



Theodore D. Young 1st Annual Fall Invitational Swim Meet

October Friday 23, Saturday 24, Sunday 25, 2009

Sanction # 091016

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 091016
- LOCATION:** Theodore D. Young Community Center, Swimming Pool Enclosure
32 Manhattan Avenue
White Plains New York 10607.
- FACILITY:** The Pool is a 6 lane, 25 yard pool. Daktronics timing system.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Sessions 1: 8 and Under- 5:00 PM Warm- Up 6:00 PM Start
Sessions 2: 11 and 12 / 13 and 14 -12:00 PM Warm - Up 1:00 PM Start
Sessions 3: 10 and Under /15-18 - 8:00 AM Warm - Up 9:00 AM Start
- FORMAT:** Timed Finals
Deck Seeding
- 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 October 23, 2009 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 MAY SWIM THREE INDIVIDUAL EVENTS PER SESSION PLUS RELAYS ENTRIES WILL BE ACCEPTED ON A FIRST COME, FIRST SERVED BASIS.**
- Entry Fees: Entry fees payment must accompany entries. Please no phone or fax entries.
Entries received after the deadline will not be accepted. Deck entries will not be permitted.
Make checks payable to: **Fast Parent Association**
- Send checks, diskettes and entry forms to: Terri Wolin
40 Goodwin Avenue
White Plains, New York 10607
Email Entries/Confirm Entry Receipt: terribw@optonline.net
Signature Waiver Required for Express Mailed Entries
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by October 14th.
2: The final entry deadline for this meet is October 16th.
3: Metro entries received between **October 14th 2009** and **October 16th 2009** 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 \$ \$3.00 per event and \$8.00 per Relay per individual even must accompany the

entries.

Make check payable to: The FAST Parents Assoc.

Payment must be received by **October 12th** 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: Sessions 1: 5:00 PM Warm-Up 6:00 PM Start
Sessions 2: 12:00 PM Warm-Up 1:00 PM Start
Sessions 3: 8:00 AM Warm-Up 9:00 AM Start
Lane assignment will be given at the meet.

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: Medals 1st-3rd place and 4th-8th ribbons place in all age groups. Awards will be given only to a coach or team representative at the end of each session. All awards for each team must be picked up. No awards will be mailed, except in case of computer failure.

OFFICIALS: **Meet Referee:** [Paul McClintock Tockswim@msn.com](mailto:PaulMcClintockTockswim@msn.com)
Officials wishing to volunteer should contact Meet Referee by **October 2, 2009**.

MEET DIRECTOR: Terri Wolin
40 Goodwin Avenue White Plains, New York 10607

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.

SAFETY: The overhead start procedure may be used at the discretion of the meet Referee.
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.

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.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against [Theodore D. Young Community Center and The FAST SWIM TEAM](#), Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: Admission Adult Admission (18 and over) \$3.00 per person
Programs \$2.00 per person

PARKING: [There is ample on site parking and next to the building.](#)

DIRECTIONS: For updates check www.fastswimteamny.com
Important in case of Emergency call:

Jennifer Parra 347-276-6747

POOL OFFICE 914-989-3600 or 914-989-3645

Theodore D. Young Community Center :

From Manhattan:

Major Deegan Expressway to 87 North (NYS Thruway). Exit 8 to 287 East, to Exit 4. Turn right on Route 100A, make left at second traffic light, down ramp to Route 119 to second traffic light. Turn left on Manhattan Avenue, to first left.

From Queens and Whitestone Bridge:

Van Wyck Expressway (Route 687N) to Whitestone Bridge. From bridge to Hutchinson River Pkwy to Exit 26 (White Plains - 287 West). Follow 287 West to Exit 5. Left on Route 100S to traffic light. Make right on Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

From Connecticut:

95 South (Connecticut Turnpike). Use Tappan Zee Bridge/White Plains exit to 287 West to Exit 5. Left on Route 100S to traffic light. Make right onto Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

From Peekskill:

Route 9 South/Briarcliff thru Elmsford. Turn left at traffic light onto Route 119 East. Go 1 ½ miles to Crossroads Shopping Center. Turn left at traffic light onto Manhattan Avenue, to first left.

From Suffern & Tappan Zee Bridge:

Route 87 South (NYS Thruway) to Tappan Zee Bridge to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Make left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

From New Jersey (Patterson & Jersey City):

Route 80 East to George Washington Bridge to 87 North, NYS Thruway (Upstate New York) to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Turn left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

Session 1-Friday October 23, 2009
5:00 PM Warm- Up 6:00 PM Start
Scratches are due at 5:30PM
8 and Under

Girls Event No.	Events	Boys Events No.
1.	100 IM	2.
3.	25 Free	4.
5.	25 Fly	6.
7.	25 Breast	8.
9.	25 Back	10.
11.	50 Free	12.
13.	Freestyle 100 Relay	14.

Session 2- Saturday October 24, 2009
12:00 PM Warm - Up 1:00 PM Start
Scratches are due at 12:30PM
11 and 12 / 13 and 14

Girls Event No.	Events	Boys Events No.
15.	13-14 200 Free	16.
17.	11-12 100 I.M.	18.
19.	13-14 100 Breast	20.
21.	11-12 100 Breast	22.
23.	13-14 100 Back	24.
25.	11-12 50 Back	26.
27.	13-14 100 Fly	28.
29.	11-12 50 Fly	30.
31.	13-14 50 Free	32.
33.	11-12 50 Free	34.
35.	200 Free Relay	36.
37.	200 Free Relay	38.

Session 3 -Sunday, October 24, 2009
8:00 AM Warm - Up 9:00 AM Start
Scratches are due at 8:30 AM
10 and Under /15-18

Girls Event No.	Events	Boys Events No.
39.	Open 200 Free	40.
41.	10-Under 100 Free	42.
43.	Open 200 I.M.	44.
45.	10-Under 100 I.M.	46.
47.	Open 100 Breast	48.
49.	10-Under 50 Breast	50.
51.	Open 100 Back	52.
53.	10-Under 50 Back	54.
55.	Open 50 Free	56.
57.	10-Under 50 Free	58.
59.	Open Relay 200 Free Relay	60.
61.	10-Under 200 Free Relay	62.