



2018 GAEL December Distance

December 2, 2018

Sanction #181208

Invited Teams: This is open to all Metro Clubs in good standing and other LSC's. Metro LSC clubs will be given priority on a first come/first serve basis. After the Metro deadline, all clubs will be entered on a first come/first serve basis.

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #181208
- LOCATION:** Iona College, Hynes Athletic Center Pool, 715 North Ave, New Rochelle, NY, 10801
- FACILITY:** 6 Lane, 25 yard pool with 7-foot non-turbulent lane lines including outside gutter lanes. Seating for 400. Colorado 6 electronic timing system, with all six lane display on Colorado Full Color Video Board. Hy-Tek Meet Manager. The pool HAS BEEN certified in accordance with Article 104.2.2C (4) Water Depth has been measured from 4 feet to 12feet 6 inches from both wall ends. USA 2011 202.3.7 The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1: Sunday, December 2-1:00 PM Warmup, 2:00PM Start**
- FORMAT:** All sessions will be timed finals
All seeding will be Deck Seeding
- 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.
No "Deck Registrations" will be accepted
Age on December 3, 2017 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 are limited to 2 events a session.
The meet will be run using Hy-Tek Meet Manager. E-mailed Hy-Tek entries are preferred. If sending by mail, entries should be sent on disk a master sheet must accompany all entries. All sessions will be limited to 3 1/2 hours before scratches.

U.S. Mail Entries/Payment to: William Walsh, Iona College, 715 North Avenue New Rochelle, NY 10801 914-633-2323
Email Entries/Confirm Entry Receipt: gaelentries@gmail.com
- DEADLINE:** **Entries must be received by : November 28, 2018**

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 **\$5.00** per individual event must accompany the entries.
Make check payable to: **Iona College C/O William Walsh**
Payment must be received by **December 1, 2018** 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 2,3,4,5 will be for one-way sprints; lanes 1&6 will remain open for general warm-up, Meet Manager reserve right to structure warm-up based on entry size

- 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.
- OFFICIALS:** **Meet Referee:** Steven Kessler. Officials wishing to volunteer should contact Meet Referee by December 1.
Officials wishing to volunteer should contact Meet Referee by Officials wishing to volunteer should contact Meet Referee by email steven.kessler@msn.com
- ADMIN. OFFICIAL:** **Administrative Official:** David Bluvol, gaelentries@gmail.com, 914-479-2261
- MEET DIRECTOR:** **Bill Walsh**, wwalsh@iona.edu, 914-479-2261
- 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 has been measured from 4 feet to 12 feet 6 inches from both wall ends. USA 2011 202.3.7
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Iona College and the Gael Aquatic Club, 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, locker rooms or behind the starting block's
"Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present."

DECK CHANGING: Deck changes are prohibited.

ADMISSION: Adults: \$5.00 Children: \$2.00 Programs: \$3.00 per session

MERCHANTS: Metro Swim Shop will be present as well as food concessions will be available.

PARKING: Parking in tiered structure 200 yards past complex.

DIRECTIONS: Directions to the New Rochelle Campus, 715 North Ave, New Rochelle, NY 10801
Directions: <http://www.iona.edu/directions.cfm>

From Upper New York State and Upper Westchester County (I-287) New York State Thruway to Cross Westchester Expressway (Interstate 287) East. Take East Exit 9 South to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.

From New England and Upper Westchester County (I-95)

Interstate 95 (Connecticut Turnpike, New England Thruway) to Cross Westchester Expressway (Interstate 287). Take Exit 9 south to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.
Alternate Route: Interstate 95 South to Exit 16. Follow signs to North Avenue. Right onto North Avenue, proceed 1 mile to entrance of the College on your right.

From Midtown Manhattan F.D.R. Drive

(East River) Take the FDR to the bridge at Willis Avenue. Bridge connects to the major Deegan Expressway North. Stay left after crossing the bridge. Follow to Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

From Midtown Manhattan-West Side

Take the West Side Highway to the Henry Hudson Parkway North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to end, then right on North Avenue. At second traffic light make left onto campus.



Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name _____

Phone Number _____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____

Girls	12/4 Session 1--1:00 PM WU-2:00 Start	Boys
1	13&Over 500 Freestyle	2
3	12&U 500 Freestyle	4
5	13&Over 400 IM	6
7	12&U 400 IM	8
9	Open 1000 Freestyle	10