



**WOLVERINE IMX READY MEET**

**SEPTEMBER 29, 2012**

**AT**

**MARK TWAIN MIDDLE SCHOOL  
YONKERS, NEW YORK**

*Prizes for each Heat Winner !*

*Sanction # 120901 Time Trial - #120950-T*

# WOLVERINE IMX READY MEET

**SEPTEMBER 29, 2012**

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction # 120901 Time Trial - #120950-T**

**LOCATION:** Mark Twain Middle School  
160 Woodlawn Avenue  
Yonkers, New York 10704

**FACILITY:** 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system  
**NO SMOKING ALLOWED IN THE BUILDING.** Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. The pool **has** been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.

**SESSIONS:** **Session I: Saturday AM – Open & 11-12's Warm-up 9:00 am Meet: 10:00 am**  
**Session 2: Saturday PM – 9-10s & 8&Us Warm-up 2:30 pm Meet: 3:30 pm**

**FORMAT:** All events are Timed Finals. Deck Seeding

**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 **September 29, 2012** will determine age for the entire meet.

**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:** **Swimmers may swim up to 4 Individual Events.** The meet will be run on computer using Hy-Tek's Meet Manager. Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries. An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach. Please contact Carle Fierro if you do not receive such a report within 2 days of your original email.  
Telephone or faxed entries will not be accepted.

U.S. Mail Entries/Payment to:  
***Westchester Aquatic Club***  
5 White Birch Road South  
Pound Ridge, New York 10576

Email Entries/Confirm Entry Receipt: Email entries to: [Carleswim@aol.com](mailto:Carleswim@aol.com)  
**Please sign the "signature waiver" on envelope for entries sent by Express Mail**

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **September 14, 2012**.  
2: The final entry deadline for this meet is **September 19, 2012**.  
3: Metro entries received between **September 14, 2012** and **September 19, 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 & \$10.00 per relay event** must accompany the entries. Make check payable to: **Westchester Aquatic Club**. Payment must be received by **September 19, 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:** First 40 minutes will be general warm-up. Lane assignment will be given at the meet.  
Last 20 minutes: 2 or more lanes will be open for one-way sprint.  
All other lanes will remain open for general warm-up.
- 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:** **Ducks will be awarded to all heat winners.** Ages 12&U: Medals for 1st through 3rd, and ribbons for 4th -8th places.
- OFFICIALS:** Meet Referee: **Tina Ficarelli**, email: [mommiefic@yahoo.com](mailto:mommiefic@yahoo.com). Officials wishing to volunteer should contact Meet Referee by September 19, 2012.
- MEET DIRECTOR:** Carle Fierro, email: [Carleswim@aol.com](mailto:Carleswim@aol.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.**
- Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.**
- The overhead start procedure may be used at the discretion of the meet Referee.  
***It is understood that USA Swimming, Inc and Metropolitan Swimming, Inc shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event"***
- 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"**

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against City of Yonkers, Westchester Aquatic Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

**ADMISSION:** **Adults \$5.00 Children \$2.00 per session Session Programs: \$3.00**  
The stands must be cleared after each session.

**MERCHANTS:** **Parent Food Concession.**

**PARKING:** Is available in two school lots and on street around the perimeter of the school and side streets. Please adhere to posted parking restrictions to avoid tickets. Car Pooling is recommended.

**DIRECTIONS:** **DIRECTIONS: from the North (choose 1 from below)**

Taconic Parkway South to Sprain South to Bronx River Parkway South. After Cross County Parkway exits, take the Second Bronx River Road Exit. Make a right onto Bronx River Road and the immediate left onto Wakefield Avenue. Go approximately 5 blocks. Pool entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

87 South to Exit 4, Cross County Parkway. Stay on Service Road South to Yonkers Avenue. Make a left onto Yonkers Avenue. Continue for approximately .25 mile and make a right onto Kimball Avenue. Bear left onto Sterling Avenue, Then Bear Left onto Woodlawn Avenue. Pool Entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

**DIRECTIONS: from Long Island**

Take 495 Long Island Expressway West towards Whitestone Bridge. Merge onto Cross Island Parkway North. Merge onto I295 North via Exit 33 Bronx/New England. Merge onto I695 /North Throgs Neck Expressway via Exit 10, I95 New Haven. I695 /North Throgs Neck becomes I95 North. Take the Baychester Avenue Exit 12 on the left. Turn slight right onto Baychester Avenue. Baychester Ave becomes East 241<sup>st</sup> street. East 241<sup>st</sup> becomes Wakefield Avenue. Turn right onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

**DIRECTIONS: from NY City**

87 North towards Albany. Take the East 233<sup>rd</sup> Street Exit 13. Stay Straight on East 233<sup>rd</sup> Street and make 1<sup>st</sup> left onto Van Courtland Park East. Van Courtland Park east becomes Kimball Avenue. Turn Right onto Wakefield Avenue. Turn Left onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

**Saturday, September 29, 2012**

**Session I: Saturday AM – Open & 11-12's Warm-up 8:00 am Meet: 9:00 am**

<b><u>Girls #</u></b>	<b><u>Event</u></b>	<b><u>Boys #</u></b>
1	Open 200 IM	2
3	11-12 100 IM	4
5	Open 100 Fly	6
7	11-12 50 Fly	8
9	Open 100 Back	10
11	11-12 50 Back	12
13	Open 100 Breast	14
15	11-12 50 Breast	16
17	Open 200 Free	18
19	11-12 200 Free	20
21	Open 200 Free Relay	22
23	11-12 200 Free Relay	24

**Session 2: Saturday PM – 10&Us & 8&U Warm-up 1:30 pm Meet: 2:30 pm**

<b><u>Girls #</u></b>	<b><u>Event</u></b>	<b><u>Boys #</u></b>
25	10&U 200 Free Relay	26
27	8&U 100 Free Relay	28
29	10&U 100 IM	30
31	8&U 100 IM	32
33	10&U 100 Free	34
35	8&U 50 Free	36
37	10&U 50 Back	38
39	8&U 50 Back	40
41	10&U 50 Fly	42
43	10&U 50 Breast	44

