



Condors Distance Invitational

January 27, 2013

Sanction #130110 Time Trial - #130154-T

Invited Teams: All teams within the Metro LSC and Bluefish Swim Club, Cheshire YMCA, NJ Wave, Bergen Barracudas, Greenwich Dolphins, Ridgefield Aquatic Club, Morris County Swim Club, West Hartford Aquatic Club and Wycoff YMCA, Portland Porpoise Swim Club.

Any other teams who would like to be invited, please contact MeetEntries@CondorsSwimming.com

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #
- 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)
- SESSIONS:** Session 1: 14 & Under Session – Warm-up 8:00AM, Start 9:00 AM
Session 2: 1650 Session – Warm-up 1:30PM, Start 2:30PM
- FORMAT:** This will be a timed finals event.
This is a deck seeded meet.
- 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 27, 2013** 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 **3 individual events per day**. **No NT's will be accepted.**

Invited teams will be given priority in acceptance of entries.

Entries will be accepted on a first come, first served basis. The host team reserves the right to keep its swimmers entered in the meet.

The 1650 Free will run fastest to slowest alternating boys and girls. Swimmers will need to provide their own timers for the 1650 Free.

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: MeetEntries@CondorsSwimming.com
Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** **Entries must be received by : January 11, 2013**
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 **\$4.00** per individual even must accompany the entries.
Make check payable to: **Condors Swim Club**.
Payment must be received by **January 11, 2013** 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 2-7 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.

SCRATCH: 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.

Metropolitan Scratch Procedure for Timed Final Meets is as follows;

Any swimmer who is seeded, must swim in the event unless he/she declares his/her intention not to swim in the following manner;

1. Go to the Referee, before the event and state you do not wish to swim
2. Stand BEHIND your assigned block until the swimmers in your heat has been sent off by the starter
3. The swimmer is then disqualified from THAT EVENT for the delay of the meet
4. This counts as an event against the total-per-day allowance

If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet.

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 for places 1st – 8th in all events.

OFFICIALS: **Meet Referee:** Mike Natale
Officials wishing to volunteer should contact Meet Referee by email mfnc45@optonline.net

MEET DIRECTOR: Laurie Lawson, contact information phone: 845-638-4381,
email Laurie.Lawson@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 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: 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.

AUDIO/VISUAL STATEMENT: **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms**

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged

ADMISSION \$5.00 Adults/session
\$3.00 Program/session

MERCHANT: Limited concessions only.

PARKING: There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing.

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.



Sunday 14 & Under Session

Warm-up: 8:00AM

Start: 9:00AM

Girls	Event	Boys
1	11-12 400 IM	2
3	13-14 400 IM	4
5	10 & Under 500 Free	6
7	11-12 500 Fr	8

Sunday Open 1650 Session

Warm-up: 1:30PM

Start: 2:30PM

Girls	Event	Boys
9	Open 1650 Freestyle	10

*The 1650 Free will run fastest to slowest alternating heats of girls and boys.

*Swimmers in the 1650 Free will need to provide their own timers.