



FAST Swim Team Short Course ~ Long Distance Meet
January 10-11, 2015
Sanction #150110

FAST Swim Team Short Course ~ Long Distance Meet

Hosted by the FAST SWIM TEAM

January 10-11, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #150110
- LOCATION:** Theodore D. Young Community Center,
32 Manhattan Avenue
White Plains New York 10607
- FACILITY:** The Pool is a 6 lane, 25 yard pool. Daktronics timing system.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: 11-12 and 10 & Under - 8:00 AM Warm- Up 9:00 AM Start
Session 2: Open -1:30 PM Warm - Up 2:00 PM Start
Session 3: 13-14 & Open- 8:00 AM Warm- Up 9:00 AM Start
Session 4: Open -1:30 PM Warm- Up 2:00 PM Start
- FORMAT:** Timed Finals/Deck Seeding
- 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, 2015** 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 and compete in four individual events per day. No Time or NT will not be accepted for this meet.**
 - Swimmers may compete in one (1) relay per day/session
 - All entries will be accepted on a first come bases.
 - Team entries will be considered accepted when the host club accepts the entries.
 - Meet Entries will be taken until the meet fills. The host club must stay within the three and one half hour per session rule.
 - E-Mail Entries should be send to: mtdir@fastswimteamny.com
 - All received entries will be confirmed with a reply within 24 hours. If there is no reply within 24 hours, then assume that those entries were not received.
 - Hard Copy and Entry Fees are to be mailed to:
FAST: SANDRA LOCKHART
PO Box 428
White Plains 10603
(267) 237-4876
mtdir@fastswimteamny.com
- Make entry fee checks payable to: **FAST Parent Association**,
FAST has the right to consider **NOT ACCEPTING** a club's entries if that club has shown in the past not to pay their entry fees or still owes past entry fees.
- If you are not e-mailing your entries, then overnight or express mail is recommended, **but waive the signature.**
 - It is not necessary to use overnight or express mail to send hard copy and check which are sent in support of an e-mailed entry.

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 20, 2014**
2: The final entry deadline for this meet is **December 27, 2014**
3: Metro entries received between **December 20, 2014 and December 27, 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 event and \$8 per relay must accompany the entries. Make check payable to: The FAST Parents Association.
Payment must be received by **December 27, 2014 prior to the start of the meet** 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:** Session 1: 8:00 AM Warm-Up 9:00 AM Start
Session 2: 1:30 PM Warm-Up 2:00 PM Start
Session 3: 8:00 AM Warm-up 9:00 AM Start
Session4: 1:30 PM Warm-up 2:00 PM Start
Lane assignment will be given at the meet.
- 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:** Medals 1st-3rd place and ribbons 4th-6th place in all age groups. Awards will be given only to a coach or team representative at the end of each session. All awards for each team must be picked up. No awards will be mailed, except in case of computer failure.
- OFFICIALS:** **Meet Referee: Tom Nagle Tockswim@verizon.net**
Officials wishing to volunteer should contact Meet Referee.
- ADMIN OFFICIAL:** Laurie Lawson, (267) 237-4876,
mtdir@fastswimteamny.com
- MEET DIRECTOR:** Laurie Lawson, (267) 237-4876
mtdir@fastswimteamny.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 water depth is 3 feet 7 inches at the shallow end and 8 feet 10 inches at the diving end.

- 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.
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Theodore D. Young Community Center and The FAST SWIM TEAM**, 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."
- ADMISSION:** Admission: Adult (18 and over) \$4.00 per person, Children: \$1.00
Programs: \$3.00 per session
- MERCHANTS:** **Food Concession**
- PARKING:** **There is ample on site parking and next to the building.**
- DIRECTIONS:** For updates check www.fastswimteamny.com

**Important in case of Emergency call:
POOL OFFICE 914-989-3600 or 914-989-3645**

Theodore D. Young Community Center :
From Manhattan:

Major Deegan Expressway to 87 North (NYS Thruway). Exit 8 to 287 East, to Exit 4. Turn right on Route 100A, make left at second traffic light, down ramp to Route 119 to second traffic light. Turn left on Manhattan Avenue, to first left.

From Queens and Whitestone Bridge:

Van Wyck Expressway (Route 687N) to Whitestone Bridge. From bridge to Hutchinson River Pkwy to Exit 26 (White Plains - 287 West). Follow 287 West to Exit 5. Left on Route 100S to traffic light. Make right on Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

From Connecticut:

95 South (Connecticut Turnpike). Use Tappan Zee Bridge/White Plains exit to 287 West to Exit 5. Left on Route 100S to traffic light. Make right onto Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

From Peekskill:

Route 9 South/Briarcliff thru Elmsford. Turn left at traffic light onto Route 119 East. Go 1 ½ miles to Crossroads Shopping Center. Turn left at traffic light onto Manhattan Avenue, to first left.

From Suffern & Tappan Zee Bridge:

Route 87 South (NYS Thruway) to Tappan Zee Bridge to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Make left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

From New Jersey (Patterson & Jersey City):

Route 80 East to George Washington Bridge to 87 North, NYS Thruway (Upstate New York) to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Turn left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

Session 1: 11-12 and 10 & U
Warm Up: 8:00 AM / Start: 9:00 AM

Girls	Event	Boys
1	11-12 100 Freestyle	2
3	10 & Under 100 Freestyle	4
5	11-12 50 Back	6
7	10 & Under 50 Back	8
9	11-12 100 Breast	10
11	10 & U 100 Breast	12
13	11-12 50 Fly	14
15	10 & Under 50 Fly	16
17	11-12 100 IM	18
19	10 & Under 200 Medley Relay	20
21	11-12 200 Medley Relay	22

Session 2: & Open Distance
Warm Up: 1:30 PM/ Start: 2:00 PM

Girls	Event	Boys
23	Open 1000 Freestyle	24

Session 3: 13-14 & Open
Warm Up: 8:00 AM / Start: 9:00 AM

Girls	Event	Boys
25	13-14 200 Breast	26
27	Open 200 Breast	28
29	13-14 50 Free	30
31	Open 50 Free	32
33	13-14 100 Fly	34
35	Open 100 Fly	36
37	13-14 200 Freestyle	38
39	Open 200 Freestyle	40
41	13-14 100 Back	42
43	Open 100 Back	44

Session 4: & Open Distance
Warm Up: 1:30 PM/ Start: 2:00 PM

Girls	Event	Boys
45	Open 1650 Free	46