



TYR HOLIDAY CLASSIC

**@ FELIX FESTA MIDDLE SCHOOL,
30 PARROTT ROAD, WEST NYACK, NY 10994**

**TRIALS & FINALS
USA Swimming "BB" Cuts or Better**

**FRIDAY, SATURDAY AND SUNDAY
December 13, 14 & 15, 2019**

Metro Sanction # 191203

Invited Teams: AG, WSSC, MWSC, NBS,RFAC, HVD, TRS, BAD, YMID, BGNW, EAST,HAWKS, VAC, GAEL, LIE, DA, COND, AGUA, MVA, YBAR, NCAC, SPAR, SSC, SMC, SSL, WAC,APEX, FAST, IA, LGAC, MAKO, MPNY, GATORS-NJ, BBNJ,WAV-NJ, LSA, FREE, SWAG, CAT-NJ,HCY-NJ, YFD, LIAC, HS, WEST, PAC,DESC-NJ, PATS, SS, WSA, JCC, TS, HAA, QNS, SWIM70-CT, RAC, SCY, NJRC, Albany Starfish, Mandell JCC,PACK-CT, FOBY, SCAR, EXCEL-NJ, IA-MR, Redbank YMCA

TYR HOLIDAY CLASSIC

December 13-15, 2019

- SANCTION** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #191203
- LOCATION** FELIX FESTA MIDDLE SCHOOL, 30 PARROTT ROAD, WEST NYACK, NY 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 and the shallow end will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard.
The pool **has not been** certified in accordance with Article 104.2.2C (4)
- SESSIONS** Session 1: Friday PM: 5:30 PM Warm Up, 6:15 PM Start **(DUE TO VARISTY PRACTICE)**
Session 2: Saturday AM: 9:30 AM Warm Up, 10:30 AM Start **(DUE TO VARISTY PRACTICE)**
Session 3: Saturday PM: 3:00 PM Warm Up, 3:45 PM Start
Session 4: Saturday PM Finals 5:30 PM Warm Up, 6:45 PM Start
Session 5: Sunday AM: 8:00 AM Warm Up, 9:00 AM Start
Session 6: Sunday PM: 1:30 PM Warm Up, 2:15 PM Start
Session 7: Sunday PM Finals 5:00 PM Warm Up, 5:45 PM Start
- FORMAT** Trials & Finals for 11 and Over – TOP 16 will return for finals.
Trials & Finals for 9-10 – Top 8 will return for finals except for event numbers 43 and 44 200 Free which will be a timed trial.
Timed Finals for 8 & Under.
The meet will be deck seeded.
- ELIGIBILITY** Open to all invited teams registered swimmers. All swimmers participating in this meet must be registered by first day of the meet. Age on December 13, 2019 will determine age for the entire meet.
- All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.**
- 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 competition.
- ENTRIES** Swimmers may compete in 2 individual events on Friday and 3 individual events per day for Saturday and Sunday. **NT’s will not be accepted.** The host club reserves the right to keep their swimmers in the meet.
- If necessary, the 400 IM and 500 Free (women) will each be limited to the fastest 5 heats; the 400 IM and 500 Free (men) will be limited to the fastest 6 heats. Host team retains the right to keep its swimmers entered in these events.
- All invited teams will be given priority providing their swimmers meet the minimum of USA Swimming Age Group “BB” cuts or faster for all 200, 400 and 500 Events Only.
- Please note if the meet is close to being closed by capacity, the clubs will be asked to update their files so that we can accurately estimate the number of swimmers and splashes. Once closed, each club is responsible for all entries.**

All other teams please send email to BG26608@hotmail.com.

The final entry deadline for this meet is November 26, 2019.

Teams will be considered accepted when the host club accepts the entries. The host club must stay within the four hour per session rule. We will **accept 2.5 hours of entries for 10 and under sessions.**

All received entries will be confirmed within 48 hours.

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:

NYS Aquatics, Inc.
c/o Regina O'Brien
10 Julia Court
Tappan, NJ 10983

Email Entries/Confirm Entry Receipt: NYSAEntries@gmail.com.

Sign Express Mail Waiver allowing delivery without signature.

DEADLINE

The final entry deadline for this meet is **November 26, 2019.**

All other requests received after **December 1, 2019** 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 **\$10.00** per individual event for T&F and **\$8.00** per individual event for timed final event. There will be a \$3.00 facility fee per swimmer.

Payment must be received by **November 26, 2019** 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.

All entries will be accepted on a first come, first serve basis. Teams will be considered accepted when the host club accepts the entries The host club must stay within the four hour per session rule.

All received entries will be confirmed within 48 hours. Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A master sheet must accompany all entries.

PLEASE SEND YOUR PAYMENTS TO THE ADDRESS LISTED BELOW.

U.S. Mail Entries/Payment to:

NYS Aquatics, Inc.
c/o Regina O'Brien
10 Julia Court

Tappan, NJ 10983

Email Entries/Confirm Entry Receipt: NYSAEntries@gmail.com.

Sign Express Mail Waiver allowing delivery without signature.

WARM-UP

Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. The meet director reserves the right to assign lanes for warm up based on the size of the meet. Following the general warm-ups, the competition pool will be open to all teams for a 15-minute dive and pace session: lanes 2-6 will be open for one-way sprints; lanes 1 & 8 will be remaining as general warm up and lanes 1 & 8 will be designated for pace. No diving will be permitted except in designated sprint lanes. All swimmers must be supervised by a coach.

Please note the Saturday Finals Warmup will start in the non-competition pool at 5:30 PM to 6:15 PM. At the conclusion of the Mid-session, we will also open up the competition pool for warmup from 6:15 PM to 6:40PM.

Scratch Procedures

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 will be given to all Top 8 Finalists. Medals will be given for 1st – 3rd place in each event and ribbons for 4th – 8th place.

OFFICIALS

Meet Referee: Ernesto Martinez
Officials wishing to volunteer should contact Meet Referee by email:
Emathletics@gmail.com.

Meet Director

Patsy Burke, Email nysaentries@gmail.com

Admin. Official

Patsy Burke, Email nysaentries@gmail.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 warmups 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 2012 - 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	DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Valley Central School District, New York Sharks Aquatics, Inc. 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 liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
Audio/Visual rules	"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."
DRONES	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present,
DECK CHANGING	Deck changing is prohibited.
ADMISSION:	\$7.00 Adults/session \$3.00 Program/session
MERCHANT	A concession stand will be available throughout the duration of the meet. A Swim shop vendor will also be on site.
PARKING	There is free unlimited parking at Felix Festa Middle School. Cars parking on Parrott Road 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	<p>Mapquest - http://www.mapquest.com/maps?city=West+Nyack&state=NY&address=30+Parrott+Road&zipcode=10994</p> <p><u>From New Jersey:</u></p> <ol style="list-style-type: none"> 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. Exit New York State Thruway at exit 13N (Palisades Parkway North). 3) Exit the Palisades Parkway at Exit 10. 4) Follow to the end of the ramp and make a right at the light onto Germonds Road. 5) Take Germonds to the next light and cross over Route 304. 6) Go straight on Germonds Road. 7) Head straight onto Parrott Road. 8) Felix Festa Middle School is on the left. Pool entrance and parking area is in the back of the school by the tennis courts. <p><u>Alternate From New Jersey:</u></p> <ol style="list-style-type: none"> 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. <p><u>From New York City:</u></p> <ol style="list-style-type: none"> 1) Take the George Washington Bridge to the Palisades Parkway North. 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above. <p>From Westchester County Vicinity:</p> <ol style="list-style-type: none"> 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 GLASSBOTTLES or **JUICE BOXES** allowed on deck.

Friday PM
5:30 PM Warm Up 6:15 PM Start
(Late start due to Varsity Practice)

Time Standard	Event #	Event	Event #	Time Standard
3:15.59	1	10 & Under 200 IM	2	3:13.19
2:47.79	1	11-12 200 IM	2	2:44.19
5:56.79	3	11-12 400 IM	4	5:46.39
5:39.39	3	13-14 400 IM	4	5:17.39
5:31.99	3	15 & Over 400 IM	4	5:05.59
7:35.49	5	10 & Under 500 Free	6	7:26.99
6:38.39	5	11-12 500 Free	6	6:27.49
6:20.09	7	13-14 500 Free	8	5:58.09
6:12.09	7	15 & Over 500 Free	8	5:45.99
2:47.89	9	11-12 200 Fly	10	2:43.99

Saturday AM – PRELIMS – TOP 16 FINALS
9:30 AM Warm Up 10:30 AM Start
(Late start due to Varsity Practice)

Time Standard	Event #	Event	Event #	Time Standard
2:43.99	11	11-12 200 Back	12	2:40.29
2:19.19	13	15 & Over 200 Free	14	2:07.49
2:22.19	15	13-14 200 Free	16	2:12.79
2:29.69	17	11-12 200 Free	18	2:24.59
	19	15 & Over 100 Back	20	
	21	13-14 100 Back	22	
	23	11-12 100 Back	24	
2:54.69	25	15 & Over 200 Breast	26	2:36.59
2:58.28	27	13-14 200 Breast	28	2:45.59
3:08.59	29	11-12 200 Breast	30	3:00.99
	31	15 & Over 100 Fly	32	
	33	13-14 100 Fly	34	
	35	11-12 50 Fly	36	
	37	15 & Over 50 Free	38	
	39	13-14 50 Free	40	
	41	11-12 50 Free	42	

Saturday Afternoon 10 & Under
9-10 PRELIMS – TOP 8 FINALS
3:00 PM Warm Up 3:45 PM Start

Time Standard	Event #	Event	Event #	Time Standard
2:57.39	43	10 & Under 200 Free	44	2:47.99
	45	8 & Under 25 Back	46	
	47	9-10 100 Back	48	
	49	8 & Under 25 Breast	50	
	51	9-10 50 Breast	52	
	53	8 & Under 50 Fly	54	
	55	9-10 100 Fly	56	
	57	8 & Under 50 Free	58	
	59	9-10 50 Free	60	

Saturday– FINALS
11 and Over – TOP 16

9-10 TOP 8 (except for events 43 and 44 which are timed finals)

**Please note the Saturday Finals Warmup will start in the non-competition pool at 5:30 PM to 6:15 PM.
At the conclusion of the Mid-session, we will also open up the competition pool for warmup from 6:15 PM to 6:40 PM.**

5:30 PM Warm Up 6:45 PM Start

Event #	Event	Event #
47	9-10 100 Back	48
11	11-12 200 Back	12
13	15 & Over 200 Free	14
15	13-14 200 Free	16
51	9-10 50 Breast	52
17	11-12 200 Free	18
19	15 & Over 100 Back	20
21	13-14 100 Back	22
55	9-10 100 fly	56
23	11-12 100 Back	24
25	15 & Over 200 Breast	26
27	13-14 200 Breast	28
59	50 Free	60
29	11-12 200 Breast	30
31	15 & Over 100 Fly	32
33	13-14 100 Fly	34
35	11-12 50 Fly	36
37	15 & Over 50 Free	38
39	13-14 50 Free	40
41	11-12 50 Free	42

Sunday AM – PRELIMS – TOP 16 FINALS
8:00 AM Warm Up 9:00 AM Start

Time Standard	Event #	Event	Event #	Time Standard
	61	11-12 100 Breast	62	
2:36.19	63	15 & Over 200 IM	64	2:21.79
2:39.19	65	13-14 200 IM	66	2:28.59
	67	11-12 100 IM	68	
2:32.39	69	15 & Over 200 Back	70	2:19.19
2:35.39	71	13-14 200 Back	72	2:25.89
	73	11-12 50 Back	74	
	75	15 & Over 100 Breast	76	
	77	13 & 14 100 Breast	78	
	79	11-12 50 Breast	80	
2:32.59	81	15 & Over 200 Fly	82	2:17.99
2:37.89	83	13-14 200 Fly	84	2:26.99
	85	11-12 100 Fly	86	
	87	15 & Over 100 Free	88	
	89	13-14 100 Free	90	
	91	11-12 100 Free	92	

Sunday Afternoon 10 & Under
9-10 PRELIMS – TOP 8 FINALS
1:30 PM Warm Up 2:15 PM Start

Event #	Event	Event #
93	9-10 100 IM	94
95	8 & Under 100 IM	96
97	9-10 50 Back	98
99	8 & Under 50 Back	100
101	9-10 100 Breast	102
103	8 & Under 50 Breast	104
105	9-10 50 Fly	106
107	8 & Under 25 Fly	108
109	9-10 100 Free	110
111	8 & Under 25 Free	112

Sunday– FINALS
11 and Over – TOP 16
9-10 TOP 8
5:00 PM Warm Up 5:45 PM Start

Event #	Event	Event #
95	9-10 100 IM	96
61	11-12 100 Breast	62
63	15 & Over 200 IM	64
65	13-14 200 IM	66
99	9-10 50 Back	100
67	11-12 100 IM	68
69	15 & Over 200 Back	70
71	13-14 200 Back	72
103	9-10 100 Breast	104
73	11-12 50 Back	74
75	15 & Over 100 Breast	76
77	13 & 14 100 Breast	78
107	9-10 50 Fly	108
79	11-12 50 Breast	80
81	15 & Over 200 Fly	82
83	13-14 200 Fly	84
111	9-10 100 Free	112
85	11-12 100 Fly	86
87	15 & Over 100 Free	88
89	13-14 100 Free	90
91	11-12 100 Free	92



Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name _____

Phone Number _____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____