



Proudly Present the
JANUARY BLITZ DISTANCE MEET

January 2, 2015

METRO SWIMMING SANCTION: **#150121**

Dear Coaches and Team Representatives:

Enclosed please find the Meet Information for the January Blitz Distance Events Swim Meet being held January 2, 2015 at Washingtonville High School in Washingtonville, NY.

Please visit the Metro Swimming [Website](#), AquaGems Swimming [Website](#) or Washingtonville Seahawks [Website](#) for additional information.

Team entries should be sent via email using Hy-Tek to Meet Director: John Dwyer at wsscmeentry@gmail.com

We look forward to many of you joining in the competition at a great pool.

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,
John Dwyer, Meet Director, (wsscmeentry@gmail.com)
Chris Joyce, Meet Director, (stats@esslswim.com)
Ron Sommer, Meet Referee (2sommer@2sommer.com)

AGUA GEMS and WASHINGTONVILLE SEAHAWKS
January Blitz Swim Meet
January 2, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #150121
- 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 New Colorado Scoreboard.
- The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: Friday Evening 1650 yd. Freestyle: Warm-up: 5:00 pm - Start: 5:30 pm
Session 2: Friday Evening Distance: Warm-up: 6:45 pm – Start: 30 minutes of warm-ups,
- FORMAT:**
- Events are Timed Finals and will be Deck Seeded. Scratch sheets must be turned into the computer table 30 minutes prior to the start of each session.
 - The overhead start procedure may be used at the discretion of the meet referee.
- 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 2, 2015 will determine age for the entire meet.
- ENTRIES:**
- Swimmers are limited to 3 Individual Events on Friday evening distance sessions..
 - Entries will be stopped to keep the session within the 4-hour session time limit.
 - Entries will be made on entries received on a first come first served basis.
 - Entries will be accepted on a first come basis till the 4 hour per session is filled.
 - Send E-Mail entries to John Dwyer at (wsscmeetentry@gmail.com)
 - E-Mail Entries must include Team Information, Contact Person, Contact Information and a Hy-Tek or Team Unify Entry File. An E-mail reply from the meet director will be your receipt that a team's entries were received.
 - Entry Fees and Waiver must be sent to Washingtonville Seahawks, PO Box 155, Washingtonville, NY 10992.
 - Make checks payable to: **Washingtonville Seahawks**
 - The swim meet data file will be run through SWIMS data base to confirm that all swimmers are registered and in good USA Swimming standing prior to the meet. All swimmers must be cleared through Metro Swimming prior to competition so that no fines from Metro Swimming will be assessed.
 - Deck entries will be accepted if there is time and space. The deck entry club will assume all liabilities/fines if that swimmer is not in good standing with Metro Swimming/USA Swimming.
 - There will be \$2.00 surcharge per Swimmer for entries not on disk.

- DEADLINE:**
- Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by December 17, 2014 by 5:00 pm.
 - The final entry deadline for this meet is **December 21, 2014**.
 - Metro entries received between December 17, 2014 and December 21, 2014 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 will be provided to the club's email contact.
 - Please contact Meet Director (wsscmeetentry@gmail.com) If you do not receive such a report within 2 days of your original email.
- ENTRY FEES:**
- 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 December 21, 2014.
 - 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-UPS:**
- Warm-up will be General Warm-ups with Sprint lanes at the end of each 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:** Individual Events: Medals: 1st-3rd; Ribbons: 4th-6th.
- OFFICIALS:**
- **Meet Referee: Ron Sommer** (2sommer@2sommer.com) (Cell:908-307-4996)
 - Officials wishing to volunteer should contact Meet Referee by December 23, 2014
- MEET DIRECTOR(S):**
- **Meet Director: John Dwyer**, (wsscmeetentry@gmail.com)
 - **Meet Director: Chris Joyce**, (stats@esslswim.com)
- ADMINISTRATIVE OFFICIAL:**
- **Administrative Official: Roger Ridenour**, (bbaracuda@yahoo.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.
 - The overhead start procedure may be used at the discretion of the meet Referee.
- DECK CHANGING:** **Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited!**

- 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.

SAFETY:

WATER DEPTH:

Water depth at Shallow End (Turn End): 1.0 Meter = 3'10" 5.0 Meters = 4' 1"
Deep End (Starting End): 1.0 meter = 12'7" 5.0 Meters= 11'10"

DISCLAIMER:

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Washingtonville High School, Washingtonville Seahawks Swim Club ,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."

RECORDING & ELECTRONIC DEVICES

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

ADMISSION:

Adults \$5.00 per session. Program \$5.00 per day

VENDORS:

- A complete snack bar will be available 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 and counter person for the 1650 yd Freestyle event.

PARKING:

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

DIRECTIONS:

Washingtonville High School, 54 West Main Street, Washingtonville, NY

Winter Blitz Swim Meet at Washingtonville High School
Entries due by December 21, 2014

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: _____ E-MAIL ADDRESS: _____

Entrv Fees: Make check payable to: Washingtonville Seahawks

Total Individual Events x \$4.00 = \$ _____

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

TOTAL DUE = \$ _____

E-Mail Entries to: **John Dwyer** E-mail entries to (wsscmeetenry@gmail.com)
(Hy-tek Event Filed list will be available on the Metro Web-site under Meet File
(http://www.metroswimming.org/Calendar/Cal_2014_2015.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

AGUA GEMS and WASHINGTONVILLE SEAHAWKS
January Blitz Distance Event Swim Meet
January 2, 2015

FRIDAY EVENING MEET SCHEDULE

Friday Night Distance Events: Warm-up 5:00 pm Meet Starts at 5:30 pm			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#1	11 & Over *	1650 yd. Freestyle	#2

Swimmers must provide their own timers and counter person.

* = Event will be scored and awards given to 11-12, 13-14 and 15&O

This session will be limited to 4 heats total

Friday Night Distance Events: Warm-up: 6:45 pm Meet Starts After 30 minute General Warm-up.			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#3	12 & Under *	200 Ind. Medley	#4
#5	13 & Over **	500 yd. Freestyle	#6
#7	9-12 ***	500 yd. Freestyle	#8
10 minute break for warm-up and warm-down			
#9	11 & Over ****	400 yd. Ind. Medley	#10

If this session times out at 4 hours... the 12 & U 200 Ind. Medley will be dropped.

* = Event will be scored and awards given to 10&U and 11-12

** = Event will be scored and awards given to 13-14 and 15&O

*** = Event will be scored and awards given to 9-10 and 11-12

**** = Event will be scored and awards given to 11-12, 13-14 and 15&O