

YMCA Holiday Trials & Finals Invitational
HOSTED BY CROSS ISLAND Y BARRACUDAS & FLUSHING Y
FLYERS
December 9 - 11, 2011

Meet Directors: Richard Finkelstein 516-538-3324 - email: finkfly33@aol.com
Kelly Donlevy 718-225-3414 - email: kellydnlv@yahoo.com

Meet Dates: Friday, Saturday, Sunday, December 9, 10, 11, 2011

<u>Sessions:</u> 5:00PM	#1 Friday Night:	Distance Events	Warm-up @ 3:30PM	Start @
		(All Age Groups)		
8:00AM	#2 Saturday Morning:	11 & Over – Prelim.	Warm-up @ 6:30AM	Start @
2:00PM	#3 Saturday Afternoon:	10 & Under	Warm-up @ 1:00PM	Start @
6:45PM	#4 Saturday Night:	11 & Over - Finals	Warm-up @ 6:00PM	Start @
8:00AM	#5 Sunday Morning:	11 & Over – Prelim.	Warm-up @ 6:30AM	Start @
2:00PM	#6 Sunday Afternoon:	10 & Under	Warm-up @ 1:00PM	Start @
5:45PM	#7 Sunday Night:	11 & Over - Finals	Warm-up @ 5:00PM	Start @

Admissions: Weekend Pass: \$15.00 Individual Sessions: \$6.00/per session
Programs will be available for purchase

Facilities: Nassau County Aquatic Center, Eisenhower Park, East Meadow, New York - 10 lanes for preliminaries and 8 lanes for finals. All relays are Timed Finals.

Sanctions: The meet is Nationally Sanctioned by the YMCA of the USA and will be either approved or
Approvals: observed by Metropolitan Swimming.

Entries, All entries are to be submitted via computer disk or email using the latest Hy-Tek Version.

Entry Fees, Send Email entries to Richard Finkelstein, finkfly33@aol.com **AND** Kris Tilas at
Entry Deadline: KTilas@PandECapital.com. Swimmers are allowed to swim up to three individual events and one relay per session. There are cut off times in all 13-14 and Open events. NT entries will not be accepted. Please check off in Team Manager “include US ID #'s” when exporting your entry.

THERE WILL BE TWO ENTRY DEADLINES FOR THE MEET. NEW YORK STATE TEAMS ENTERING BY OCT. 27TH WILL BE GIVEN PRIORITY ENTRY. ON OCTOBER 28TH ALL

OTHER ENTRIES WILL BE ENTERED BASED ON ORIGINAL DATE OF RECEIPT. ENTRY DEADLINE IS NOV. 23RD, 2011. NO UPDATES OR CHANGES AFTER NOV. 23RD. Event file is available for downloading @ www.flushingflyers.com.

IMPORTANT NOTE – IN THE INTEREST OF SAFETY AS PER NASSAU COUNTY 10 & UNDER SWIMMERS WILL NOT BE ALLOWED IN THE BUILDING UNTIL 12:40 EACH AFTERNOON. PLEASE DO NOT ENCOURAGE PARENTS AND SWIMMERS TO GET THERE TOO EARLY.

scratches. Either \$4.00 per individual and \$16.00 per relay entry. There will be no refunds on checks for entry fees, payable to the Flushing YMCA, or a copy of the check request, all paperwork and diskette entries should be mailed to:

**Richard Finkelstein – Swim Coach
Flushing YMCA
138-46 Northern Blvd.
Flushing, New York 11354**

- Rules:**
1. USA Swimming Rules will govern. All rules will be strictly enforced. Metro swimming warm up guidelines will be in effect.
 2. Teams may enter 2 relay teams per relay event, but only 1 relay team will score per event.
 3. **Swimmer's age as of December 9, 2011**, will be the criteria for age group determination.
 4. Flyover starts will be implemented to expedite the meet.
 5. Swimmers may only enter warm up at the starting end of the pool and must sit down and slide into the pool. There is no diving or jumping into the pool during warm up other than diving in designated sprint lanes at the appropriate time. Anyone swimming under the bulkheads or shaving in the facility will be removed from the swim meet.
 6. Top 16 in each individual 11 & over event will compete in finals session Saturday and Sunday evening. USS and Metro scratch rules are in effect including a fine for no shows for Sunday's finals.

Scratches: Scratches will be administered following USA Swimming Rules and Regulations

Awards: Medals will be awarded for 1st thru 3rd place finishes for all events. Ribbons will be awarded for 4th thru 8th place finishes. 9th thru 16th places will only score points. Awards will be given to the top 3 overall teams and individual high point awards for top three males and females in each age group. Awards will be given to the coaches at the end of the meet.

Additional Note: the right to reduce the hours. Any cuts

If responses to the meet are overwhelming, the Meet Directors reserve the right to reduce the number of swimmers such that no session will exceed approximately 4 hours. Any cuts necessary will be based on date of receipt of entries.

Scoring:

Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1
Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2

Clerk of Course:

8 & under swimmers in 25 yard events and relays must report to the Clerk of Course when their event has been called for seeding. All other events and age groups will report directly to the blocks approximately 2 heats prior to their race.

Refreshments:

A concession stand will be available each day.

Meals:

Breakfast and lunch will be provided for coaches and officials Sat. and Sun.

Restrictions:

1. Food may not be brought into the spectator seating area.
2. An elevator is available for Meet Officials and the handicapped only.
3. Swimmers must remain in designated areas. Anyone found outside of the designated areas will be disqualified from the meet. Anyone caught swimming under the bulkhead will be disqualified from the meet. Coaches are responsible for their swimmers at all times. No shaving anywhere in the facility.

Timers & prelim sessions

Each club will be required to provide up to 3 timers for timed final sessions and based on the size of their entry. Timers will be provided with hospitality during

Officials: their assignment.

Timing assignments will be on the web sites and e mailed. Additional volunteers are welcome. Anyone interested in officiating please contact Dan Collins at bpsc41@aol.com.

Website Posting:

Warm-up Schedules will be posted on www.flushingflyers.com

Directions:
**PARENTS THAT
NOT THE FLUSHING YMCA.**

**Are available at www.flushingflyers.com. PLEASE REMIND
THE MEET IS AT EISENHOWER PARK AND**

Hotel Information:

**Long Island Marriot
101 James Doolittle Blvd.
Uniondale, N.Y. 11553
516-423-2161**

2 minutes from pool

Hampton Inn – Garden City
Garden City, N.Y.
516-227-2720
Free Continental Breakfast ?
5 minutes from pool

Econo Lodge – Hicksville
429 Duffy Ave.
Hicksville, N.Y. 11801
www.econolodge-hicksville.com
516-433-3900
15 minutes from pool

Best Western – Woodbury Inn
7940 Jericho Turnpike
Woodbury, N.Y. 11749
516-921-6900
20 minutes from pool

Holiday Inn - Westbury
369 Old Country Road
Carle Place, N.Y. 11514
516-997-5000
5 minutes from pool

Coliseum Motor Inn
1650 Hempstead Turnpike
East Meadow, N.Y. 11554
516-794-2100 or 1-800-540-5050
2 minutes from pool, (7 minute walk)
1 block from Burger King, Wendy's & Hooters

Days Inn – Hicksville
828 South Oyster Bay Rd.
Hicksville, N.Y. 11801
516-433-1900
15 minutes from pool

Sheraton – Plainview
333 South Service Road
Plainview, N.Y. 11803
516-694-6500
Possible microwaves & refrigerators
20 minutes from pool

Melville Marriot
1350 Old Walt Whitman Road
Melville, N.Y. 11747
631-423-1600 25 minutes from pool

Red Roof Inn
699 Dibblee Drive

Westbury, N.Y. 11590
516-794-2555 or 1-800redroof
www.redroof.com
5 minutes from pool, 2 minutes from Malls

Hilton Garden Inn
1575 Privado Road
Westbury, N.Y. 11590
516-683-8200
5 minutes from pool, 1 minute from Source Mall

Wingate Inn
821 Stewart Ave.
Westbury, N.Y. 11530
516-705-9003
5 minutes from pool, 1 minute from Roosevelt Field Mall

Hampton Inn & Suites
125 Merrick Road
Rockville Centre, NY 11570
516-599-1700 Free continental breakfast ?
20 minutes from pool

Fairfield Inn
24 Oak Drive
Syosset, NY 11791
516-921-1111
Free Continental Breakfast ?
25 minutes from pool

Huntington Hilton
598 Broadhollow Rd.
Melville, NY 11747
631-845-1223 30 minutes from pool

Holiday Inn Plainview
215 Sunnyside Blvd.
Plainview, NY 11803
516-349-7400 25 minutes from pool

Marriott Residence Inn
9 Gerhard Road
Plainview, NY 11803
516-433-6200 25 minutes from pool

All Hotels should be googled and map quested for more specific details

December 9-11, 2011

ENTRY SUMMARY SHEET

Team Name: _____ Club Code: _____

Head Coach Name: _____ Phone #

(Day): _____

Phone #

(Night): _____

Cell # _____

Verizon

Yes

or No

Email address: _____

	# Girls	# Boys	# Total Entries	X Fee	Amount Due
# of Individual Entries				X \$4.00 each	\$
# of Relay Team Entries				X \$16.00 each	\$
TOTAL ENTRY FEE					\$ →

Coaches Signature: _____

All entries must be received **NO LATER THAN WEDNESDAY, NOVEMBER 23, 2011** :

Email your entries to finkfly33@aol.com **AND** KTilas@PandECapital.com.

When emailing entries, the following must be sent the next day to the address below:

- Hard copy of submitted entries
- Entry Summary Sheet

- Check payable to "Flushing YMCA" for Total Entry Fee or copy of check request
- Release Declaration

Mail to: Richard Finkelstein - Swim Coach
Flushing YMCA
138-46 Northern Blvd.
Flushing, New York 11354

Cross Island & Flushing YMCA Holiday T & F Invitational Meet
December 9-11, 2011

The **Release Declaration** below must be signed and accompany all meet entries. Entries submitted without a signed Release Declaration will not be accepted. No substitution or changes will be accepted.

RELEASE DECLARATION

In consideration of your accepting this entry, we hereby, for ourselves, heirs, executor and administrators, waive and release any and all right and claim for damage we may have against the Cross Island YMCA, Flushing YMCA, their Parents' Committees and Board of Directors, the Co-Meet Directors and Meet Committee, their agents, representatives or assigns and the Nassau County Aquatic Center for any and all injuries which may be suffered by us at the YMCA Holiday Invitational meet to be held at Eisenhower Park, December 9, 10 and 11, 2011.

We further acknowledge the risks inherent in the activities to be undertaken at said meet and hereby agree to assume those inherent risks.

Signature YMCA Executive Director	Print or Type Name	Date

Signature Head Coach	Print or Type Name	Date

YMCA (Name as shown on eligibility certificate)	Phone

YMCA address

Friday Dec.10:		Session #1	Warm-up 3:30 PM	
		Start 5:00		
<u>Girls Event #</u>		<u>Event</u>		<u>Boys Event#</u>
1	6:30.00	13-14 500 Freestyle	6:30.00	2
3	6:15.00	OPEN 500 Freestyle	6:00.00	4
5		9-10 200 Freestyle		6
7		11-12 200 Freestyle		8
9	5:50.00	13-14 400 IM	5:30.00	10
11	5:30.00	OPEN 400 IM	5:15.00	12

Saturday Dec.11:		Session #2	Warm-up 6:30	
		Start 8:00		
<u>Girls Event#</u>		<u>Event</u>		<u>Boys</u>
<u>Event#</u>				
13		11-12 200 IM		14
15	2:50.00	13-14 200 IM	2:40.00	16
17	2:40.00	OPEN 200 IM	2:30.00	18
19		11-12 50 Freestyle		20
21	1:10.00	13-14 100 Freestyle	1:04.00	22
23	1:04.00	OPEN 100 Freestyle	58.00	24
25		11-12 100 Breaststroke		26
27	3:00.00	13-14 200 Breaststroke	3:00.00	28
29	2:50.00	OPEN 200 Breaststroke	2:45.00	30
31		11-12 50 Backstroke		32
33	1:24.00	13-14 100 Backstroke	1:15.00	34
35	1:17.00	OPEN 100 Backstroke	1:10.00	36
37		11-12 100 FLY		38
39	2:50.00	13-14 200 FLY	2:50.00	40
41	2:45.00	OPEN 200 FLY	2:35.00	42
43		11-12 200 Medley Relay		44
45		13-14 200 Medley Relay		46
47		OPEN 200 Medley Relay		48

USE OF ALCOHOL OR TOBACCO PRODUCTS ANYWHERE IN THE FACILITY IS STRICTLY PROHIBITED. NO GLASS OF ANY KIND ON DECK OR IN THE BALCONY. VIOLATION OF THE ABOVE MAY RESULT IN IMMEDIATE REMOVAL FROM THE FACILITY.

Saturday Dec.11:
Start 2:00

Session #3

Warm-up 1:00

<u>Girls Event#</u>	<u>Event</u>	<u>Boys</u>
<u>Event#</u>		
49	8 & Under 100 Freestyle	50
51	9-10 100 Freestyle	52
53	8 & Under 50 Butterfly	54
55	9-10 50 Butterfly	56
57	8 & Under 25 Breaststroke	58
59	9-10 100 Breaststroke	60
61	8 & Under 50 Backstroke	62
63	9-10 50 Backstroke	64
65	8 & Under 25 Freestyle	66
67	9-10 200 IM	68
69	8 & Under 100 Medley Relay	70
71	9-10 200 Medley Relay	72

Sunday Dec. 12
Start 8:00

Session #5

Warm-up 6:30,

<u>Girls Event#</u>	<u>Event</u>	<u>Boys</u>
<u>Event #</u>		
73	11-12 50 Breaststroke	74
75 1:30.00	13-14 100 Breaststroke	1:25.00 76
77 1:25.00	OPEN 100 Breaststroke	1:15.00 78
79	11-12 100 Freestyle	80
81 2:35.00	13-14 200 Freestyle	2:35.00 82
83 2:25.00	OPEN 200 Freestyle	2:15.00 84
85	11-12 50 Butterfly	86
87 1:20.00	13-14 100 Butterfly	1:20.00 88
89 1:16.00	OPEN 100 Butterfly	1:08.00 90
91	11-12 100 Backstroke	92
93 2:50.00	13-14 200 Backstroke	2:50.00 94
95 2:40.00	OPEN 200 Backstroke	2:30.00 96
97	11-12 100 IM	98
99 32.00	13-14 50 Freestyle	30.00 100
101 30.00	OPEN 50 Freestyle	27.00 102
103	11-12 200 Freestyle Relay	104
105	13-14 200 Freestyle Relay	106
107	OPEN 200 Freestyle Relay	108

Sunday Dec. 12:

Session #6

Warm-up 1:00, Start 2:00

<u>Girls Event #</u>	<u>Event</u>	<u>Boys</u>
<u>Event #</u>		

109	8 & Under 100 IM	110
111	9-10 100 IM	112
113	8 & Under 50 Breaststroke	114
115	9-10 50 Breaststroke	116
117	8 & Under 25 Butterfly	118
119	9-10 100 Butterfly	120
121	8 & Under 50 Freestyle	122
123	9-10 50 Freestyle	124
125	8 & Under 25 Backstroke	126
127	9-10 100 Backstroke	128
129	8 & Under 100 Freestyle Relay	130
131	9-10 200 Freestyle Relay	132