



Condors Last Chance Invitational
February 8th – 10th, 2013

Sanction # 130210
Time Trial #130253-T

Invited Teams: All teams within the Metro LSC and Cheshire YMCA, NJ Wave, Bergen Barracudas, Greenwich Dolphins, Ridgefield Aquatic Club, Morris County Swim Club, West Hartford Aquatic Club, Chelsea Piers

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

Condors Last Chance Invitational

February 8th – 10th, 2013

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #130210, #130253-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)
- 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 Evening – Warm-up: 5:45 PM, Start 6:30 PM
Session 2: Saturday Morning – Warm-up: 7:30 AM, Start 8:30 AM
Session 3: Saturday Mid/Distance – Warm-up: 12:45 PM, Start 1:15 PM
Session 4: Saturday Afternoon – Warm-up: 3:00 PM, Start 4:00 PM
Session 5: Sunday Morning – Warm-up: 7:30 AM, Start 8:30 AM
Session 6: Sunday Mid/Distance – Warm-up: 12:45 PM, Start 1:15 PM
Session 7: Sunday Afternoon – Warm-up: 3:00 PM, Start 4:00 PM
- 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 **February 8, 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 1 event on Friday evening and 3 individual events Saturday and Sunday. The Mid/Distance sessions are NOT included in the 3 individual events, i.e. a swimmer can swim 3 individual events in either the morning or afternoon session in addition to a Mid/Distance session event. **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 for invited teams. The host team reserves the right to keep its swimmers entered in the meet.
- The 1000 (women) and the 1650 (men) will run fastest to slowest. The 1000 (women) will be limited to the 4 fastest heats, the 1650 (men) will be limited to the fastest 3 heats. The 500 (women) will be limited to the fastest 5 heats, the 500 (men) will be limited to the fastest 6 heats. A positive check-in for the 500, 1000 and 1650 will be required at the start of the warm-up for those sessions.
- 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 25, 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 25, 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. The meet director reserves the right to assign warm-up lanes.
- 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.
- A positive check-in for the 500, 1000 and 1650 will be required at the start of the warm-up for those sessions.***
- 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 mfnnc45@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: A concession stand will be available throughout the duration of the meet. Kastaway Swimwear 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.

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.



Friday Evening - Session One
Warm-up 5:45 PM/Start 6:30 PM

Girls	Event	Boys
1	10 & Under 200 Freestyle	2
3	12 & Under 500 Freestyle	4
5	11 & Over 400 IM	6

Saturday Morning - Session Two
Warm-up 7:30am/Start 8:30am

Girls	Event	Boys
7	8 & Under 25 Fly	8
9	10 & Under 100 Fly	10
11	13-14 100 Fly	12
13	8 & Under 25 Free	14
15	10 & Under 200 IM	16
17	13-14 200 IM	18
19	10 & Under 100 Back	20
21	13-14 100 Back	22
23	10 & Under 50 Breast	24
25	13-14 200 Breast	26
27	10 & Under 100 Free	28
29	13-14 100 Free	30

Saturday Mid/Distance –
Session Three

Warm-up 12:45 PM/Start 1:15 PM

Girls	Event	Boys
31	11 & Over 1000 Freestyle	
	13 & Over 500 Freestyle	32

*The 1000 Free will run fastest to slowest

*Swimmers in the 1000 Free will be required to provide their own timers and counters

*The 1000 Free will be limited to the fastest 4 heats and the 500 Free will be limited to the fastest 6 heats

**Saturday Afternoon –
Session Four**

Warm-up 3:00pm/Start 4:00pm

Girls	Event	Boys
33	11-12 100 Fly	34
35	Open 100 Fly	36
37	11-12 200 IM	38
39	Open 200 IM	40
41	11-12 100 Back	42
43	Open 100 Back	44
45	11-12 50 Breast	46
47	Open 200 Breast	48
49	11-12 50 Free	50
51	Open 100 Free	52

Sunday Morning - Session Two

Warm-up 7:30am/Start 8:30am

Girls	Event	Boys
53	8 & Under 25 Back	54
55	13-14 200 Back	56
57	10 & Under 50 Back	58
59	13-14 50 Free	60
61	10 & Under 50 Free	62
63	13-14 100 Breast	64
65	10 & Under 100 Breast	66
67	8 & Under 25 Breast	68
69	13-14 200 Fly	70
71	10 & Under 50 Fly	72
73	13-14 200 Free	74
75	10 & Under 100 IM	76

**Sunday Mid/Distance –
Session Three**

Warm-up 12:45 PM/Start 1:15 PM

Girls	Event	Boys
73	13 & Over 500 Freestyle	
	11 & Over 1650 Freestyle	74

*The 1650 Free will run fastest to slowest

*Swimmers in the 1650 Free will be required to provide their own timers and counters

*The 1650 Free will be limited to the fastest 3 heats and the 500 Free will be limited to the fastest 5 heats

**Sunday Afternoon –
Session Four
Warm-up 3:00pm/Start 4:00pm**

Girls	Event	Boys
75	11-12 50 Back	76
77	Open 200 Back	78
79	11-12 100 Freestyle	80
81	Open 50 Freestyle	82
83	11-12 100 Breast	84
85	Open 100 Breast	86
87	11-12 50 Fly	88
89	Open 200 Fly	90
91	11-12 200 Freestyle	92
93	Open 200 Freestyle	94
95	11-12 100 IM	96