



Proudly Present the

Early Bird Meet
November 22, 23, & 24, 2013
SANCTION #131117

Dear Coaches and Team Representatives:

Enclosed please find the sign up package for the January Blitz being held November 22, 23 & 24, 2013 at Washingtonville High School in Washingtonville, NY. Please visit the Metro Swim site, AquaGems Swim site or Washingtonville Seahawks site for additional information. Team entries should be sent via email using Hy-Tek to wsscmeetentry@gmail.com. We look forward to many of you joining in the competition.

Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.

The USA Swimming Code of Conduct is in effect for the duration of the meet. If you have any questions please do not hesitate to give me call. This is a fun event for us and we hope that you will come and join us. We look forward to seeing you there.

Sincerely,

Chris Joyce
Meet Director stats@esslswim.com
845-527-2653

Dina Mitchell
Meet Referee dinaa66@ptd.net

Early Bird Swim Meet

November 22, 23, & 24, 2013

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #130113
- LOCATION:** Washingtonville High School Washingtonville, NY
- FACILITY:** 25 yard pool with six 7-foot lanes; Non-turbulent lane lines;
Ample seating for 400 is available. Colorado electronic timing system and Colorado scoreboard.
The pool Has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session: 1 Friday Afternoon Day of meet 1 Warm-up 5:00pm—Start: 5:30pm**
Session: 2 Friday Afternoon Day of meet 1 Warm-up immediately Following Session 1 Start 7:15pm
Session 3 Saturday Morning Day of Meet 2 warm-up 9:00AM—Start: 10:00AM
Session 4 Saturday Afternoon Day of Meet 2 warm-up 3:00 PM—Start 4:00 PM
Session 5 Sunday Morning Day of Meet 3 warm-up 8:00 AM—Start 9:00 AM
Session 6 Sunday Afternoon Day of Meet warm-up 2:00 PM—Start 3:00 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 November 22, 2013 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 are limited to 5 events per session.**
Cuts to keep within the 4-hour session time limit will be made on entries received on a first come first served basis. The overhead start procedure may be used at the discretion of the meet referee.

Include Team name and contact email and phone number. Entries will be verified by a return email and PDF file attachment of entry lists from Aqua Gems. A subsequent email from originator will be used as acceptance of entries by the submitting team. Lack of a subsequent email from originator may lead to non-verification of entries. Checks for entry fees must be sent to

Washingtonville Seahawks
PO Box 155
Washingtonville, NY 10992

10 days prior to the day of the meet or delivered the day of the meet to the meet director The meet will be run on computer using Hy-Tek's Meet Manager. Visit <http://www.metroswimming.org/Calendar/Calendar.html> for the Hy-Tek event list. *There will be \$2.00 surcharge per Swimmer for entries not on disk.*

U.S. Mail Entries/Payment to: **Washingtonville Seahawks, c/o, PO Box 155,
Washingtonville, NY 10992**

Email Entries/Confirm Entry Receipt:
"Please sign signature waiver for express mail entries/payments"

"Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms" – 202.3 and 202.4

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **November 12, 2013 by 5:00pm.**
2: The final entry deadline for this meet is **November 15, 2013.**
3: Metro entries received between **November 12, 2013** and **November 15, 2013** 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 **\$8.00** per relay event must accompany the entries. Make check payable to: **Washingtonville Seahawks**. Payment must be received by **November 18, 2013**. 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. There will be a \$5.00 entry fee for Time Trials if time permits and this will be at the discretion of the meet referee.
- WARM-UP:** First 40 minutes will be general warm-up. Last 20 minutes: lanes 2 & 5 will be open for one-way sprint. All other lanes will remain open for general warm-up. Warm up lanes will be posted on either end of the pool.
- 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:** Individual events: medals: 1st-3rd; ribbons: 4th-6th.
- OFFICIALS:** **Meet Referee: Dina Mitchell email: dina66@ptd.net 973-903-5755** Officials wishing to volunteer should contact Meet Referee by November 10, 2013
- MEET DIRECTOR:** **Chris Joyce email: stats@esslswim.com Phone # 845-527-2653**
- 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."
Water depth at 1 meter is 3 feet 6 inches and at 5.0 meters is 9 feet 6 inches
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Washingtonville High School and Aqua Gems Swimming, 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."
- ADMISSION:** **Adults \$5.00 per session Program \$5.00 per day**

MERCHANTS:

A complete snack bar will be available in a classroom removed the seating area including hot breakfast and lunch items. For the afternoon sessions, we will offer hot items such as pizza, hot dogs etc. Food will be available in designated area only. Food or glass bottles will not be allowed in the facility. Our Swimming Merchant will be: Metro Swim Shop

TIMERS

Individual teams are responsible for providing timers for the 1650yd event.

PARKING:

Park in appropriate marked spots. Illegally parked cars will be towed at the owner's expense.

DIRECTIONS:

<http://mcms02.ws.k12.ny.us/district/docs/drivingdirections.pdf>

**Early Bird – Washingtonville High School
due by November 15, 2013**

Sanction #

Please fill in cut, paste and email with your entries

CLUB: _____ CLUB CODE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

PHONE: _____ E-MAIL ADDRESS: _____

CLUB CONTACT: _____ PHONE: _____

Entrv Fees: Make check payable to: **Washingtonville Seahawks**

Total Individual Events _____ x \$4.50 = _____

Total Relay Events _____ x \$8.00 = _____

Total Swimmers (non-disk surcharge) _____ x \$2.00 = _____

TOTAL DUE _____

Mail to: John Dwyer Email entries to wsscmeetenry@gmail.com – (Hytek entry event list will be available on the Metro Web-site)– <http://www.metroswimming.org/Calendar/Calendar.html>

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., Aqua Gems Swimming, Washingtonville Seahawks

Swimming, Washingtonville High School, County of Orange or representatives shall be held free and harmless from

liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (Club Official) _____

No entries will be processed without this signed waiver.

Session: 1 Friday Afternoon Day of Meet: 1

Warm-up: 5:00pm--Start: 5:30pm

Event # OPEN Event – Heats may be limited due to timeline

Finals 1 Girls OPEN 1650 Freestyle

Finals 2 Boys OPEN 1650 Freestyle

Session: 2 Friday Night Day of Meet: 1

Warm-up Following Session Session: 2 Start 7:15pm

Event # AGE Event

Finals 3 Girls 11-12 200 Freestyle

Finals 4 Boys 11-12 200 Freestyle

Finals 5 Girls 13-14 200 Freestyle

Finals 6 Boys 13-14 200 Freestyle

Finals 7 Girls 10&Un 200 Freestyle

Finals 8 Boys 10&Un 200 Freestyle

Finals 9 Girls OPEN 200 Freestyle

Finals 10 Boys OPEN 200 Freestyle

Finals 11 Girls 11-12 200 IM

Finals 12 Boys 11-12 200 IM

Finals 13 Girls 13-14 500 Freestyle **Heats may limited due to timeline**

Finals 14 Boys 13-14 500 Freestyle **Heats may limited due to timeline**

Finals 15 Girls OPEN 500 Freestyle **Heats may limited due to timeline**

Finals 16 Boys OPEN 500 Freestyle **Heats may limited due to timeline**

Session: 3 Saturday Morning Day of Meet: 2

Warm-up 9:00 am Start 10:00am

Event # AGE Event

Finals 17 Girls 11-12 100 Freestyle

Finals 18 Boys 11-12 100 Freestyle

Finals 19 Girls 9-10 100 Freestyle

Finals 20 Boys 9-10 100 Freestyle

Finals 21 Girls 11-12 100 Breaststroke

Finals 22 Boys 11-12 100 Breaststroke

Finals 23 Girls 9-10 50 Breaststroke

Finals 24 Boys 9-10 50 Breaststroke

Finals 25 Girls 11-12 100 Butterfly

Finals 26 Boys 11-12 100 Butterfly

Finals 27 Girls 9-10 50 Butterfly

Finals 28 Boys 9-10 50 Butterfly

Finals 29 Girls 11-12 50 Backstroke

Finals 30 Boys 11-12 50 Backstroke

Finals 31 Girls 9-10 100 Backstroke

Finals 32 Boys 9-10 100 Backstroke

Finals 33 Girls 11-12 100 IM

Finals 34 Boys 11-12 100 IM

Finals 35 Girls 9-10 200 Medley Relay

Finals 36 Boys 9-10 200 Medley Relay

Finals 37 Girls 11-12 200 Medley Relay

Finals 38 Boys 11-12 200 Medley Relay

Session: 4 Saturday Afternoon Day of Meet: 2

Warm-up will start 3:00 PM Session Start at 4:00 pm

Event #	AGE	Event
Finals 39	Girls 13-14	400 IM
Finals 40	Boys 13-14	400 IM
Finals 41	Girls OPEN	400 IM
Finals 42	Boys OPEN	400 IM
Finals 43	Girls 8 & Un	50 Freestyle
Finals 44	Boys 8 & Un	50 Freestyle
Finals 45	Girls OPEN	50 Freestyle
Finals 46	Boys OPEN	50 Freestyle
Finals 47	Girls 13-14	50 Freestyle
Finals 48	Boys 13-14	50 Freestyle
Finals 49	Girls 8 & Un	50 Breaststroke
Finals 50	Boys 8 & Un	50 Breaststroke
Finals 51	Girls OPEN	100 Breaststroke
Finals 52	Boys OPEN	100 Breaststroke
Finals 53	Girls 13-14	100 Breaststroke
Finals 54	Boys 13-14	100 Breaststroke
Finals 55	Girls 8 & Un	50 Butterfly
Finals 56	Boys 8 & Un	50 Butterfly
Finals 57	Girls OPEN	100 Butterfly
Finals 58	Boys OPEN	100 Butterfly
Finals 59	Girls 13-14	100 Butterfly
Finals 60	Boys 13-14	100 Butterfly
Finals 61	Girls 8 & Un	100 Medley Relay
Finals 62	Boys 8 & Un	100 Medley Relay
Finals 63	Girls 13-14	200 Backstroke
Finals 64	Boys 13-14	200 Backstroke
Finals 65	Girls OPEN	200 Backstroke
Finals 66	Boys OPEN	200 Backstroke
Finals 67	Girls OPEN	400 Medley Relay
Finals 68	Boys OPEN	400 Medley Relay

Session: 5 Sunday Morning Day of Meet: 3**Warm-up 8:00 am Start 9:00am**

Event #	AGE	Event
Finals 69	Girls 11-12	50 Freestyle
Finals 70	Boys 11-12	50 Freestyle
Finals 71	Girls 9-10	50 Freestyle
Finals 72	Boys 9-10	50 Freestyle
Finals 73	Girls OPEN	200 Breaststroke
Finals 74	Boys OPEN	200 Breaststroke
Finals 75	Girls 11-12	50 Breaststroke
Finals 76	Boys 11-12	50 Breaststroke
Finals 77	Girls 9-10	100 Breaststroke
Finals 78	Boys 9-10	100 Breaststroke
Finals 79	Girls 11-12	100 Backstroke
Finals 80	Boys 11-12	100 Backstroke
Finals 81	Girls 9-10	50 Backstroke
Finals 82	Boys 9-10	50 Backstroke
Finals 83	Girls OPEN	200 Butterfly
Finals 84	Boys OPEN	200 Butterfly
Finals 85	Girls 9-10	100 Butterfly
Finals 86	Boys 9-10	100 Butterfly
Finals 87	Girls 11-12	50 Butterfly
Finals 88	Boys 11-12	50 Butterfly
Finals 89	Girls 9-10	100 IM
Finals 90	Boys 9-10	100 IM
Finals 91	Girls 11-12	200 Free Relay
Finals 92	Boys 11-12	200 Free Relay
Finals 93	Girls 9-10	200 Free Relay
Finals 94	Boys 9-10	200 Free Relay

Session: 6 Sunday Afternoon Day of Meet: 3**Warm-up 2:00 PM Start at 3:00 pm**

Event #	AGE	Event
Finals 95	Girls 8 & Un	100 Freestyle
Finals 96	Boys 8 & Un	100 Freestyle
Finals 97	Girls OPEN	100 Freestyle
Finals 98	Boys OPEN	100 Freestyle
Finals 99	Girls 13-14	100 Freestyle
Finals 100	Boys 13-14	100 Freestyle
Finals 101	Girls 8 & Un	50 Backstroke
Finals 102	Boys 8 & Un	50 Backstroke
Finals 103	Girls OPEN	100 Backstroke
Finals 104	Boys OPEN	100 Backstroke
Finals 105	Girls 13-14	100 Backstroke
Finals 106	Boys 13-14	100 Backstroke
Finals 107	Girls 8 & Un	100 IM
Finals 108	Boys 8 & Un	100 IM
Finals 109	Girls OPEN	200 IM
Finals 110	Boys OPEN	200 IM
Finals 111	Girls 13-14	200 IM
Finals 112	Boys 13-14	200 IM
Finals 113	Girls 8 & Un	200 Freestyle Relay
Finals 114	Boys 8 & Un	200 Freestyle Relay
Finals 115	Girls OPEN	400 Freestyle Relay
Finals 116	Boys OPEN	400 Freestyle Relay
Finals 117	Girls 13-14	400 Freestyle Relay
Finals 118	Boys 13-14	400 Freestyle Relay