



NOVEMBER INVITATIONAL AGE GROUP MEET – 9 AND OVER'S
NOVEMBER 11 & 14-15 2009
Sanction # 091115

Invited Teams: Gael Aquatic Club, Greenwich YWCA Dolphins, Empire Swimming, 92nd St. Y Flying Dolphins, Middies Swimming, Long Beach Aquatics

NOVEMBER INVITATIONAL AGE GROUP MEET – 9 AND OVER'S

NOVEMBER 11 & 14-15 2009

(note carefully Wed 11/11 Distance session)

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 091115
- LOCATION:** IONA COLLEGE, HYNES CAMPUS CENTER POOL
715 NORTH AVENUE NEW ROCHELLE, NEW YORK 10801
- FACILITY:** 6 Lane, 25 yard pool with 7-foot non-turbulent lane lines including outside gutter lanes. Seating for 400. Colorado 5000 electronic timing system, with all six lane display on Colorado Mercury Display Scoreboard. Hy-Tek Meet Manager. The pool HAS BEEN certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: Wednesday, November 11, 2009 – 4:30pm warm-up; 5:30pm start
Session 2: Saturday, November 14 – 8 AM warm-up; 9:00am start
Session 3: Saturday, November 14 – 1 PM warm-up; 2:00pm start
Session 4: Sunday, November 15 – 8 AM warm-up; 9am start
Session 5: Sunday, November 15 – 1 PM warm-up; 2pm start
- This is a closed invitational all participating swimmers and coaches must be USS Registered and age as of November 11th 2009**
- FORMAT:** All sessions will be timed finals
All seeding will be Deck Seeding
- ELIGIBILITY:** Open to all Invited USA Swimming, Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on November 11, 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 are limited to 3 events a session and 1 event on Nov. 11, 2009
The meet will be run using Hy-Tek Meet Manager. E-mailed Hy-Tek entries are preferred.
If sending by mail, entries should be sent on disk. A master sheet must accompany all entries.
All sessions will be limited to 3 1/2 hours before scratches.
1. The final deadline for this meet is November 3, 2009 in hand by 10 am. Email preferred.
 2. Entry Contact/Coach will receive an e-mail confirming acceptance on deadline.
- U.S. Mail Entries/Payment to: Iona College 715 North Avenue, Attn Nick Cavataro
New Rochelle, NY 10801 914-633-2323
Email Entries/Confirm Entry Receipt: ncavataro@iona.edu
- Please sign the "signature waiver" on envelop for entries sent by express mail.
- DEADLINE:** Entries must be received by : November 3, 2009
- 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 \$4.00 per individual event must accompany the entries.
Make check payable to: Iona College
Payment must be received by November 3, 2009 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:** The first 40 minutes will be general warm-up. The last 20 minutes lanes 2,3,4,5 will be for one-way sprints; lanes 1&6 will remain open for general warm-up, Meet Manager reserve right to structure warm-up based on entry size.

- 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:** Ribbons for 1st through 6th place.
- OFFICIALS:** Meet Referee: Paul McClintock tockswim@msn.com
Officials wishing to volunteer should contact Meet Referee by November 3, 2009
- MEET DIRECTOR:** Nick Cavataro, ncavataro@iona.edu , 914-633-2323
- 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 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 Iona College and the Gael Aquatic Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. No glass bottles allowed on the deck or in the locker rooms.
- ADMISSION:** Adults: \$5.00 Children: \$2.00 Programs: \$2.00 per session
- MERCHANTS:** Metro Swim Shop will be present as well as food concessions will be available Saturday and Sunday only.
- PARKING:** Parking in tired structure 200 yards past complex.
- DIRECTIONS:** [Directions to the New Rochelle Campus, 715 North Ave, New Rochelle, NY 10801](#)

Directions: <http://www.iona.edu/directions.cfm>

From Upper New York State and Upper Westchester County (I-287)

New York State Thruway to Cross Westchester Expressway (Interstate 287) East. Take East Exit 9 South to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.

From New England and Upper Westchester County (I-95)

Interstate 95 (Connecticut Turnpike, New England Thruway) to Cross Westchester Expressway (Interstate 287). Take Exit 9 south to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.

Alternate Route: Interstate 95 South to Exit 16. Follow signs to North Avenue. Right onto North Avenue, proceed 1 mile to entrance of the College on your right.

From Midtown Manhattan F.D.R. Drive

(East River) Take the FDR to the bridge at Willis Avenue. Bridge connects to the major Deegan Expressway North. Stay left after crossing the bridge. Follow to Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

From Midtown Manhattan-West Side

Take the West Side Highway to the Henry Hudson Parkway North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to end, then right on North Avenue. At second traffic light make left onto campus.

Alternate Route F.D.R. to Bruckner Expressway to Hutchinson River Parkway. North to Exit 14, Pelhamdale Avenue, New Rochelle Road, New Rochelle. Turn right at light on New Rochelle Road, left on Eastchester Road

to North Avenue, right on North Avenue to second traffic light, then left onto campus.

From the Bronx

Interstate 87 (Major Deegan Expressway) North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

From Long Island

Whitestone Bridge. Follow signs to Hutchinson River Parkway. Proceed north to Exit 14, Pelhamdale Avenue, New Rochelle. Turn right at light on New Rochelle Road, left on Eastchester Road to North Avenue, right on North Avenue to second traffic light, then left onto campus.

This Form Must be returned with Payment
GAEL AQUATIC CLUB
NOVEMBER INVITATIONAL AGE GROUP MEET – 9 AND OVERS
November 11 & 14-15 2009

CLUB: _____ CODE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

COACH _____

PHONE _____ E-MAIL _____

CLUBCONTACT _____ PHONE _____

EMAIL _____

ENTRY FEES: Make Checks payable to IONA COLLEGE

Total Individual Events _____ x \$4.00 = _____

Total Swimmers (non-disk surcharge) _____ x \$1.00 = _____

Total Amount Due: _____

The final deadline for this meet is November 2, 2009 in hand.

Mail to:

Iona College

Attention: Nick Cavataro

715 North Avenue

New Rochelle, New York 10801

914-633-2323

ncavataro@iona.edu

If express mail is used, please sign "signature waiver".

Waiver: USA Swimming, inc., Metropolitan Swimming, Inc, Iona College, Gael Aquatic Club, their agents or representatives shall be held free and harmless from liabilities, injuries, claims or damages arising from the conduct of these events.

Signed (Club Official): _____ Title: _____

No entries accepted without this signed waiver.

GAEL AQUATIC CLUB
NOVEMBER INVITATIONAL AGE GROUP MEET – 9 AND OVERS
November 11 & 14-15 2009

Session 1 - Friday, November 11, 2009 – 4:30pm warm-up; 5:30pm start

Girls		Boys
1	09-10 200-Free	2
3	13-14 500-Free	4
5	15-18 500-Free	6
7	11-12 500-Free	8
9	09-10-200-IM	10
11	13-14 400-IM	12
13	15-18 400-IM	14

Session 2 - Saturday, November 14 – 8 AM warm-up; 9:00am start

15	13-14 200 IM	16
17	11-12 200 IM	18
19	13-14 200 Back	20
21	11-12 50 Back	22
23	13-14 100 Breast	24
25	11-12 100 Breast	26
27	13-14 200 Fly	28
29	11-12 50 Fly	30
31	13-14 100 Free	32
33	11-12 100 Free	34

Session 3 - Saturday, November 14 – 1 PM warm-up; 2:00pm start

35	15-18 200 IM	36
37	9-10 100 IM	38
39	15-18 200 Back	40
41	9-10 50 Back	42
43	15-18 100 Breast	44
45	9-10 50 Breast	46
47	15-18 100 Fly	48
49	9-10 100 Fly	50
51	15-18 100 Free	52
53	9-10 50 Free	54

Session 4 - Sunday, November 15 – 8 AM warm-up; 9am start

55	11-12 100 IM	56
57	13-14 200 Free	58
59	11-12 200 Free	60
61	13-14 100 Back	62
63	11-12 100 Back	64
65	13-14 200 Breast	66
67	11-12 50 Breast	68
69	13-14 100 Fly	70
71	11-12 100 Fly	72
73	13-14 50 Free	74
75	11-12 50 free	76

Session 5 - Sunday, November 16 – 1 PM warm-up; 2pm start

77	15-18 200 Free	78
79	9-10 100 Back	80
81	15-18 100 Back	82
83	9-10 100 Breast	84
85	15-18 200 Breast	86
87	9-10 50 Fly	88
89	15-18 200 Fly	90
91	9-10 100 Free	92
93	15-18 50 free	94

Questions: Nick Cavataro. Meet Director: (914) 633-2323