

Minisink Valley Aquatics

November 16-18, 2012

Sanction #121111



FALL FRENZY INVITATIONAL

Minisink Valley Aquatics Fall Frenzy Swim Meet – 2012 1st Annual

November 16, 17, & 18 2012

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #121111
- LOCATION:** **Minisink Valley High School Pool**
2320 Route 6
Slate Hill, NY 10973
- FACILITY:** 8 lane, 25 yard pool with non-turbulent lane lines.
Daktronic electronic timing system and an 8-line scoreboard display.
Spectator seating available.
The pool has not been certified in accordance with Article 104.2.2C (4).
Pool Depths: Start End ... 1 meter 12', 5 meters 11' Turn End ... 1 meter 4', 5 meters 5'
- SESSIONS:** Session 1: Friday Distance - Warm-Up 5:45 PM, Start 6:30 PM
Session 2: Friday PM-Warm-up 7:30 PM, Start 8:30 PM
Session 3: Saturday Morning – Warm-8AM, Start 9:00 AM
Session 4: Saturday Afternoon-Warm-up 1:00 PM, Start 4:30 PM
Session 5: Sunday Morning – Warm-Up 8:00 AM, Start 9:00 AM
Session 6: Sunday Afternoon – Warm-Up 1:00 PM, Start 2:00 PM
- FORMAT:** Events are Timed Finals and will be deck seeded.
- ELIGIBILITY:** Open to all 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 11/16/2012, will determine age for the entire meet.
- SEEDING:** This meet will be Deck Seeded. Seeding will be done at the beginning of each session using a scratch sheet procedure.

All Friday night events will be seeded fastest to slowest
- 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 the competition.
- ENTRIES:** All athletes are limited to enter 5 events per session.
The 1650 may be limited to 4 heats (2 male, 2 female)
Entries will be entered on a first come/ first serve basis. Entries must be sent via Hy-tek file either by disk or e-mail. However, payment must be received by entry deadline for entries to be recognized.
Please include a printout - Include phone #, E-mail address and name of contact
U.S. Mail Entries/Payment to: **Minisink Valley Aquatics**
Email Entries/Confirm Entry Receipt: **stats@esslswim.com**

Please sign the signature waiver for entries sent by express mail.

- DEADLINE:** 1: Metro LSC teams and HAWK-AD will be given priority on a first come/first served basis. Metro teams and HAWK-AD entries must be received by November 1, 2012
- 2: The final entry deadline for this meet is November 9, 2012**
- 3: Metro entries received between November 2, 2012 and November 9, 2012, 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 1 day of your original email.
- ENTRY FEE:** An entry fee of \$4 per individual even must accompany the entries.
Make check payable to: **Minisink Valley Aquatics (MVA)**.
Payment must be received by November 15, 2012, 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 30-40 minutes will be general warm-up. The last 15-20 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.
- SCRATCHES:** 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 places 1-6 for individual events.
Ribbons will be awarded 1-3 for relay events.
High Point Trophy for male and female high point scorer in each age group.
Heat Winner awards will be given to the winner of each heat of each event.
- OFFICIALS:** **Meet Referee: Mark Amodio**
Email: amodio@vassar.edu
Officials wishing to volunteer should contact Meet Referee by November 9, 2012...
- MEET DIRECTOR:** **Meet Director: Chris Joyce**
Email: stats@esslswim.com
Entry Coordinator: Chris Joyce
Email: stats@esslswim.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.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Minisink Valley School District, Minisink Valley Aquatics**, 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

ADMISSION: Admission is \$5 per person including program. Children under 5 free.

MERCHANTS: Metro Swim Shop will be present 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 the NYS Thruway North take Exit 16 to Route 17 West. Follow Route 17 West to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. The Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field.

From the NYS Thruway South exit at Route 84 West. Follow Route 84 West to Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field.

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Friday Session 1

Warm up:

Girls	Event	Boys
1	Open 1650 Freestyle	2

Friday Session 2

Warm up:

Girls	Event	Boys
3	11-12 200 Freestyle	4
5	13-14 200 Freestyle	6
7	10 & Under 200 Freestyle	8
9	200 Freestyle	10
11	11-12 200 IM	12
13	13-14 500 Freestyle	14
15	500 Freestyle	16

Saturday AM Session 3

Warm up:

Girls	Event	Boys
17	11-12 100 Freestyle	18
19	9-10 100 Freestyle	20
21	8 & Under 50 Freestyle	22
23	11-12 100 Breaststroke	24
25	9-10 50 Breaststroke	26
27	8 & Under 50 Breaststroke	28
29	11-12 100 Butterfly	30
31	9-10 50 Butterfly	32
33	8 & Under 50 Butterfly	34
35	11-12 50 Backstroke	36
37	9-10 100 Backstroke	38
39	11-12 100 IM	40
41	8 & Under 200 Medley Relay	42
43	9-10 200 Medley Relay	44
45	11-12 200 Medley Relay	46

Saturday PM Session 4

Warm up:

Girls	Event	Boys
47	13-14 400 IM	48
49	15 & Over 400 IM	50
51	13-14 50 Freestyle	52
53	15 & Over 50 Freestyle	54
55	13-14 100 Breaststroke	56
57	15 & Over 100 Breaststroke	58
59	13-14 100 Butterfly	60
61	15 & Over 100 Butterfly	62
63	13-14 200 Backstroke	64
65	15 & Over 200 Backstroke	66
67	Open 200 Medley Relay	68

Sunday AM Session 5

Warm up:

Girls	Event	Boys
69	12 & Under 200 IM	70
71	9-10 100 IM	72
73	8 & Under 100 IM	74
75	11-12 50 Freestyle	76
77	9-10 50 Freestyle	78
79	8 & Under 100 Freestyle	80
81	11-12 50 Breaststroke	82
83	9-10 100 Breaststroke	84
85	8 & Under 50 Backstroke	86
87	11-12 100 Backstroke	88
89	9-10 50 Backstroke	90
91	9-10 100 Butterfly	92
93	11-12 50 Butterfly	94
95	8 & Under 200 Freestyle Relay	96
97	11-12 200 Freestyle Relay	98
99	9-10 200 Freestyle Relay	100

Sunday PM Session 6

Warm up:

Girls	Event	Boys
101	13-14 200 Breaststroke	102
103	15 & Over 200 Breaststroke	104
105	13-14 100 Freestyle	106
107	15 & Over 100 Freestyle	108
109	13-14 100 Backstroke	110
111	15 & Over 100 Backstroke	112
113	13-14 200 IM	114
115	15 & Over 200 IM	116
117	13 & Over 200 Butterfly	118
119	Open 400 Freestyle Relay	120