



**Condors Last Chance Invitational**  
February 6<sup>th</sup> – 8<sup>th</sup>, 2015

**Sanction # 150200**  
**Time Trial #-T150250**

**Invited Teams: All teams within the Metro LSC and Morris County, Jersey Flyers, Somerset Valley, Cheshire Y/Sea Dog, Scarlet Aquatic, Eagle Aquatic, Garfield YMCA Sharks, Shelton Monroe, West Hartford Aquatic Team, Bel Air Athletic, Deep End Aquatics, Pocono Family YMCA, NJ Waverunners, Blue Dolphin Aquatics, Cougar Aquatic, Lehigh valley Aquatic, Grennwich Marlins & Metro Area Lifetime Swimming**

Any other teams who would like to be invited, please contact [Laurie@CondorsSwimming.com](mailto:Laurie@CondorsSwimming.com)

# Condors Last Chance Invitational

February 6<sup>th</sup> – 8<sup>th</sup>, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #150200, -T-150250
- 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 Evening – Warm-up: 5:45 PM, Start 6:30 PM **\*\*\*3 HOUR TIME LIMIT\*\*\***  
Session 2: Saturday Morning – Warm-up: 7:30 AM, Start 8:30 AM  
Session 3: Saturday Afternoon – Warm-up: 1:00 PM, Start 2:00 PM  
Session 4: Sunday Morning – Warm-up: 7:30 AM, Start 8:30 AM  
Session 5: Sunday Afternoon – Warm-up: 1:00 PM, Start 2:00 PM
- FORMAT:** This will be a timed finals event.  
This is a deck seeded meet.
- 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 **February 6, 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 1 event on Friday evening and 3 individual events Saturday and Sunday. **No NT's will be accepted.**
- Invited teams will be given priority in acceptance of entries. Host team reserves the right to refuse entries from teams that have a history of late or non-payment of entry fees. Entries will be accepted on a first come, first served basis for invited teams. The host team reserves the right to keep its swimmers entered in the meet.
- The 500 (women) will be limited to the fastest 5 heats, the 500 (men) will be limited to the fastest 6 heats. A positive check-in for the 500, 1000 and 1650 will be required at the start of the warm-up for those sessions. Host team retains the right to keep it's swimmers entered in these events.
- 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](mailto:Laurie@CondorsSwimming.com)
- DEADLINE:** Sign Express Mail Waiver allowing delivery without signature.  
**Entries must be received by : January 23, 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 even must accompany the entries. Make check payable to: **Condors Swim Club**. Payment must be received by **January 23, 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 40 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. The meet director reserves the right to assign warm-up lanes.

**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.

***A positive check-in for the 500, 1000 and 1650 will be required at the start of the warm-up for those sessions.***

**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<sup>st</sup> – 8<sup>th</sup> in all events.

**OFFICIALS:** **Meet Referee:** Mike Natale  
Officials wishing to volunteer should contact Meet Referee by email [mfnc45@optonline.net](mailto:mfnc45@optonline.net)

**MEET DIRECTORS:** Laurie Lawson, contact information phone: 267-237-4381, email [Laurie.Lawson@CondorsSwimming.com](mailto:Laurie.Lawson@CondorsSwimming.com) & Julie Schatz

**ADMIN OFFICIALS:** Laurie Lawson, contact information phone: 267-237-4381, email [Laurie.Lawson@CondorsSwimming.com](mailto:Laurie.Lawson@CondorsSwimming.com) & Julie Schatz

**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 Adults/session \$3.00 Program/session free wifi access
- MERCHANT:** A concession stand will be available throughout the duration of the meet. Kastaway Swimwear 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.

**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 Evening - Session One**  
**Warm-up 5:45 PM/Start 6:30 PM**

| <b>Girls</b> | <b>Event</b>             | <b>Boys</b> |
|--------------|--------------------------|-------------|
| 1            | 10 & Under 200 Freestyle | 2           |
| 3            | Open 500 Freestyle       | 4           |
| 5            | Open Over 400 IM         | 6           |

\*\*\*3 HOUR LIMIT ON THIS SESSION\*\*\*

**Saturday Morning - Session Two**  
**Warm-up 7:30am/Start 8:30am**

| <b>Girls</b> | <b>Event</b>         | <b>Boys</b> |
|--------------|----------------------|-------------|
| 7            | 8 & Under 25 Fly     | 8           |
| 9            | 10 & Under 100 Fly   | 10          |
| 11           | 13-14 100 Fly        | 12          |
| 13           | 8 & Under 25 Free    | 14          |
| 15           | 10 & Under 200 IM    | 16          |
| 17           | 13-14 200 IM         | 18          |
| 19           | 10 & Under 100 Back  | 20          |
| 21           | 13-14 100 Back       | 22          |
| 23           | 10 & Under 50 Breast | 24          |
| 25           | 13-14 200 Breast     | 26          |
| 27           | 10 & Under 100 Free  | 28          |
| 29           | 13-14 100 Free       | 30          |

**Saturday Afternoon –**  
**Session Three**  
**Warm-up 1:00pm/Start 2:00pm**

| <b>Girls</b> | <b>Event</b>    | <b>Boys</b> |
|--------------|-----------------|-------------|
| 31           | 11-12 100 Fly   | 32          |
| 33           | Open 100 Fly    | 34          |
| 35           | 11-12 200 IM    | 36          |
| 37           | Open 200 IM     | 38          |
| 39           | 11-12 100 Back  | 40          |
| 41           | Open 100 Back   | 42          |
| 43           | 11-12 50 Breast | 44          |
| 45           | Open 200 Breast | 46          |
| 47           | 11-12 50 Free   | 48          |
| 49           | Open 100 Free   | 50          |

**Sunday Morning - Session Four**  
**Warm-up 7:30am/Start 8:30am**

| <b>Girls</b> | <b>Event</b>          | <b>Boys</b> |
|--------------|-----------------------|-------------|
| 51           | 8 & Under 25 Back     | 52          |
| 53           | 13-14 200 Back        | 54          |
| 55           | 10 & Under 50 Back    | 56          |
| 57           | 13-14 50 Free         | 58          |
| 59           | 10 & Under 50 Free    | 60          |
| 61           | 13-14 100 Breast      | 62          |
| 63           | 10 & Under 100 Breast | 64          |
| 65           | 8 & Under 25 Breast   | 66          |
| 67           | 13-14 200 Fly         | 68          |
| 69           | 10 & Under 50 Fly     | 70          |
| 71           | 13-14 200 Free        | 72          |
| 73           | 10 & Under 100 IM     | 74          |

**Sunday Afternoon –**  
**Session Five**  
**Warm-up 1:00pm/Start 2:00pm**

| <b>Girls</b> | <b>Event</b>        | <b>Boys</b> |
|--------------|---------------------|-------------|
| 75           | 11-12 50 Back       | 76          |
| 77           | Open 200 Back       | 78          |
| 79           | 11-12 100 Freestyle | 80          |
| 81           | Open 50 Freestyle   | 82          |
| 83           | 11-12 100 Breast    | 84          |
| 85           | Open 100 Breast     | 86          |
| 87           | 11-12 50 Fly        | 88          |
| 89           | Open 200 Fly        | 90          |
| 91           | 11-12 200 Freestyle | 92          |
| 93           | Open 200 Freestyle  | 94          |
| 95           | 11-12 100 IM        | 96          |