



**Suffern Sea Lions  
Autumn Sunrise #2  
October 10th and 11<sup>th</sup> 2009**

**Sanction #091003**

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## October 10th and 11<sup>th</sup> 2009

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #091003
- LOCATION:** Suffern High School Pool, Viola Rd. Suffern, NY 10901
- FACILITY:** The pool is a 6 lane, 25 yards, with non-turbulent lane dividers Colorado Timing system with a 6 lane scoreboard. There is on deck seating for spectators (space is limited).  
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Our meet will have 4 sessions AM – warm-ups are 7:30am and start at 8:30am. PM – warm-ups are 1pm and start at 2pm.
- FORMAT:** All events will be 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 10, 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 be entered in 3 individual events per day and 1 relay per day.  
  
All entries must be submitted in a Hy-Tek file to [bschwartz@ramapocentral.org](mailto:bschwartz@ramapocentral.org). A club that does not send entries in a HY-TEK format will be assessed a \$1.00 fee per swimmer. Entries will be entered on a first come first served basis. Please include the following with all entries: coach's name, email address and phone number. Suffern Sea Lions reserves the right to enter their swimmers regardless of times. No Deck entries will be allowed. No times (NT's) Entries will be returned!!
- U.S. Mail Entries/Payment to: Suffern Sea Lions  
Attention Kirk Skoglund  
28 Terrace Ave  
Suffern, NY 10901
- Email Entries/Confirm Entry Receipt: [bschwartz@ramapocentral.org](mailto:bschwartz@ramapocentral.org)
- Please sign the "signature waiver" on envelope for entries sent by Express Mail.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **Wednesday September 30, 2009**.  
2: The final entry deadline for this meet is **Friday, October 2, 2009**  
3: Metro entries received between **September 30 and October 2, 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 event, **\$8.00** per relay must accompany the entries.  
Make check payable to: SUFFERN SEA LIONS  
Payment must be received by **October 3rd** 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:** Warm-up lanes will be organized by age-group and team.  
Lane assignments will be available when scratch sheets are picked up. First 40 minutes will be general warm-up. Last 20 minutes: lanes 2-5 will be open for one-way sprints; lanes 1 & 6 will remain open for general warm-up. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.
- 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 for 1<sup>st</sup>-3<sup>rd</sup> place. Ribbons 4th-6<sup>th</sup> place.
- OFFICIALS:** Meet Referee: Tina Ficcarelli- [mommiefic@yahoo.com](mailto:mommiefic@yahoo.com)  
  
Officials wishing to volunteer should contact Meet Referee by **October 1, 2009**.
- MEET DIRECTOR:** Brian Schwartz - [bschwartz@ramapocentral.org](mailto:bschwartz@ramapocentral.org) (845) 304-9119  
Questions: Kirk Skoglund – Head Coach – (914) 772-5962
- 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; Suffern Sea Lions; and Ramapo Central School District their agents or representatives, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** \$5.00 admission. \$2.00 for a program unless it is downloaded from the SSL website (<http://www.suffernsealions.org>) in which case it will be free.
- MERCHANTS:** Food and glass bottles are not permitted on the pool deck. There is a concession stand.
- PARKING:** Parking is available closest to the baseball fields
- DIRECTIONS:** **FROM THE NORTH:**  
Take the NYS Thruway South to Exit 14B, Airmont Road. At the light, make a left onto Airmont Road. Proceed to the third traffic light and make a left onto Montebello Road. Make the first right onto Mile Road. Follow Mile Road all the way to the end. Make a right onto Viola Road. At the blinking light make a right into the Suffern High School Entrance. Proceed to the Stop Sign. Make a left and proceed to the parking lot.
- FROM THE SOUTH (Tappan Zee Bridge):**  
Take the NYS Thruway North to Exit 14B, Airmont Road. At the light, make a right onto Airmont Road. Proceed to the second traffic light and make a left onto Montebello Road. Make the first right onto Mile Road. Follow Mile Road all the way to the end. Make a right onto Viola Road. At the blinking light make a right into the Suffern High School Entrance. Proceed to the Stop Sign. Make a left and proceed to the parking lot.

Saturday AM Session October 10, 2009  
Warm-up 7:30am/ Meet Start 8:30am

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	10 & Under 100 Individual Medley	2
3	13-14 100 Freestyle	4
5	10 & Under 50 Backstroke	6
7	13-14 200 Backstroke	8
9	10 & Under 50 Freestyle	10
11	13-14 100 Butterfly	12
13	10 & Under 100 Breaststroke	14
15	13-14 100 Breaststroke	16
17	10 & u 200 medley relay	18
19	13-14 200 medley relay	20

Saturday PM Session October 10, 2009  
Warm-up 1pm/ Meet Start 2pm

21	Open 100 Freestyle	22
23	11-12 100 Individual Medley	24
25	Open 100 Butterfly	26
27	11-12 50 Backstroke	28
29	Open 200 Backstroke	30
31	11-12 50 Freestyle	32
33	Open 100 Breaststroke	34
35	11-12 100 Breaststroke	36
37.	Open 200 medley rel.	38
39.	11-12 200 medley rel.	40

Sunday AM Session October 11, 2009  
Warm-up 7:30am/ Meet Start 8:30am

41	13-14 200 Individual Medley	42
43	10 & Under 50 Breaststroke	44
45	13-14 100 Backstroke	46
47	10 & Under 100 Backstroke	48
49	13-14 50 Freestyle	50
51	10 & Under 50 Butterfly	52
53	13-14 200 Breaststroke	54
55	10 & Under 100 Freestyle	56
57	13-14 200 Free relay	58
59	10 & under 200 Free relay	60

Sunday p.m. Session October 11, 2009  
Warm-up 1pm/ Meet Start 2pm

61	Open 200 Individual Medley	62
63	11-12 100 Freestyle	64
65	Open 100 Backstroke	66
67	11-12 50 Breaststroke	68
69	Open 50 Freestyle	70
71	11-12 100 Backstroke	72
73	Open 200 Breaststroke	74
75	11-12 50 Butterfly	76
77	Open 200 Free rel.	78
79	11-12 200 Free rel.	80