

RED FOX AQUATIC CLUB



**2019 ELIZABETH R. MILLER MEMORIAL INVITATIONAL
FRIDAY, SATURDAY, SUNDAY, OCTOBER 25-27, 2019**

ALL METRO TEAMS ARE INVITED TO ATTEND

Sanction # 191003

2019 ELIZABETH R. MILLER MEMORIAL INVITATIONAL

FRIDAY, SATURDAY, SUNDAY, OCTOBER 25-27, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 191003
- LOCATION:** James McCann Center, Marist College, Poughkeepsie, NY 12601
- FACILITY:** The James McCann Natatorium is a six lane 25yd competition pool with separate diving well. The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Friday afternoon session 1: Warm-up 1:30pm. start 2:30pm. Friday evening session 2: Warm-up 4pm, start 5pm. Saturday & Sunday sessions 3 & 5: Warm-up 7:30am, start 9am. Saturday & Sunday sessions 4 & 6: Warm-up 1pm, start 2:30pm.
- FORMAT:** All events will be swum as timed finals. Deck seeded with Scratch Sheets collected 40 minutes prior to the start of each session. Heat sheets will be distributed and posted.
- 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 FRIDAY, OCTOBER 25th 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:** All athletes are limited to enter 3 events Friday and 5 events per day on Saturday and Sunday. NO TIME entries will not be accepted, except for RFAC swimmers. Distance freestyle events may be limited to 3 heats. Receipt of entries will be confirmed by email. Entries will not be considered received and accepted without full payment of fees. Cuts will be advised by email.
- U.S. Mail Entries/Payment to: Larry VanWagner, Director of Swimming, Marist College, James McCann Center, Poughkeepsie, NY 12601.
Email Entries/Confirm Entry Receipt: Please submit email entries via Hy-Tek to rfacentries@hotmail.com.
- DEADLINE:** Entries must be received by : **OCTOBER 15, 2019**
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, \$10.00 per relay, \$5 swimmer surcharge
Make check payable to: **RED FOX AQUATIC CLUB**. 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:** General warm-up will begin 60 minutes prior to start of each session and 25yd. sprint lanes designated 30 minutes prior to start of each session.
- 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:** Individual events: 10 & under swimmers: 1-3 place medals 4-6 place/Ribbons, 11-12 & 13-14 swimmers receive 1-6 place/Ribbons. Relay events 1-3 place/Ribbons. NO awards will be given for Open events.
- OFFICIALS:** **Meet Referee:** Ken Graham ksg@alumni.caltech.edu
Officials wishing to volunteer should contact Meet Referee by October 6th.
- MEET DIRECTOR:** **Lisa Simpfenderfer, 845-546-3077 or lsimpf@gmail.com.**
Molly Messina, [ladymessina7@yahoo.com](mailto:lady Messina7@yahoo.com)
- ADMIN:** **Lisa Simpfenderfer, 845-546-3077 or lsimpf@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.
- MAAPP:** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.
- 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."
The competition pool ranges from 5.5ft. at the start end to 4.0ft. at the turn end.
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Marist College, Red Fox 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 CHANGE:** Deck changes are not permitted.
- ADMISSION:** **Daily admission for adults \$7.00. Meet Program will be available for \$3.00 per session.**
- MERCHANTS:** **The Metro Swim Shop and food concessions will be available at all sessions.**
- PARKING:** **On-site parking and spectator seating is available.**
- DIRECTIONS:** **Please check the REDFOXAQUATICCLUB.COM website for directions.**

2018 ELIZABETH R. MILLER MEMORIAL INVITATIONAL
 Friday, Saturday and Sunday, October 25, 26, and 27, 2019

**GIRLS
EVENTS**

**BOYS
EVENTS**

**GIRLS
EVENTS**

**BOYS
EVENTS**

FRIDAY SESSION 1

1:30PM Warm-up 2:30PM start

1 Open 1000 Free 2

FRIDAY SESSION 2

4PM Warm-up 5pm Start

3 10-U 200 Free 4
 5 11-12 200 Free 6
 7 13-14 200 Free 8
 9 Open 200 Free 10
 11 11-12 200 IM 12
 13 13-14 500 Free 14
 15 Open 500 Free 16

SATURDAY AM SESSION 3

7:30AM Warm-up 9AM Start

17 9-10 100 Breast 18
 19 11-12 100 Breast 20
 21 Open 200 Back 22
 23 9-10 50 Free 24
 25 11-12 50 Free 26
 27 9-10 50 Fly 28
 29 11-12 100 Fly 30
 31 9-10 100 Back 32
 33 11-12 100 Back 34
 35 Open 200 Fly 36
 37 11-12 100 IM 38
 39 9-10 200 Med Rly 40
 41 11-12 200 Med Rly 42

SATURDAY PM SESSION 4

1PM Warm-up 2:30PM Start

43 8-Under 50 Breast 44
 45 Open 100 Breast 46
 47 13-14 100 Breast 48
 49 8-Under 50 Free 50
 51 Open 50 Free 52
 53 13-14 50 Free 54
 55 8-Under 50 Fly 56
 57 Open 200 IM 58
 59 13-14 200 IM 60
 61 8-Under 100 Med Rly 62
 63 Open 200 Med Rly 64
 65 13-14 200 Med Rly 66

SUNDAY AM SESSION 5

7:30AM Warm-up 9AM Start

67 9-10 50 Breast 68
 69 11-12 50 Breast 70
 71 Open 200 Breast 72
 73 9-10 100 Free 74
 75 11-12 100 Free 76
 77 9-10 50 Back 78
 79 11-12 50 Back 80
 81 9-10 100 Fly 82
 83 11-12 50 Fly 84
 85 9-10 100 IM 86
 87 11-12 200 Free Rly 88
 89 9-10 200 Free Rly 90
 91 Open 400 IM 92

SUNDAY PM SESSION 6

1PM Warm-up 2:30PM Start

93 8-Under 100 Free 94
 95 Open 100 Free 96
 97 13-14 100 Free 98
 99 8-Under 50 Back 100
 101 Open 100 Back 102
 103 13-14 100 Back 104
 105 8-Under 100 IM 106
 107 Open 100 Fly 108
 109 13-14 100 Fly 110
 111 8-Under 100 Free Rly 112
 113 Open 200 Free Rly 114
 115 13-14 200 Free Rly 116

NOTES: There will be NO DIVING during warm-ups. All lanes will be circular swimming until 1/2 hour before start, then lanes 2 & 5 will be one-way sprint lanes.



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 _____