



**NEW YORK SHARKS
10 AND UNDER FRIDAY
FRENZY**

At Felix Festa Middle School

FRIDAY – January 4, 2013

Metro Sanction #130111

NEW YORKS SHARKS 2013 10 AND UNDER FRIDAY FRENZY

FRIDAY, JANUARY 4, 2013

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 130111
- 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 been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: Friday, PM - 5:30 PM Warm Up, 6:15 PM Start
- FORMAT:** This is a timed final meet.
The meet 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 **January 4, 2013** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the Referee or 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 compete in 4 individual events. NT's will not be accepted. The host club reserves the right to enter their swimmers with NT's.
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
- U.S. Mail Entries/Payment to: **NY Sharks Aquatics, Inc,**
c/o Denise Byrne
32 Fitzgerald Court
Monroe, NY 10950
- Email Entries/Confirm Entry Receipt: **nysharksoffice@gmail.com**
Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 22, 2012**
2: The final entry deadline for this meet is **December 29, 2012**
3: Metro entries received between **December 23** and **December 29, 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 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$4.00** per individual event and **\$10.00** per relay must accompany the entries.
Make check payable to: **NY Sharks Aquatics, Inc.**
Payment must be received by **December 29, 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 host club 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 and 7 open for one way sprints. Lanes 1 and 8 for pace and all other lanes may be assigned by the meet director's discretion. 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:** Medals will be awarded 1st – 3rd place in each event and ribbons for 4th – 8th place..
- OFFICIALS:** Meet Referee: Mark Amodio, email: amodio@vassar.edu, Cell # (914) 456-6791
Officials wishing to volunteer should contact Meet Referee by December 29, 2012.
- MEET DIRECTOR:** Denise Byrne, nysharksoffice@gmail.com, 845-548-4772
Mary Lange and Kathleen Cullinan
- 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 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, 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 STATEMENT:** The use of audio or visual recording devices, including a cell phone or tablet device, 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
- MERCHANTS:** Metro Swim Shop
- 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:

- **MapQuest:**
<http://www.mapquest.com/maps?city=West+Nyack&state=NY&address=30+Parrott+Road&zipcode=10994>
- **From New Jersey:**
 - 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.
- **Alternate From New Jersey:**
 - 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.
- **From New York City:**
 - 1) Take the George Washington Bridge to the Palisades Parkway North.
 - 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
- **From Westchester County Vicinity:**
 - 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 GLASS BOTTLES** or **JUICE BOXES** allowed on deck.

Session #1: Friday, Jan. 4, 2013

5:30 PM Warm Up

GIRLS Event #	Age Group Event	Boys Event #
1	8 & Under 25 yd. Butterfly	2
3	8 & Under 25 yd, Backstroke	4
5	10 & Under – 100 Ind. Medley	6
7	10 & Under 50 yd. Butterfly	8
9	10 & Under 50 yd. Backstroke	10
11	8 & Under 25 yd. Breaststroke	12
13	8 & Under 25 yd. Freestyle	14
15	10 & Under 50 yd. Breaststroke	16
17	10 & Under 50 yd. Freestyle	18