

2014
DEEP FREEZE

MVA
Home of the Manta Rays



DEEP FREEZE
January 10, 11 & 12, 2014
Sanction #140117

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SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #140117

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: Session1: Friday Night – 5:30 PM Warm-up, Start 6:30 PM
Session 3: Saturday Afternoon-Warm-up 11:00AM, Start 12:00 PM
Session 4: Sunday Morning – 8:00AM Warm-Up Start 9:00 AM
Session 5: Sunday Afternoon – 1:00PM Warm-Up 2:00 PM Start

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 **January 10, 2014** 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: All athletes are limited to enter 5 events per session.
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**

U.S. Mail Entries/Payment to: **Minisink Aquatics**
PO Box 2 Slate Hill, NY 10973

Email Entries/Confirm Entry Receipt: **info@minisinkvalleyaquatics.com**

U.S. Mail Entries/Payment to: **Minisink Aquatics Inc. PO Box 2, Slate Hill, NY 10973**
Email Entries/Confirm Entry Receipt: info@minisinkvalleyaquatics.com

DEADLINE: 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 31st, 2013**.
2: The final entry deadline for this meet is **January 4, 2014**.
3: Metro entries received after **December 31, 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** per individual event must accompany the entries.
Make check payable to: **Minisink Aquatics Inc.**
Payment must be received by **January 10, 2014** 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 oneway 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 for places 1-8 for individual events.
Ribbons will be awarded 1-4 for relay events.
Heat Winner awards will be given to the winner of each heat of each event..
- OFFICIALS:** **Meet Referee:** [Frank Bacigal](mailto:bacigal@frontiernet.net) bacigal@frontiernet.net
Officials wishing to volunteer should contact Meet Referee by **January 4th, 2014**
- MEET DIRECTOR/ADMIN. OFFICIAL:** [Mike Reineke](#)
E-mail: diggadiver@yahoo.com
[Julie Coache-Leger](#)
Email: info@minisinkvalleyaquatics.com
Phone:
- 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."
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against "[Minisink Valley Central School District & Minisink Aquatics dba 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**
- 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.**
[Minisink Valley Aquatics prohibits deck changing.](#)
- ADMISSION:** **\$5 per person including program. Children under 5 are free.**
- MERCHANTS:** [Food Concession](#)

PARKING: There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing. Once in the High School lot, there will be parking on the left in front of the school, please use this parking for Sessions 1, 3 and 4. (Friday night and Sunday)
FOR SESSION 2 (Saturday): The parking lot on the left has been designated for another school activity. Please follow the signs and balloons down the service road past the High School and around the back lot. There is a parking lot directly behind the pool at the end of the service road. There will be added security to help guide you to the pool.

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.
 From Route 84 take 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.

Friday PM Session 1		
Warmup- 5:30 PM		Start- 6:30 PM
Girls	Event	Boys
1	13-14 200 Freestyle	2
3	10 & Under 50 Freestyle	4
5	13-14 100 Breaststroke	6
7	10 & Under 50 Breaststroke	8
9	13-14 200 Butterfly	10
11	10 & Under 50 Butterfly	12
13	13-14 100 Backstroke	14
15	10 & Under 50 Backstroke	16
17	13-14 400 IM	18

Sunday AM Session 3		
Warmup- 8:00 AM		Start- 9:00 AM
Girls	Event	Boys
39	13-14 200 IM	40
41	10 & Under 100 IM	42
43	13-14 50 Freestyle	44
45	9-10 100 Freestyle	46
47	8 & Under 25 Freestyle	48
49	13-14 100 Freestyle	50
51	9-10 100 Breaststroke	52
53	8 & Under 25 Breaststroke	54
55	13-14 200 Breaststroke	56
57	9-10 100 Backstroke	58
59	8 & Under 25 Backstroke	60
61	13-14 200 Backstroke	62
63	8 & Under 25 Butterfly	64
65	9-10 100 Butterfly	66
67	13-14 100 Butterfly	68

Saturday PM Session 2		
Warmup- 11:00 AM		Start- 12:00 PM
Girls	Event	Boys
19	11-12 200 IM	20
21	15 & Over 400 IM	22
23	11-12 50 Freestyle	24
25	15 & Over 50 Freestyle	26
27	11-12 100 Breaststroke	28
29	15 & Over 200 Breaststroke	30
31	11-12 50 Butterfly	32
33	15 & Over 100 Butterfly	34
35	11-12 100 Backstroke	36
37	15 & Over 200 Backstroke	38

Sunday PM Session 4		
Warmup- 2:00 PM		Start- 3:00 PM
Girls	Event	Boys
69	11-12 100 IM	70
71	15 & Over 200 IM	72
73	11-12 100 Freestyle	74
75	15 & Over 100 Freestyle	76
77	11-12 50 Breaststroke	78
79	15 & Over 100 Breaststroke	80
81	11-12 100 Butterfly	82
83	15 & Over 200 Butterfly	84
85	11-12 50 Backstroke	86
87	15 & Over 100 Backstroke	88
89	Open 500 Freestyle	90