u>	<u>Boys Evt. #</u>
#31	15 & Over - 200 yd. Medley Relay+	#32
#33	11-12 - 200 yd. Medley Relay+	#34
#35	15 & Over - 200 yd. Freestyle	#36
#37	11-12 - 100 yd. Freestyle	#38
#39	15 & Over - 100 yd. Backstroke	#40
#41	11-12 - 50 yd. Breaststroke	#42
#43	15 & Over - 200 yd. Breaststroke	#44
#45	11-12 - 100 yd. Backstroke	#46
#47	15 & Over - 200 yd. Butterfly	#48
#49	11-12 50 yd. Butterfly	#50
#51	15 & Over - 50 yd. Freestyle	#52
#53	11-12 – 200 yd. Backstroke	#54

+ - Relays will be Pre-seeded. There will be no reseed!

SUNDAY 10 & Under and 13-14 MORNING SESSION
Sunday, November 8th, 2009

SESSION #4 – Sunday Morning 10 & Under & 13-14 Events: Warm Up: 7:30 a.m. (Session Start Time: 8:30 a.m.)

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before (at 8:10 a.m.) the end of the warm-ups at the competition end of the pool.

Girls Evt. #	Age Group Event	Boys Evt. #
#55	10 & Under – 200 yd. Free Relay+	#56
#57	13-14 – 200 yd. Free Relay+	#58
#59	10 & Under – 100 yd. Breaststroke*	#60
#61	13-14 - 100 yd. Freestyle	#62
#63	10 & Under - 50 yd. Freestyle*	#64
#65	13-14 - 100 yd. Breaststroke	#66
#67	10 & Under - 50 yd. Backstroke*	#68
#69	13-14 - 200 yd. Backstroke	#70
#71	10 & Under - 100 yd. Ind. Medley*	#72
#73	13-14 - 100 yd. Butterfly	#74
#75	10 & Under - 100 yd. Butterfly*	#76
#77	13-14 - 200 yd. Ind. Medley	#78

+ Relays will be Pre-seeded. There will be no re-seed.

* Awards will be given to 8 & Unders in these events

SUNDAY 11-12 and 15 & Over AFTERNOON SESSION
Sunday, November 8th, 2009

SESSION #7 – Sunday Afternoon 11-12 & 15 & Over Events: Warm Up: 1:00 pm (Session Start Time: 2:00 pm)

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before (at 1:40 p.m.) the end of the warm-ups at the competition end of the pool.

Girls Evt. #	Age Group Event	Boys Evt. #
#79	11-12 - 200 yd. Free Relay+	#80
#81	15 & Over - 200 yd. Free Relay+	#82
#83	11-12 100 yd. Breaststroke	#84
#85	15 & Over - 100 yd. Freestyle	#86
#87	11-12 100 yd. Freestyle	#88
#89	15 & Over - 100 yd. Breaststroke	#90
#91	11-12 50 yd. Backstroke	#92
#93	15 & Over - 200 yd. Backstroke	#94
#95	11-12 100 yd. Butterfly	#96
#97	15 & Over - 100 yd. Butterfly	#98
#99	11-12 - 200 yd. Breaststroke#	#100
#101	15 & Over - 200 yd. Ind. Medley	#102

+ - Relays will be Pre-seeded. There will be no re-seed

METROPOLITAN SWIMMING
NY Sharks 'Fall Classic' Swim Meet 2009
Friday, Saturday, and Sunday, November 6th - 8th, 2009

WAIVER

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against USA-Swimming, Felix Festa Middle School, Metro Swimming, Swim New Jersey and the New York Sharks Aquatic Team, NYSAquatics, owner, employees, heirs, administrators and all affiliates and their staff for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

NAME OF CLUB: _____

USS CLUB ABBREVIATION: _____

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

_____ (Print Name)

_____ (Signature)

_____ (Address)

_____ (E-Mail) _____ (Telephone)

NAME(S) OR COACH: _____

LOCATION OF CLUB: _____ (City) _____ (State)

NAME/PHONE #/E-MAIL ADDRESS of person to contact regarding this entry:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO CONTACT REGARDING TIMERS/OFFICIALS:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO RECEIVE FINAL RESULTS:

ENTRY _____ Individual Event Entries @ **\$3.00** = ___ \$ _____

FEE

SUMMARY: _____ Relay Event Entries @ **\$8.00** = ___ \$ _____

TOTAL ENTRY FEES = ___ \$ _____

MAKE CHECKS PAYABLE TO: NYSAQUATICS

List All Unattached Swimmers:

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____