



# Spring Starter Invitational

May 17-19, 2019

## Sanction #190507

**Invited Teams:** ALL METRO TEAMS, Waverunners, Berkeley Aquatic Club, Victor Swim Club, Sussex County YMCA & CPAC

Any other teams that would like to be invited, please contact Mary Lange at [Pacentries@gmail.com](mailto:Pacentries@gmail.com)

# Spring Starter Invitational

May 17-19, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan, Inc. **#190507**
- LOCATION:** Felix Festa Middle School Pool  
30 Parrott Road  
West Nyack, NY 10994
- FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lanes lines. 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 5:30 PM -** you may not enter the building prior.
- Session 1: Friday Evening - Warm-up 5:45 PM, Start 6:30 PM  
Session 2: Saturday Morning – Warm-up 7:30 AM, Start 8:30 AM  
Session 3: Saturday Afternoon - Warm-up 1:30 PM, Start 2:30 PM  
Session 4: Sunday Morning - Warm-up 7:30 AM, Start 8:30 AM  
Session 5: Sunday Afternoon - Warm-up 1:30 PM, Start 2:30 PM
- FORMAT:** This will be a timed finals event.  
This is a deck seeded meet.
- 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 May 17, 2019 will determine the 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 a responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** Swimmers may be entered in 2 events on Friday evening and 3 individual events **Saturday and Sunday. NT's will not 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 until the meet is determined to be full. The host team reserves the right to keep its swimmers entered in the meet.  
The 400 Free & 400 IM may be limited to the fastest 5 heats. Host team retains the right to keep its 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/Payments:

**Mary Lange  
Phoenix Aquatic Club  
10 Sparrow Lane  
Pearl River, NY 10965**

Email Entries/Confirm Entry Receipt: [pacentries@gmail.com](mailto:pacentries@gmail.com)

Sign Express Mail Waiver allowing delivery without signature.

- DEADLINE:** **ENTRIES MUST BE RECEIVED BY: May 8th, 2019**  
An email confirming receipt of entries will be sent if you provide an email contact. Please contact the meet director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$8.00** per individual event plus **\$5.00/athlete** surcharge must accompany the entries.  
Make check payable to: **Phoenix Aquatic Club**  
Payment must be received by **May 8<sup>th</sup>, 2019** for email entries. Payments 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 PROCEDURES:** 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 to 12 & under swimmers only for places 1<sup>st</sup> - 8<sup>th</sup>
- OFFICIALS:** **Meet Referee:** Phil Paspalas  
Officials wishing to volunteer should contact Meet Referee by email:  
[paspalas@optonline.net](mailto:paspalas@optonline.net)

- MEET DIRECTOR:** Mary Lange, contact information phone 845-323-9118, Email [thelangez@hotmail.com](mailto:thelangez@hotmail.com)
- ADMIN OFFICIALS:** Mary Lange [thelangez@hotmail.com](mailto:thelangez@hotmail.com)  
Helen Shaw [fiveshawsnow@gmail.com](mailto:fiveshawsnow@gmail.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.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Phoenix Aquatic 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, restrooms, locker rooms or behind the blocks.**  
**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.**
- SPECTATORS:** Spectators are asked to be considerate of others in the stands and **not stand at the railing**. Taking any type of pictures or video from behind the block is strictly prohibited by USA Swimming regulations. There is also no flash photography at the start of any race.
- DECK CHANGING:** Deck changes are prohibited.
- ADMISSION:** \$7.00 Adults/session \$3.00 children 10&U \$3.00 Program/session free wifi access (user name & password will be indicated on the Meet Program)
- MERCHANT:** A concession stand will be available throughout the duration of the meet. Metro Swim Shop 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 or on any residential street or the town will tow them. There will be security guards directing parking – please be respectful.**
- 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 of 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 3 ½ 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**

**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 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 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	12 & Under 400IM	2
3	13 & Over 400IM	4
5	12 & Under 400 Free	6
7	13 & Over 400 Free	8

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

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

**Saturday Afternoon – Session Three**  
**Warm-up 1:30 PM/Start 2:30 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
31	13-14 200 Free	32
33	15 & Over 200 Free	34
35	13-14 100 Breast	36
37	15 & Over 100 Breast	38
39	13-14 200 Back	40
41	15 & Over 200 Back	42
43	13-14 100 Fly	44
45	15 & Over 100 Fly	46
47	13-14 50 Free	48
49	15 & Over 50 Free	50

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

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
51	11-12 200 IM	52
53	10 & Under 200 IM	54
55	11-12 50 Breast	56
57	10 & Under 50 Breast	58
59	11-12 100 Back	60
61	10 & Under 100 Back	62
63	11-12 50 Fly	64
65	10 & Under 50 Fly	66
67	11-12 100 Free	68
69	10 & Under 100 Free	70
71	11-12 200 Breast	72

**Sunday Afternoon – Session Five  
Warm-up 1:30 PM/Start 2:30 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
73	13-14 200 IM	74
75	15 & Over 200 IM	76
77	13-14 200 Breast	78
79	15 & Over 200 Breast	80
81	13-14 100 Back	82
83	15 & Over 100 Back	84
85	13-14 200 Fly	86
87	15 & Over 200 Fly	88
89	13-14 100 Free	90
91	15 & Over 100 Free	92



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.**

**Policy:** Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

**Notes:**

The above policy will be published in meet announcements and programs.

It is the Meet Director's responsibility to have forms available at the meet.

The Meet Director should check the actual ID against entry on form and keep a file of submitted forms.

The intent is to promote accountability and to give Meet Directors and Referees a tool for managing concerns about photographers. Teams should consider providing a lanyard indicating that the photographer is registered.

See form, below.





## Metropolitan Swimming Photographer Registration Form

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 \_\_\_\_\_