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**TYR HOLIDAY CLASSIC**

**@ FELIX FESTA MIDDLE SCHOOL,**

**30 PARROTT ROAD, WEST NYACK, NY 10994**

**TRIALS & FINALS**

**USA Swimming “BB” Cuts or Better**

FRIDAY, SATURDAY AND SUNDAY

December 13, 14 & 15, 2019

Metro Sanction # 191203

Invited Teams: AG, WSSC, MWSC, NBS,RFAC, HVD, TRS, BAD, YMID, BGNW, EAST,HAWKS, VAC, GAEL, LIE, DA, COND, AGUA, MVA, YBAR, NCAC, SPAR, SSC, SMC, SSL, WAC,APEX, FAST, IA, LGAC, MAKO, MPNY, GATORS-NJ, BBNJ,WAV-NJ, LSA, FREE, SWAG, CAT-NJ,HCY-NJ, YFD, LIAC, HS, WEST, PAC,DESC-NJ, PATS, SS, WSA, JCC, TS, HAA, QNS, SWIM70-CT, RAC, SCY, NJRC, Albany Starfish, Mandell JCC,PACK-CT, FOBY, SCAR, EXCEL-NJ, IA-MR, Redbank YMCA

**TYR HOLIDAY CLASSIC**

December 13-15, 2019

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| **SANCTION** | Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #191203 |
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| **LOCATION** | FELIX FESTA MIDDLE SCHOOL, 30 PARROTT ROAD, WEST NYACK, NY 10994 |
| **FACILTY** | Felix Festa is an indoor 8 lane 50 meter pool with a bulkhead. The meet will be run in the deep end of the pool and the shallow end will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard. The pool ***has not been*** certified in accordance with Article 104.2.2C (4) |
| **SESSIONS** | Session 1: Friday PM: 5:30 PM Warm Up, 6:15 PM Start **(DUE TO VARISTY PRACTICE)**Session 2: Saturday AM: 9:30 AM Warm Up, 10:30 AM Start **(DUE TO VARISTY PRACTICE)**Session 3: Saturday PM: 3:00 PM Warm Up, 3:45 PM Start Session 4: Saturday PM Finals 5:30 PM Warm Up, 6:45 PM Start Session 5: Sunday AM: 8:00 AM Warm Up, 9:00 AM StartSession 6: Sunday PM: 1:30 PM Warm Up, 2:15 PM StartSession 7: Sunday PM Finals 5:00 PM Warm Up, 5:45 PM Start |
| **FORMAT** | Trials & Finals for 11 and Over – TOP 16 will return for finals.Trials & Finals for 9-10 – Top 8 will return for finals except for event numbers 43 and 44 200 Free which will be a timed trial.Timed Finals for 8 & Under.The meet will be deck seeded. |
| **ELIGIBILTY** | Open to all invited teams registered swimmers. All swimmers participating in this meet must be registered by first day of the meet. Age on December 13, 2019 will determine age for the entire meet.**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.** |
| **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 competition. |
| **ENTRIES** | Swimmers may compete in 2 individual events on Friday and 3 individual events per day for Saturday and Sunday. NT’s will not be accepted. The host club reserves the right to keep their swimmers in the meet.If necessary, the 400 IM and 500 Free (women) will each be limited to the fastest 5 heats; the 400 IM and 500 Free (men) will be limited to the fastest 6 heats. Host team retains the right to keep its swimmers entered in these events.All invited teams will be given priority providing their swimmers meet the minimum of USA Swimming Age Group “BB” cuts or faster for all 200, 400 and 500 Events Only.**Please note if the meet is close to being closed by capacity, the clubs will be asked to update their files so that we can accurately estimate the number of swimmers and splashes. Once closed, each club is responsible for all entries.**All other teams please send email to BG26608@hotmail.com.The final entry deadline for this meet is November 26, 2019.Teams will be considered accepted when the host club accepts the entries. The host club must stay within the four hour per session rule. We will accept 2.5 hours of entries for 10 and under sessions. All received entries will be confirmed within 48 hours.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:  NYS Aquatics, Inc. c/o Regina O’Brien10 Julia CourtTappan, NJ 10983Email Entries/Confirm Entry Receipt: NYSAEntries@gmail.com.Sign Express Mail Waiver allowing delivery without signature. |
| **DEADLINE** | The final entry deadline for this meet is **November 26, 2019.** All other requests received after **December 1, 2019** 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 **$10.00** per individual event for T&F and **$8.00** per individual event for timed final event. There will be a $3.00 facility fee per swimmer.Payment must be received by **November 26, 2019** 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.All entries will be accepted on a first come, first serve basis. Teams will be considered accepted when the host club accepts the entries The host club must stay within the four hour per session rule. All received entries will be confirmed within 48 hours. Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A master sheet must accompany all entries.  **PLEASE SEND YOUR PAYMENTS TO THE ADDRESS LISTED BELOW**.U.S. Mail Entries/Payment to:  NYS Aquatics, Inc. c/o Regina O’Brien10 Julia CourtTappan, NJ 10983Email Entries/Confirm Entry Receipt: NYSAEntries@gmail.com.Sign Express Mail Waiver allowing delivery without signature.  |
| **WARM-UP** | Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. The meet director reserves the right to assign lanes for warm up based on the size of the meet. Following the general warm-ups, the competition pool will be open to all teams for a 15-minute dive and pace session: lanes 2-6 will be open for one-way sprints; lanes1 & 8 will be remaining as general warm up and lanes 1 & 8 will be designated for pace. No diving will be permitted except in designated sprint lanes. All swimmers must be supervised by a coach.**Please note the Saturday Finals Warmup will start in the non-competition pool at 5:30 PM to 6:15 PM. At the conclusion of the Mid-session, we will also open up the competition pool for warmup from 6:15 PM to 6:40PM.** |
| **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** | Awards will be given to all Top 8 Finalists. Medals will be given for 1st – 3rd place in each event and ribbons for 4th – 8th place. |
| **OFFICIALS** | Meet Referee: Phil Paspalas Officials wishing to volunteer should contact Meet Referee by email:Emathletics@gmail.com. |
| **Meet Director** | Patsy Burke, Email nysaentries@gmail.com |
| **Admin. Official** | Patsy Burke, Email nysaentries@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. |
| **SAFETY** | Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warmups 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 2012 - 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****Audio/Visual rules** | DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Valley Central School District, New York Sharks Aquatics, Inc. 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."”Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks.” |
| **DRONES** | 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 changing is prohibited. |
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| **ADMISSION:** | $7.00 Adults/session $3.00 Program/session  |
| **MERCHANT** | A concession stand will be available throughout the duration of the meet. A Swim shop vendor will also be on site. |
| **PARKING** | There is free unlimited parking at Felix Festa Middle School. Cars parking on Parrott Roadwill be ticketed and towed. All cars must be parked in designated parking spaces or they will be ticketed by the Clarkstown Police Department. |
| **DIRECTIONS** | Mapquest - http://www.mapquest.com/maps?city=West+Nyack&state=NY&address=30+Parrott+Road&zipcode=1 0994From New Jersey:1. Take the Garden State Parkway North or Interstate 287 North. 2) Either highway joins the New York State Thruway (Interstate 87). Follow signs for New York State Thruway South toward Tappan Zee Bridge. Exit New York State Thruway at exit 13N (Palisades Parkway North). 3) Exit the Palisades Parkway at Exit 10. 4) Follow to the end of the ramp and make a right at the light onto Germonds Road. 5) Take Germonds to the next light and cross over Route 304. 6) Go straight on Germonds Road.7) Head straight onto Parrott Road. 8) Felix Festa Middle School is on the left. Pool entrance and parking area is in the back of the school by the tennis courts.Alternate From New Jersey: 1) Take the Palisades Parkway North from Fort Lee (instead of the Garden State Parkway or Interstate 287). 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.From New York City: 1) Take the George Washington Bridge to the Palisades Parkway North. 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.From Westchester County Vicinity: 1) Take the Tappan Zee Bridge. Follow the New York Thruway North (Interstate 87). 2) Exit New York State Thruway at exit 13N (Palisades Parkway North). 3) Take Exit 10 from the Palisade Parkway and follow directions #5 above. From Rockland County: 1) Take the New York State Thruway South (Interstate 87) to Exit 13N for Palisades Parkway North. 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above. Alternate from Rockland County: 1) Take the Palisade Parkway South from the Bear Mountain vicinity to Exit 10. 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above. |
| **FACILITY****RULES** | **NO SMOKING** within 50 feet of any entrance to the school or inside the school.**NO FOOD** is allowed on deck. Liquid refreshments in plastic bottles are allowed.N**O GLASSBOTTLES** or **JUICE BOXES** allowed on deck. |

**Friday PM**

 **5:30 PM Warm Up 6:15 PM Start**

**(Late start due to Varsity Practice)**

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| **Time Standard**3:15.592:47.795:56.795:39.395:31.997:35.496:38.396:20.096:12.092:47.89 | **Event #**1133355779 | **Event**10 & Under 200 IM11-12 200 IM11-12 400 IM13-14 400 IM15 & Over 400 IM10 & Under 500 Free11-12 500 Free13-14 500 Free15 & Over 500 Free11-12 200 Fly | **Event #**22444668810 | **Time Standard**3:13.192:44.195:46.395:17.395:05.597:26.996:27.495:58.095:45.992:43.99 |

**Saturday AM – PRELIMS – TOP 16 FINALS**

 **9:30 AM Warm Up 10:30 AM Start**

**(Late start due to Varsity Practice)**

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| **Time Standard**2:43.992:19.192:22.192:29.692:54.692:58.283:08.59 | **Event #**11131517192123252729313335373941 | **Event**11-12 200 Back15 & Over 200 Free13-14 200 Free11-12 200 Free15 & Over 100 Back13-14 100 Back11-12 100 Back15 & Over 200 Breast13-14 200 Breast11-12 200 Breast15 & Over 100 Fly13-14 100 Fly11-12 50 Fly15 & Over 50 Free13-14 50 Free11-12 50 Free | **Event #**12141618202224262830323436384042 | **Time Standard**2:40.292:07.492:12.792:24.592:36.592:45.593:00.99 |

**Saturday Afternoon 10 & Under**

**9-10 PRELIMS – TOP 8 FINALS**

**3:00 PM Warm Up 3:45 PM Start**

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| **Time Standard**2:57.39 | **Event #**434547495153555759 | **Event**10 & Under 200 Free8 & Under 25 Back9-10 100 Back8 & Under 25 Breast9-10 50 Breast8 & Under 50 Fly9-10 100 Fly8 & Under 50 Free9-10 50 Free | **Event #**444648505254565860 | **Time Standard**2:47.99 |

**Saturday– FINALS**

**11 and Over – TOP 16**

**9-10 TOP 8 (except for events 43 and 44 which are timed finals)**

**Please note the Saturday Finals Warmup will start in the non-competition pool at 5:30 PM to 6:15 PM. At the conclusion of the Mid-session, we will also open up the competition pool for warmup from 6:15 PM to 6:40 PM.**

**5:30 PM Warm Up 6:45 PM Start**

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|  | **Event #**4711131551171921552325275929313335373941 | **Event**9-10 100 Back11-12 200 Back15 & Over 200 Free13-14 200 Free9-10 50 Breast11-12 200 Free15 & Over 100 Back13-14 100 Back9-10 100 fly11-12 100 Back15 & Over 200 Breast13-14 200 Breast50 Free11-12 200 Breast15 & Over 100 Fly13-14 100 Fly11-12 50 Fly15 & Over 50 Free13-14 50 Free11-12 50 Free | **Event #**4812141652182022562426286030323436384042 |  |
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**Sunday AM – PRELIMS – TOP 16 FINALS**

 **8:00 AM Warm Up 9:00 AM Start**

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| **Time Standard**2:36.192:39.192:32.392:35.392:32.592:37.89 | **Event #**61636567697173757779818385878991 | **Event**11-12 100 Breast15 & Over 200 IM13-14 200 IM11-12 100 IM15 & Over 200 Back13-14 200 Back11-12 50 Back15 & Over 100 Breast13 & 14 100 Breast11-12 50 Breast15 & Over 200 Fly13-14 200 Fly11-12 100 Fly15 & Over 100 Free13-14 100 Free11-12 100 Free | **Event #**62646668707274767880828486889092 | **Time Standard**2:21.792:28.592:19.192:25.892:17.992:26.99 |

**Sunday Afternoon 10 & Under**

**9-10 PRELIMS – TOP 8 FINALS**

**1:30 PM Warm Up 2:15 PM Start**

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|  | **Event #**93959799101103105107109111 | **Event**9-10 100 IM8 & Under 100 IM9-10 50 Back8 & Under 50 Back9-10 100 Breast8 & Under 50 Breast9-10 50 Fly8 & Under 25 Fly9-10 100 Free8 & Under 25 Free | **Event #**949698100102104106108110112 |  |

**Sunday– FINALS**

**11 and Over – TOP 16**

**9-10 TOP 8**

**5:00 PM Warm Up 5:45 PM Start**

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|  | **Event #**9361 63659767697110173757710579818310985878991 | **Event**9-10 100 IM11-12 100 Breast15 & Over 200 IM13-14 200 IM9-10 50 Back11-12 100 IM15 & Over 200 Back13-14 200 Back9-10 100 Breast11-12 50 Back15 & Over 100 Breast13 & 14 100 Breast9-10 50 Fly11-12 50 Breast15 & Over 200 Fly13-14 200 Fly9-10 100 Free11-12 100 Fly15 & Over 100 Free13-14 100 Free11-12 100 Free | **Event #**946264669868707210274767810680828411086889092 |  |



**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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_