



Condors Long Course Qualifier Invitational

January 16-18, 2015

Sanction #150115
Time trial #150156-T

Invited Teams: BGNW, Team Suffolk, Scarlett Aquatics-NJ, Wagner Aquatic Club, New York Sharks Aquatic Club, Patriot Swim Club, Camana Bay Aquatic Club, Somerset Valley YMCA, YMCA of Montclair, Morris County Swim Club, Phoenix Swimming, YMCA of Montclair, Fanwood-Scotch Plains-YMCA

If you are interested in having your team added to the invite list, please email Laurie@CondorsSwimming.com

Condors Long Course Qualifier Invitational

January 16-18, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #, Time trial #
- LOCATION:** Felix Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994
- FACILITY:** 50 meter pool with 7-foot lanes and non-turbulent lane lines. Shallow end of pool will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators.
The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **PLEASE NOTE: THE BUILDING DOORS WILL NOT OPEN UNTIL 5:30PM** ~ please make sure that you do NOT enter the building before that time.
- Session 1: Friday Distance - Warm-Up 5:45 PM, Start 6:30 PM
Session 2: Saturday Morning Prelims – Warm-Up 6:30 AM, Start 8:00 AM
Session 3: Saturday Age Group Session - Warm-up 12:00 PM, Start 12:45 PM (2 hour limit)
Session 4: Saturday Afternoon Finals – Warm-Up 3:30 PM, Start 4:30 PM
Session 5: Sunday Morning Prelims – Warm-Up 6:30 AM, Start 8:00 AM
Session 6: Sunday Age Group Session - Warm-up 12:00 PM, Start 12:45 PM (2 hour limit)
Session 7: Sunday Afternoon – Warm-Up 1:00 PM, Start 2:00 PM
- FORMAT:** This will be a timed finals event on Friday evening and for the Age Group Sessions. AM Sessions will be preliminary events. PM Sessions will be finals events - 2 heats.
This is a deck seeded meet.
Preliminary events will be swum in lanes 1-7, with lane 8 being used for continuous warm-up/cool down
- ELIGIBILITY:** Open to all Invited 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 16, 2015** will determine age for the entire meet.
- DISABILITY SWIMMER:** 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 be entered in 2 individual events on Friday evening. Swimmers may be entered in 3 individual events per day in the AM and Age Group sessions. **No NT's will be accepted.**
- Invited teams will be given priority in acceptance of entries.
- Entries will be accepted on a first come, first served basis.
- There are qualifying times for all events. All entries will be run through a SWIMS verification. Teams will be notified of athletes that will be removed due discrepancies in entry times. Host team reserves the right to keep its swimmers in the meet.**
- Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.
- U.S. Mail Entries/Payment to:
- Condors Swim Club
115 North Main Street
New City, NY 10956**
- Email Entries/Confirm Entry Receipt: Laurie@CondorsSwimming.com
Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** **Entries must be received by : January 2, 2015**
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 must accompany the entries.
Make check payable to: **Condors Swim Club**.
Payment must be received by **January 2, 2015** 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 70 minutes will be general warm-up. The last 20 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Lanes 3 & 6 will be assigned as necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach. Friday warm-up session and both Age Group sessions are limited to 45 minutes.
- 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:** Medals will be awarded for places 1st - 3rd, Ribbons will be awarded for places 4th - 8th in all final and timed final events.
- OFFICIALS:** **Meet Referee:** Mike Natale
Officials wishing to volunteer should contact Meet Referee by email mfnc45@optonline.net
- Admin Officials:** Laurie Lawson, 845-274-6010, Laurie@CondorsSwimming.com
Julie Schatz, 845-638-4381, Office@CondorsSwimming.com
- MEET DIRECTOR:** Laurie Lawson, contact information phone: 845-274-6010,
email Laurie@CondorsSwimming.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."
1.0 meter = 4 feet 6 inches, 5 meters = 13 feet
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Condors Swim Club**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

- 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 prohibited.
- ADMISSION** \$5.00/adult admission, includes free wifi access
\$3.00 program
- MERCHANTS:** Concessions will be available for the duration of the meet. Kastaway Swim Wear will be available with swimming merchandise throughout the meet.
- PARKING:** There is ample on-site parking next to the pool. **Please park in the school lots to avoid ticketing or towing. Attendees should NOT park on the grass on any residential streets or they will be towed by the town.**
- DIRECTIONS:** From North of Rockland County: Take Palisades Interstate Parkway South to Exit 10. Make a left off the exit. Make a left at the first traffic light onto Middletown Road. Take a right at next traffic light onto Germonds Road...
- From the George Washington Bridge: Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...
- From the Tappan Zee Bridge: Take the NYS Thruway (I-87 North) to Exit 13N (Palisades Interstate Parkway – North). Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...
- ...follow Germonds Road through the intersection of Germonds Road and Route 304 (you will pass Albertus Magnus High School on your right). Make a left onto Parrott Road. The entrance for the pool is down the walkway at the end of the tennis courts.



Friday PM Session

Warm-up: 5:45PM

Start: 6:30PM

SCY	LCM	Girls	Event	Boys	LCM	SCY
5:19.99	4:47.29	1	400 Freestyle	2	4:32.79	5:00.99
4:47.49	5:32.19	3	400 Individual Medley	4	5:11.49	4:29.99

Saturday AM Prelims

Warm-up: 6:30 AM

Start: 8:00 AM

SCY	LCM	Event #	Event	Event #	LCM	SCY
2:17.99	2:38.89	5	200 Individual Medley	6	2:26.69	2:05.99
56.89	1:04.99	7	100 Freestyle	8	59.19	51.19
2:20.99	2:39.79	9	200 Butterfly	10	2:27.49	2:07.99
1:02.69	1:11.69	11	100 Backstroke	12	1:09.29	57.99
2:37.99	2:59.69	13	200 Breaststroke	14	2:48.69	2:24.99

Saturday Age Group

12 & Under

Warm-up: 12:00 PM

Start: 12:45 PM

SCY	LCM	Event #	Event	Event #	LCM	SCY
1:02.19	1:10.49	25B	11-12 100 Freestyle	26B	1:11.49	1:02.59
1:11.99	1:22.99	25A	10 & Under 100 Freestyle	26A	1:21.39	1:11.59
1:20.19	1:33.49	27B	11-12 100 Breaststroke	28B	1:34.99	1:22.59
1:33.99	1:49.99	27A	10 & Under 100 Breaststroke	28A	1:50.99	1:35.59
31.59	36.29	29B	11-12 50 Butterfly	30B	37.09	31.59
36.49	43.49	29A	10 & Under 50 Butterfly	30A	43.49	36.49
32.99	38.09	31B	11-12 50 Backstroke	32B	39.09	33.49
37.99	44.49	31A	10 & Under 50 Backstroke	32A	44.49	37.99

Saturday PM Finals

Warm-up: 3:30 PM

Start: 4:30 PM

SCY	LCM	Event #	Event	Event #	LCM	SCY
		5	200 Individual Medley	6		
		7	100 Freestyle	8		
		9	200 Butterfly	10		
		11	100 Backstroke	12		
		13	200 Breaststroke	14		

Sunday AM Prelims

Warm-up: 6:30 AM

Start: 8:00 AM

SCY	LCM	Event #	Event	Event #	LCM	SCY
26.19	29.99	15	50 Freestyle	16	27.09	23.59
2:15.49	2:34.29	17	200 Backstroke	18	2:28.09	2:05.99
1:02.99	1:11.69	19	100 Butterfly	20	1:04.59	56.19
2:01.99	2:19.29	21	200 Freestyle	22	2:09.19	1:50.99
1:12.69	1:22.49	23	100 Breaststroke	24	1:16.39	1:05.49

**Sunday Age Group
12 & Under**

Warm-up: 12:00 PM

Start: 12:45 PM

SCY	LCM	Event #	Event	Event #	LCM	SCY
1:10.69	1:21.49	33B	11-12 100 Backstroke	34B	1:22.99	1:11.69
1:21.99	1:34.99	33A	10 & Under 100 Backstroke	34A	1:33.99	1:23.19
1:11.99	1:21.99	35B	11-12 100 Butterfly	36B	1:23.99	1:13.59
1:26.99	1:40.99	35A	10 & Under 100 Butterfly	36A	1:41.99	1:26.59
28.99	32.69	37B	11-12 50 Freestyle	38B	32.99	28.79
32.59	37.99	37A	10 & Under 50 Freestyle	38A	37.19	32.49
37.69	43.99	39B	11-12 50 Breaststroke	40B	45.09	38.09
43.49	51.49	39A	10 & Under 50 Breaststroke	40A	51.79	43.99

Sunday PM Finals
Warm-up: 3:30 PM
Start: 4:30 PM

SCY	LCM	Event #	Event	Event #	LCM	SCY
26.19	29.99	15	50 Freestyle	16	27.09	23.59
2:15.49	2:34.29	17	200 Backstroke	18	2:28.09	2:05.99
1:02.99	1:11.69	19	100 Butterfly	20	1:04.59	56.19
2:01.99	2:19.29	21	200 Freestyle	22	2:09.19	1:50.99
1:12.69	1:22.49	23	100 Breaststroke	24	1:16.39	1:05.49