



**Condors June Summer Solstice
Invitational**
June 14th – 16th, 2013

Sanction #130604

Time Trial #130650-T

Invited Teams: All teams within the Metro LSC and Bluefish Swim Club, Cheshire YMCA, Scarlet Swim Team (formerly NJ Wave), Greenwich Dolphins, Ridgefield Aquatic Club, Morris County Swim Club, West Hartford Aquatic Club, SMST Rapids, JCC on the Palisades Wave Runners, West Hartford (WHAT) Swimming, Sea Dog Swim Club, Eagle Aquatic Club, Duanesbury Electric Eels, Garfield YMCA

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

Condors June Summer Solstice Invitational

June 14rd – 16th, 2013

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #130604, Time Trial #130650-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. 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: Friday Afternoon - Warm-Up 4:30 PM, Start 5:30 PM
Session 2: Saturday Morning – Warm-Up 7:00 AM, Start 8:00 AM
Session 3: Saturday 400 IM – Warm-Up 12:00 PM, Start 12:30 PM
Session 4: Saturday Afternoon – Warm-Up 2:30 PM, Start 3:30 PM
Session 5: Sunday Morning – Warm-Up 7:00 AM, Start 8:00 AM
Session 6: Sunday 400 Free – Warm-Up 12:00 PM, Start 12:30 PM
Session 7: Sunday Afternoon – Warm-Up 2:30 PM, Start 3:30 PM
- FORMAT:** This will be a timed finals event.
This will be a deck seeded event.
- 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 **June 14th** 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 4 individual events per day; only 3 individual events in any AM or PM Session and 1 in any MID session on Saturday and Sunday. Swimmers may be entered in 2 individual events on Friday. **No NT's will be accepted.**
- The 800 Free will be limited to the 5 fastest heats of each gender and 1500 Free will be limited to the fastest 3 heats of each gender. The host team reserves the right to keep its swimmers entered in the meet. **All swimmers MUST provide their own timers and counters for both the 800 & 1500 Freestyle events.**
- 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 : May 31, 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 **\$5.00** per individual event must accompany the entries.
Make check payable to: Condors Swimming

Payment must be received by June 7, 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 host team reserves the right to assign lanes for warm-up based on the size of the meet. If lanes are not assigned, the first 40 minutes will be general warm-up. The last 20 minutes will have lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Other lanes may be assigned by meet director's discretion. 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.
- 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
Awards will be scored for 10 & Unders and 11-12's for the 12 & Under events.
Awards will be scored for 13-14's and 15 and Over for the 13 & Over events.
Awards will be scored for 11-12's and 13 & Over for the Open 200 Back, 200 Breast & 200 Fly.
Awards will be scored 12 & Under, 13-14, and 15 & Over for the 400 Free and 400 IM
- 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: 267-237-4876,
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:** **All swimmers must wear footwear upon leaving the pool area.**

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:** **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 liabilities or claims for 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 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 prohibited.
- ADMISSION** \$5.00 Adults/session
\$3.00 Program/session
- MERCHANT:** A concession stand will be available throughout the meet. Kast-A-Way 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.

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...

DIRECTIONS: ...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 PM Session
Warm-up: 4:30PM
Start: 5:30PM

Girls	Event	Boys
1	10 & Under 200 Freestyle	2
3	12 & Under 400 Freestyle	4
5	13 & Over 400 Freestyle	6
7	10 & Under 200 IM	8
9	11-12 400 IM	10
11	13 & Over 400 IM	12

Saturday AM Session
Warm-up: 7:00AM
Start: 8:00AM

Girls	Event	Boys
13	11-12 200 IM	14
15	Open 200 IM	16
17	11 - 12 50 Breaststroke	18
19	Open 200 Breaststroke	20
21	11 - 12 100 Butterfly	22
23	Open 100 Butterfly	24
25	11 - 12 100 Freestyle	26
27	Open 100 Freestyle	28
29	11 - 12 50 Backstroke	30
31	Open 200 Backstroke	32

Saturday Mid-Day Session
Warm-up: 12:00PM
Start: 12:30PM

Girls	Event	Boys
33	Open Women 800 Freestyle	
	Open Men 1500 Freestyle	34

Saturday PM Session

Warm-up: 2:30PM

Start: 3:30PM

Girls	Event	Boys
35	13-14 200 IM	36
37	10 & Under 50 Breaststroke	38
39	13 - 14 200 Breaststroke	40
41	10 & Under 100 Butterfly	42
43	13 - 14 100 Butterfly	44
45	10 & Under 100 Freestyle	46
47	13 - 14 100 Freestyle	48
49	10 & Under 50 Backstroke	50
51	13 - 14 200 Backstroke	52

Sunday AM Session

Warm-up: 7:00AM

Start: 8:00AM

Girls	Event	Boys
53	11-12 200 Freestyle	54
55	Open 200 Freestyle	56
57	11 - 12 50 Butterfly	58
59	Open 200 Butterfly	60
61	11 - 12 100 Backstroke	62
63	Open 100 Backstroke	64
65	11 - 12 100 Breaststroke	66
67	Open 100 Breaststroke	68
69	11 - 12 50 Freestyle	70
71	Open 50 Freestyle	72

Sunday Mid-Day Session

Warm-up: 12:00PM

Start: 12:30PM

Girls	Event	Boys
73	Open Women 1500 Freestyle	
	Open Men 800 Freestyle	74

Sunday PM Session

Warm-up: 2:30PM

Start: 3:30PM

Girls	Event	Boys
75	13-14 200 Freestyle	76
77	10 & Under 50 Butterfly	78
79	13-14 200 Butterfly	80
81	10 & Under 100 Backstroke	82
83	13 - 14 100 Backstroke	84
85	10 & Under 100 Breaststroke	86
87	13 - 14 100 Breaststroke	88
89	10 & Under 50 Freestyle	90
91	13 - 14 50 Freestyle	92