



Condor's Long Course Qualifier Invitational

January 15-17, 2016

Sanction # 160117
Time trial # 160155-T

Invited Teams: New York Sharks, BGNW, Morris County Swim Club, Wagner Aquatic Club, 92nd Street Y, Jersey Flyers Aquatic Club, Westchester Aquatics, AGUA, Manhattan Makos, Antigua Aquatic Club Storm, Storm Aquatics, Rivertown Rays, Red Fox Aquatic Club, Middies, Team Suffolk, Match Point, Nile Crocodile, Scarlet Aquatics, Somerset Valley Y, Sachem Swim Club, Viking Aquatics, Freedom Aquatics, Queens Aquatic Club, ARMY, Montclair Y, Phoenix Swimming – NE,

If you are interested in having your team added to the invite list, please email Laurie@CondorsSwimming.com

Condors Long Course Qualifier Invitational

January 15-17, 2016

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #160117, Time trial #160155-T

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)

FINALS: **Sunday:** Same order as the Prelims and the fastest heat of the Women's 800 Freestyle & Men's 1500 Freestyle will swim at the beginning of Finals.

5 minute breaks are built into the time-line for Finals.

SESSIONS: **PLEASE NOTE: THE BUILDING DOORS WILL NOT OPEN UNTIL 5:30PM ~ *please make sure that you do NOT enter the building before that time.***

Session 1: Friday Distance - Warm-Up 5:45 PM, Start 6:30 PM
Session 2: Saturday Morning Prelims – Warm-Up 9:30 AM, Start 10:30 AM
Session 3: Saturday Afternoon Finals – Warm-Up 5:00 PM, Start 6:00 PM
Session 4: Sunday Morning Prelims – Warm-Up 7:00 AM, Start 8:30 AM
Session 5: Sunday Distance – Warm-up 12:45 PM, Start 1:15 PM
Session 6: Sunday Afternoon – Warm-Up 4:30 PM, Start 5:30 PM

DISTANCE: The 800m and 1500m Freestyle **may** be limited. We will allow heats to run up until the start of warm-up for Finals. **Swimmers entered in these events must confirm their intention to swim (POSITIVE CHECKING) or they will not be seeded. The fastest heat will swim at Finals. Swimmers must provide their own timer and lap counter.**

**Positive check in: Women's 800m freestyle will be Sunday NO LATER than 10:00am
Men's 1500m freestyle will by Sunday NO LATER than 10:00am**

FORMAT: This will be a timed finals event on Friday evening and for the middle, distance sessions. AM Sessions will be preliminary events. PM Sessions will be finals events - 3 heats.
This is a deck seeded meet.
Preliminary events will be swum in lanes 1-7, with lane 8 being used for continuous warm-up/cool down

VOLUNTEERS: Based on entries, the Condors reserve the right to require teams to provide lane timers for preliminary and finals events.

ELIGIBILITY: Open to all Invited 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 **January 15, 2016** 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 2 individual events on Friday evening. Swimmers may be entered in 3 individual events per day. **No NT's will be accepted.**

Invited teams will be given priority in acceptance of entries. Teams who attended the 2015 meet are given priority.

Entries will be accepted on a first come, first served basis.

There are qualifying times for all events. All entries will be run through a SWIMS verification. Teams will be notified of athletes that will be removed due discrepancies in entry times. Host team reserves the right to keep its swimmers in the meet.

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: Laurie@CondorsSwimming.com
Sign Express Mail Waiver allowing delivery without signature.

- DEADLINE:** **Entries must be received by : January 1, 2016**
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 **\$10.00** per individual event must accompany the entries. **\$5.00** facility surcharge per athlete.
Make check payable to: **Condors Swim Club**.
Payment must be received by **January 1, 2016** 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:** **Saturday:** The first 50 minutes will be general warm-up. The last 10 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. **Sunday:** The first 70 minutes will be general warm-up. The last 20 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. 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. Friday warm-up session is limited to 45 minutes.
- SCRATCH:** **RULES AND PROCEDURES: PLEASE READ VERY CAREFULLY!!**
1. 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.
 2. In all prelim-final events, after the prelims have been seeded, any swimmer who fails to compete in an individual event heat in which he/she is entered and from which he/she has not been scratched will be barred from all further individual and relay events of that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares his/her intent to swim prior to the close of scratches for that day's events.
 3. Heat sheets for same day finals will be posted within 30 minutes of the conclusion of each morning session.
 4. A swimmer qualifying for any finals swim based upon the results of the prelims must notify the Clerk of Course **within 30 minutes after announcement of the qualifiers** for that event, that he/she **may not intend to compete, and further must declare his/her final intention within 30 minutes following his/her last preliminary event**. If a swimmer fails to follow this procedure, he/she will be barred from further competition for the remainder of the meet, except as noted in Rules 207.11.6.A-F.
 5. It is the responsibility of the Swimmers and the Coaches to make sure that swimmers have not moved up into the top 32 by the close of the prelims 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 will be awarded for places 1st - 3rd, Ribbons will be awarded for places 4th - 8th in all final and timed final events.
- OFFICIALS:** **Meet Referee:** Mike Natale
Officials wishing to volunteer should contact Meet Referee by email mike4swimming@yahoo.com
Admin Officials: Laurie Lawson, 267-237-4876, Laurie@CondorsSwimming.com
Julie Schatz (please use same contact information as above)

- MEET DIRECTOR:** Laurie Lawson, contact information phone: 267-237-4876
email Laurie@CondorsSwimming.com
- 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”
- WATER DEPTH:** USA 2011 - 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. It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from any liabilities or claims from damages arising by reason of injuries to anyone during the conduct of the event.
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks.
- DECK CHANGING:** Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.
- ADMISSION** \$7.00/adult admission (15 & over), includes free wifi access and free Electronic Heat Sheets on Meet Mobile. No paper programs will be printed. All spectators are encouraged to use the Meet Mobile App in conjunction with the free wifi provided by the facility.
- MERCHANTS:** Concessions will be available for the duration of the meet. Ultimate Swim Shop 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. Attendees should NOT park on the grass on any residential streets or they will be towed by the town. Compliance with security guard instructions is imperative.***
- 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.0020



Friday PM Session

Warm-up: 5:45PM

Start: 6:30PM

SCY	LCM	Girls	Event	Boys	LCM	SCY
5:19.99	4:53.99	1	400 Freestyle	2	4:36.79	5:00.99
4:51.49	5:36.99	3	400 Individual Medley	4	5:14.99	4:29.99

Saturday AM Prelims

Warm-up: 9:30 AM

Start: 10:30 AM

SCY	LCM	Event #	Event	Event #	LCM	SCY
56.59	1:04.59	5	100 Freestyle	6	59.19	51.19
2:17.99	2:37.29	7	200 Individual Medley	8	2:25.99	2:05.99
1:02.99	1:11.69	9	100 Butterfly	10	1:05.49	56.19
2:37.99	3:03.99	11	200 Breaststroke	12	2:49.99	2:24.99
1:02.69	1:13.59	13	100 Backstroke	14	1:08.99	57.99

Saturday PM Finals

Warm-up: 5:00 PM

Start: 6:00 PM

SCY	LCM	Event #	Event	Event #	LCM	SCY
		5	100 Freestyle	6		
		7	200 Individual Medley	8		
		9	100 Butterfly	10		
		11	200 Breaststroke	12		
		13	100 Backstroke	14		

Sunday AM Prelims
Warm-up: 7:00 AM
Start: 8:30 AM

SCY	LCM	Event #	Event	Event #	LCM	SCY
2:15.49	2:37.99	15	200 Backstroke	16	2:28.99	2:05.99
26.19	30.19	17	50 Freestyle	18	27.49	23.59
2:20.99	2:42.99	19	200 Butterfly	20	2:30.99	2:07.99
1:12.69	1:24.99	21	100 Breaststroke	22	1:17.99	1:05.49
2:01.99	2:19.99	23	200 Freestyle	24	2:09.99	1:51.99

Sunday Distance
Warm-up: 12:45 PM
Start: 1:15 PM

SCY	LCM	Event #	Event	Event #	LCM	SCY
11:00.99	10:08.99	25	800 Freestyle			
			1500 Freestyle	26	18:45.99	17:44.99

Heats will run slowest to fastest

Sunday PM Finals
Warm-up: 4:30 PM
Start: 5:30 PM

SCY	LCM	Event #	Event	Event #	LCM	SCY
		25	800 Freestyle			
			1500 Freestyle (fastest heat)	26		
		15	200 Backstroke	16		
		17	50 Freestyle	18		
		19	200 Butterfly	20		
		21	100 Breaststroke	22		
		23	200 Freestyle	24		