



Proudly Present the

Early Bird Meet

November 21, 22, & 23, 2014

SANCTION #

Dear Coaches and Team Representatives:

Enclosed please find the Meet Information for the Early Bird Swim Meet being held November 21, 22 & 23, 2014 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 wsscmeetentry@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, (wsscmeetentry@gmail.com)
Chris Joyce, Meet Director, (stats@esslswim.com)
Dina Mitchell, Meet Referee (dinaa66@ptd.net)

2014 AG & WSSC Early Bird Meet

November 21, 22, & 23, 2014

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #141121
- 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 **not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session: 1 Friday Evening: Warm-up:5:30pm-Start: 6:15 pm**
Session: 2 Saturday Morning:Warm-up: 9:30 am-Start: 10:30 am
Session: 3 Saturday Afternoon: Warm-up: 2:30 pm-Start:3:30pm
Session: 4 Sunday Morning: Warm-up: 7:30 am-Start: 8:30 am
Session: 5 Sunday Mid-day Distance:Warm-up: 1:00 pm-Start:1:30pm
Session: 6 Sunday Afternoon: Warm-up: 3:00 pm-Start: 4:00pm
- FORMAT:** Events are Timed Finals.
The Meet will be deck seeded.

Scratch sheets must be turned into the computer table 30 minutes prior to the start of each session.
All Relays must have correct swimmers and relay order turned into computer desk prior to each relay event.
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.
No "Deck Registrations" will be accepted
Age on **November 21, 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:** **Swimmers may enter up to 5 individual events and 1 relay per day**
Entries will be accepted on a first come first serve basis.
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.
- U.S. Mail Entries/Payment to: **Washingtonville Seahawks**
C/O John Dwyer
PO Box 155
Washingtonville NY 10992
Make Checks Payable to Washingtonville Seahawks
Email Entries/Confirm Entry Receipt: **John Dwyer at WSSCmeetentry@gmail.com**
Please sign signature waiver for express mail entries/payments.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **November 11,2014**.
2: The final entry deadline for this meet is **November 15, 2014**
3: Metro entries received between **November 11, 2014** and **November 15 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 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 even must accompany the entries.
Make check payable to: **Washingtonville Seahawks**.
Payment must be received by **November 18 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:** **Warm-up will be determined by the number of swimmers in each session.**
Warm-up could be divided into two sessions to insure safety of the swimmers.
- 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 – 6.**
- OFFICIALS:** **Meet Referee:** Dina Mitchell E-mail:dina66@ptd.net
Phone:973-903-5755
- Officials wishing to volunteer should contact Meet Referee by **November 9 2014**.
- ADMIN. OFFICIAL:** **Administrative Official:** Admin Official; Roger Ridenour bbaracuda@yahoo.com 845 325-5152
- MEET DIRECTORS:** **John Dwyer** wsscmeentry@gmail.com 914 649-2358
Chris Joyce stats@esslswim.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.
- 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, Washingtonville Seahawks, 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."
- 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:** **Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.**

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

VENDORS: A complete snack bar will be available including breakfast and lunch items. Food will be available in designated area only.
Our Swimming Merchant will be: Metro Swim Shop

PARKING: There is ample parking at the school. Please park in designated parking areas only.
Vehicles parked in Fire Lanes may be towed at the owners expense.

DIRECTIONS: Washingtonville High School
54 West Main St (rt 94)
Washingtonville, NY 10992

Early Bird – Washingtonville High School
Entries due by November 14, 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 Relay Events x \$8.00 = \$ _____

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

TOTAL DUE = \$ _____

E-Mail Entries to: John Dwyer (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

MEET SCHEDULE

Friday Night Distance Events: Warm-up 5:30 pm Meet Starts at 6:15 pm			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#1	10 & Under *	200 Freestyle	#2
#3	11-12	500 Freestyle	#4
#5	13 & Over **	500 Freestyle	#6
#7	10 & Under *	200 IM	#8
#9	11-12	200 IM	#10
#11	13 & Over **	400 IM	#12

* = Event will be scored and awards given to 8&U and 9-10's

** = Event will be scored and awards given to 11 – 14's and 15 & Over's

Saturday Morning 12 and Unders: Warm-up 9:30 am Meet Starts at 10:30 am			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#13	11-12	200 Freestyle	#14
#15	10 & Under *	100 Freestyle	#16
#17	11-12	100 Breaststroke	#18
#19	10 & Under *	50 Breaststroke	#20
#21	11-12	100 Butterfly	#22
#23	10 & Under *	50 Butterfly	#24
#25	11-12	50 Backstroke	#26
#27	10 & Under *	100 Backstroke	#28
#29	11-12	50 Freestyle	#30
#31	10 & Under *	100 Ind. Medley	#32
#33	11-12	200 Medley Relay	#34
#35	10 & Under	200 Medley Relay	#36

* = Event will be scored and awards given to 8&U and 9-10's

Saturday Afternoon 13 and Overs: Warm-up 2:30 pm Meet Starts at 3:30 pm			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#37	13-14	200 Freestyle	#38
#39	15 & Over	200 Freestyle	#40
#41	13-14	100 Breaststroke	#42
#43	15 & Over	100 Breaststroke	#44
#45	13-14	100 Butterfly	#46
#47	15 & Over	100 Butterfly	#48
#49	13-14	200 Backstroke	#50
#51	15 & Over	200 Backstroke	#52
#53	13-14	50 Freestyle	#54
#55	15 & Over	50 Freestyle	#56
#57	13-14	400 Free Relay	#58
#59	15 & Over	400 Free Relay	#60

Sunday Morning 12 and Unders: Warm-up 7:30 am Meet Starts at 8:30 am			
---	--	--	--

GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#61	11-12	100 Freestyle	#62
#63	10 & Under *	50 Freestyle	#64
#65	11-12	50 Breaststroke	#66
#67	10 & Under *	100 Breaststroke	#68
#69	11-12	50 Butterfly	#70
#71	10 & Under *	100 Butterfly	#72
#73	11-12	100 Backstroke	#74
#75	10 & Under *	50 Backstroke	#76
#77	11-12	100 Ind. Medley	#78
#79	10 & Under	200 Free Relay	#80
#81	11-12	200 Free Relay	#82

* = Event will be scored and awards given to 8&U and 9-10's

Sunday Mid-day 1650 Freestyle: Warm-up 1:00 pm Meet Starts at 1:30 pm			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#83	13 & Over	1650 Freestyle	#84
This event limited to the fastest 24 swimmers. Swimmers must provide their own timer and counter person. Heats may be combined to save a heat if possible.			

Sunday Afternoon 13 and Over: Warm-up 3:00 pm Meet Starts at 4:00 pm			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#85	15 & Over	100 Freestyle	#86
#87	13-14	100 Freestyle	#88
#89	15 & Over	200 Breaststroke	#90
#91	13-14	200 Breaststroke	#92
#93	15 & Over	100 Backstroke	#94
#95	13-14	100 Backstroke	#96
#97	15 & Over	200 Butterfly	#98
#99	13-14	200 Butterfly	#100
#101	15 & Over	200 Ind. Medley	#102
#103	13-14	200 Ind. Medley	#104
#105	15 & Over	400 Medley Relay	#106
#107	13-14	400 Medley Relay	#108