

**Gael Aquatic Club**  
**December 8, 2013 8 & Under Meet**

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.  
**Sanction # 131210**

**LOCATION:** Iona College, Hynes Campus Center Pool  
715 North Avenue New Rochelle, New York 10801

**FACILITY:** 6 Lane, 25 yard pool with 7-foot non-turbulent lane lines including outside gutter lanes.

Seating for 400. Colorado 5000 electronic timing system, with all six lane display on Colorado Mercury Display Scoreboard. Hy-Tek Meet Manager.

The pool HAS BEEN certified in accordance with Article 104.2.2C (4)

Water Depth has been measured from 4 feet to 12 feet 6 inches from both wall ends. USA 2011 202.3.7

**SESSIONS:** **Session 1 Girls**  
**Warm-up 8am/ start 9am**

**Session 2 Boys**  
**Warm-up 1:00pm/ start 2pm**

**FORMAT:** All sessions will be timed finals  
All Seeding will be 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 **DECEMBER 8, 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 3 events a session  
The meet will be run using Hy-Tek Meet Manager. E-mailed Hy-Tek entries are preferred.  
If sending by mail, entries should be sent on disk. A master sheet must accompany all entries.  
All sessions will be limited to 3 1/2 hours before scratches.

U.S. Mail Entries/Payment to: Iona College 715 North Avenue, Attn J. Brian Hansbury  
New Rochelle, NY 10801 914-633-2323

Email Entries/Confirm Entry Receipt: [jhansbury@iona.edu](mailto:jhansbury@iona.edu)

Please be sure to 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 team's entries and fees must be received by November 1, 2013  
2. The final deadline for this meet is November 22, 2013 in hand.  
3. Entry Contact/Coach will receive an e-mail confirming acceptance on deadline.

**ENTRY FEE:** An entry fee of **\$4.00** per individual even must accompany the entries. Additional \$1.00 for non-disk entries. Make check payable to: **Iona College**.  
Payment must be received by December 1, 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 first 40 minutes will be general warm-up. The last 20 minutes lanes 2, 4 & 5 will be for one-way sprints, lane 3 will be assigned as necessary and lanes 1 & 6 will remain open for general warm-up. The meet manager reserves the right to restructure warm-up based on entry size.

**SCRATCHES:** **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.

**Metropolitan Scratch Procedure for Timed Final Meets is as follows;**

Any swimmer who is seeded, must swim in the event unless he/she declares his/her intention not to swim in the following manner;

1. Go to the Referee, before the event and state you do not wish to swim
2. Stand BEHIND your assigned block until the swimmers in your heat has been sent off by the starter
3. The swimmer is then disqualified from THAT EVENT for the delay of the meet
4. This counts as an event against the total-per-day allowance

If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet.

**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 to 1<sup>st</sup> through 6<sup>th</sup> place..

**OFFICIALS:** **Meet Referee: Paul McClintock, [tockswim@aol.com](mailto:tockswim@aol.com)**  
Officials wishing to volunteer should contact Meet Referee by **November 20, 2013**

**MEET DIRECTOR:** **J. Brian Hansbury**  
**[jhansbury@iona.edu](mailto:jhansbury@iona.edu)**  
**914-633-2323**

**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"**

*"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. (effective January 1, 2012)*

*"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"*

*"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"*

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Iona College and Gael Aquatic 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 any 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 VISAUL recording devices, including cell phones is not permitted ion changing areas, rest rooms, locker rooms or behind the starting blocks

**ADMISSION:** Adults: \$5.00 Children: \$2.00 Programs: \$3.00 per session

**MERCHANTS:** **Metro Swim Shop will Present and food concessions will be available.**

**PARKING:** All must park in the tiered parking structure 200-yards beyond pool complex.

**DIRECTIONS:**

[Directions to the New Rochelle Campus, 715 North Ave. New Rochelle, NY 10801](#)

Directions: <http://www.iona.edu/directions.cfm>

**From Upper New York State and Upper Westchester County (I-287)**

New York State Thruway to Cross Westchester Expressway (Interstate 287) East. Take East Exit 9 South to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.

**From New England and Upper Westchester County (I-95)**

Interstate 95 (Connecticut Turnpike, New England Thruway) to Cross Westchester Expressway (Interstate 287). Take Exit 9 south to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.

Alternate Route: Interstate 95 South to Exit 16. Follow signs to North Avenue. Right onto North Avenue, proceed 1 mile to entrance of the College on your right.

**From Midtown Manhattan F.D.R. Drive**

(East River)Take the FDR to the bridge at Willis Avenue. Bridge connects to the major Deegan Expressway North. Stay left after crossing the bridge. Follow to Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

**From Midtown Manhattan-West Side**

Take the West Side Highway to the Henry Hudson Parkway North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to end, then right on North Avenue. At second traffic light make left onto campus.

Alternate Route F.D.R. to Bruckner Expressway to Hutchinson River Parkway. North to Exit 14, Pelhamdale Avenue, New Rochelle Road, New Rochelle. Turn right at light on New Rochelle Road, left on Eastchester Road to North Avenue, right on North Avenue to second traffic light, then left onto campus.

**From the Bronx**

Interstate 87 (Major Deegan Expressway) North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

**From Long Island**

Whitestone Bridge. Follow signs to Hutchinson River Parkway. Proceed north to Exit 14, Pelhamdale Avenue, New Rochelle. Turn right at light on New Rochelle Road, left on Eastchester Road to North Avenue, right on North Avenue to second traffic light, then left onto campus.

**From New Jersey, The West and the South**

Holland Tunnel, Lincoln Tunnel, or George Washington Bridge to Henry Hudson Parkway. North to Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light.

Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

**By Railroad and Subways**

Metro North Railroad - New Haven Line to New Rochelle Station. Exit North Avenue and take a taxi or #45 bus to College (bus runs Monday through Friday). West Side IRT subway (uptown), change at 180th Street for 241st Street-White Plains Road train. At White Plains Road and 241st Street take #42 bus to North Avenue and Main Street, New Rochelle. Transfer to #45 bus to College (bus runs Monday through Friday). By Amtrak North East Corridor Service to New Rochelle Station. Exit to North Avenue and take a taxi or #45 bus to College (bus runs Monday through Friday). By Bus From Pelham Bay Station in the Bronx, take #45 bus directly to the College (bus runs Monday through Friday). From Fordham Road and Valentine Avenue in the Bronx take Fordham Road bus to North Avenue and Main Street. Take #45 bus north to the College. From 241st Street and White Plains Road, take #42 bus to Main Street and North Avenue. Transfer to #45 bus to the College (bus runs Monday through Friday).

**This Form Must be returned with Payment**  
**Gael Aquatic Club**  
**December 8 & Under Meet**  
**December 8, 2013**

**CLUB:** \_\_\_\_\_ **CODE** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**COACH** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **E-MAIL** \_\_\_\_\_

**CLUB CONTACT** \_\_\_\_\_ **PHONE** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**ENTRY FEES: Make Checks payable to IONA COLLEGE**

**Total Individual Events** \_\_\_\_\_ **x \$4.00 =** \_\_\_\_\_

**Total Swimmers (non-disk surcharge)** \_\_\_\_\_ **x \$1.00 =** \_\_\_\_\_

**Total Amount Due:** \_\_\_\_\_

**The final deadline for this meet is November 1, 2013 in hand. Mail to:**

**Iona College**  
**Attention: J. Brian Hansbury**  
**715 North Avenue**  
**New Rochelle, New York 10801**  
**914-633-2323**  
**ncavataro@iona.edu**

**If express mail is used, please sign "signature waiver".**

**Waiver: USA Swimming, inc., Metropolitan Swimming, Inc, Iona College, Gael Aquatic Club, their agents or representatives shall be held free and harmless from liabilities, injuries, claims or damages arising from the conduct of these events.**

**Signed (Club Official):** \_\_\_\_\_ **Title:** \_\_\_\_\_

**No entries accepted without this signed waiver.**

**GAEL AQUATIC CLUB**  
**DECEMBER 8-and under meet**  
**December 8, 2013**

**Session 1**

**Warm-up 8am/ start 9am**

**Girls**

- 1 8/Under 50 Free**
- 2 6/Under 25 free**
- 3 8/Under 50 Back**
- 4 6/Under 25 Back**
- 5 8/Under 50 Breast**
- 6 6/Under 25 Breast**
- 7 8/Under 50 Fly**
- 8 6/Under 25 Fly**
- 9 8/Under 100 IM**

**Session 2**

**Warm-up 1:00pm/ start 2pm**

**Boys**

- 10 8/Under 50 Free**
- 11 6/Under 25 free**
- 12 8/Under 50 Back**
- 13 6/Under 25 Back**
- 14 8/Under 50 Breast**
- 15 6/Under 25 Breast**
- 16 8/Under 50 Fly**
- 17 6/Under 25 Fly**
- 18 8/Under 100 IM**

**Questions: Brian Hansbury. Meet Director: (914) 633-2323**