

*R*ivertown
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Rivertown Aquatics Winter Wonderland
December 5-6, 2009
091201

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #091201
- LOCATION:** Pace University, Pleasantville, NY
- FACILITY:** 25 yard pool with eight 7-foot lanes. Non-turbulent lane lines. Seating for 200 spectators. Colorado electronic timing system with an eight-line scoreboard.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** There is one session on Saturday and one on Sunday. Warm-up 2:00pm start at 3:00pm both sessions.
- FORMAT:** All events Timed Finals
Deck Seeding will be used
- 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 December 5, 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 allowed 4 events per session,
Entries will be accepted on a first come first serve basis Entries should be submitted on Hy-Tek disk or via email
U.S. Mail Entries/Payment to: Rivertown Aquatics, 11 Holland Ave. Sleepy Hollow, NY 10591
Email Entries/Confirm Entry Receipt: terribw@optonline.net
"[Click and Input if signature waiver required for Express Mailed Entries/Payment]"
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by November 16, 2009.
2: The final entry deadline for this meet is November 23, 2009
3: Metro entries received between November 16, 2009 and November 23, 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 individual even must accompany the entries.
Make check payable to: Rivertown Aquatics.
Payment must be received by December 1, 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:** First 40 min. will be general warm-up. Last 20 minutes: lanes 2 & 7 will be open for one-way sprint. Lanes 3 & 6 will be assigned as necessary. All other lanes will remain open for general warm-up.
- 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: medals 1st – 3rd place, ribbons for 4th – 8th.
- OFFICIALS:** Meet Referee: Terri Wolin, terribw@optonline.net, 914-592-1078
Officials wishing to volunteer should contact Meet Referee by **November 23, 2009**.
- MEET DIRECTOR:** Terri Wolin, terribw@optonline.net, 914-592-1078
- 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 **Pace University and Rivertown Aquatics**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** Adults \$3.00 Programs \$2.00
- MERCHANTS:** A concession stand will be available in the upper lobby. No food is allowed on the deck and swimmers must wear shirts and shoes when leaving the pool area. In addition, New Jersey Swimming will be selling clothing and equipment during the meet.
- PARKING:** There is adequate parking at the facility in front and to the side of the recreation building.
- DIRECTIONS:** Pleasantville Campus 861 Bedford Rd. Pleasantville, NY 10570 (914) 773-3200

Saw Mill River Parkway– Northbound Take exit 26, “Taconic State Parkway.” The first exit on the Taconic Parkway is for Pace University at Pleasantville – Route 117. At the end of the exit there is a traffic light. Entrances one and two to the campus are directly in front of you, straight across the intersection. If you turn right at the light and proceed east on Rte 117, entrance three is 2/10 of a mile on the left. Entrance three is the most popular entrance with access to our residence halls and administrative buildings.

Saw Mill River Parkway- Southbound Take Exit 29, “Manville Road /Pleasantville.” At the stop sign, turn left onto Manville Road. Travel 2/10 of a mile. At the stop sign, turn right onto Route 117 (Bedford Road). The campus is 3/10 of a mile on the right. You will see three entrances, marked three, then two, then one. Entrance three is the most popular entrance with access to our residence halls and administrative buildings.

Sprain Brook Parkway and the Taconic State Parkway – Northbound Take the Sprain Brook Parkway northbound. At the Hawthorne interchange, the Sprain Brook will lead directly onto the Taconic State Parkway. The first exit on the Taconic Parkway is for Pace University at “Pleasantville – Route 117.” At the end of the exit there is a traffic light. Entrance one and two to the campus are directly in front of you, straight across the intersection. If you turn right at the light and proceed east on Rte 117, entrance three is 2/10 of a mile on the left. Entrance three is the most popular entrance with access to our residence halls and administrative buildings.

Taconic State Parkway– Southbound Take the exit “Pleasantville Road/Pleasantville.” At the end of the exit, at the light, turn left and proceed under the Taconic Parkway. Continue on Pleasantville Road to the third traffic light. Turn right at this light and proceed 2/10 of a mile. At the stop sign turn right onto Route 117 (Bedford Road). The campus is 3/10 of a mile on the right. You will see three entrances, marked three, then two, then one. Entrance three is the most popular entrance with access to our residence halls and administrative buildings.

Cross Westchester Expressway – Route 287 –Westbound Take exit 3 to the Sprain Brook Parkway northbound and proceed north as above.

Tappan Zee Bridge and Cross Westchester Expressway – Route 287 –East

After paying the toll on the Tappan Zee Bridge, stay in the right lane and proceed south on Route 87 (New York State Thruway). Get off at Exit 8A, which is marked: Route 87South/Rte 119/SawMill Parkway NORTH. Remain in the right lane as the exit splits. Follow the Saw Mill River Parkway North and get off at exit 26, “Taconic State Parkway.” The first exit on the Taconic Parkway is for Pace University at

Pleasantville – Route 117. At the end of the exit there is a traffic light. Entrance one and two to the campus are directly in front of you, straight across the intersection. If you turn right at the light and proceed east on Rte 117, entrance three is 2/10 of a mile on the left. Entrance three is the most popular entrance with access to our residence halls and administrative buildings.

From Manhattan and Bronx: Major Deegan – New York State Thruway -Route 87 – Northbound
Take exit 7A “Saw Mill River Parkway North” and follow the directions above.

Route 9A – Northbound Follow Rte 9A north and exit at “Route 117/Sleepy Hollow/Pleasantville.” This will be a left lane exit. At the end of the exit, at the traffic light, turn right and proceed under the Taconic State Parkway to the first traffic light. Turn left into entrance one and two, or proceed east 2/10 of a mile to entrance three. Entrance three is the most popular entrance with access to our residence halls and administrative buildings.

Route 9A – Southbound Follow Route 9 into Croton on Hudson and take the exit for Route 9A “Briarcliff Manor.” Exit at Route 117/Sleepy Hollow/Pleasantville. This will be a left lane exit. At the top of the exit, at the light, turn left and proceed under the Taconic State Parkway to the first traffic light. Turn left for entrance one and two, or proceed 2/10 of a mile east and turn left into entrance three. Entrance three is the most popular entrance with access to our residence halls and administrative buildings.

Saturday Dec 5, 2pm Warm-up

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

Sunday Dec 6, 2pm Warm-up

| Girls | Event | Boys |
|-------|------------------|------|
| 25 | 11-12 200 IM | 26 |
| 27 | 13-14 200 IM | 28 |
| 29 | 11-12 100 Breast | 30 |
| 31 | 13-14 200 Breast | 32 |
| 33 | 11-12 100 Free | 34 |
| 35 | 13-14 100 Free | 36 |
| 37 | 11-12 200 Back | 38 |
| 39 | 13-14 100 Back | 40 |
| 41 | 11-12 100 Fly | 42 |
| 43 | 13-14 200 Fly | 44 |
| 45 | 11-12 500 Free | 46 |
| 47 | 13-14 500 Free | 48 |

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

| Girls | Event | Boys |
|-------|------------------|------|
| 25 | 11-12 200 IM | 26 |
| 27 | 13-14 200 IM | 28 |
| 29 | 11-12 100 Breast | 30 |
| 31 | 13-14 200 Breast | 32 |
| 33 | 11-12 100 Free | 34 |
| 35 | 13-14 100 Free | 36 |
| 37 | 11-12 200 Back | 38 |
| 39 | 13-14 100 Back | 40 |
| 41 | 11-12 100 Fly | 42 |
| 43 | 13-14 200 Fly | 44 |
| 45 | 11-12 500 Free | 46 |
| 47 | 13-14 500 Free | 48 |