

RED FOX AQUATIC CLUB



**2019 RFAC HOLIDAY INVITATIONAL
FRIDAY & SATURDAY, DECEMBER 13 & 14, 2019**

ALL METRO & AD TEAMS, AMHERST TIGER SHARKS ARE INVITED TO ATTEND. ANY OTHER INTERESTED TEAMS, PLEASE CONTACT MEET DIRECTOR FOR INVITATION.

Sanction # 191202

2019 RFAC HOLIDAY MEMORIAL INVITATIONAL

FRIDAY & SATURDAY, DECEMBER 13 & 14, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #191202
- 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 11:00am. start 12:30pm. Friday evening session 2: Warm-up 4:30pm, start 6pm. Saturday morning session 3: Warm-up 7:30am, start 9am. Saturday afternoon session 4: 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, DECEMBER 13th, 2019 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 5 events per day. NO TIME entries will not be accepted, except for RFAC swimmers. 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 : **DECEMBER 4, 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 \$6.00 per individual event, \$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 December 6th.
- MEET DIRECTOR:** **Lisa Simpfenderfer, 845-546-3077 or lsimpf@gmail.com.**
Molly Messina, ladymessina7@yahoo.com
- ADMIN:** **Lisa Simpfenderfer, 845-546-3077 or lsimpf@gmail.com.**
Sara Goodwin, sgoodwin1331@msn.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.
- 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 Deep End 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.**

2019 RFAC HOLIDAY INVITATIONAL
 Friday and Saturday, DECEMBER 13-14, 2019

**GIRLS
EVENTS**

**BOYS
EVENTS**

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EVENTS**

**BOYS
EVENTS**

FRIDAY SESSION 1

11:00am Warm-up 12:30PM start

1	9-10	50 Breast	2
3	11-12	50 Breast	4
5	Open	200 Breast	6
7	9-10	100 Free	8
9	11-12	100 Free	10
11	9-10	50 Back	12
13	11-12	50 Back	14
15	9-10	100 Fly	16
17	11-12	50 Fly	18
19	Open	400 IM	20
21	9-10	100 IM	22
23	11-12	200 IM	24

FRIDAY SESSION 2

4:30PM Warm-up 6pm Start

27	8-Under	100 Free	28
29	Open	100 Free	30
31	13-14	100 Free	32
33	8-Under	50 Back	34
35	Open	100 Back	36
37	13-14	100 Back	38
39	8-Under	100 IM	40
41	Open	100 Fly	42
43	13-14	100 Fly	44
45	Open	200 Free	46
47	13-14	200 Free	48

SATURDAY AM SESSION 3

7:30AM Warm-up 9AM Start

49	9-10	100 Breast	50
51	11-12	100 Breast	52
53	Open	200 Back	54
55	9-10	50 Free	56
57	11-12	50 Free	58
59	9-10	50 Fly	60
61	11-12	100 Fly	62
63	9-10	100 Back	64
65	11-12	100 Back	66
67	Open	200 Fly	68
69	9-10	200 Free	70
71	11-12	200 Free	72

SATURDAY PM SESSION 4

1PM Warm-up 2:30PM Start

73	8-Under	50 Breast	74
75	Open	100 Breast	76
77	13-14	100 Breast	78
79	8-Under	50 Free	80
81	Open	50 Free	82
83	13-14	50 Free	84
85	8-Under	50 Fly	86
87	Open	200 IM	88
89	13-14	200 IM	90
91	Open	500 Free	92
93	13-14	500 Free	94

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 _____