



Middies

“ThanksSwimming”

Meet

Friday, November 27th – Sunday, November 29th 2009

Sanction # 091110

**eliminating racism
empowering women
ywca**

MIDDIES “ThanksSwimming” Meet

Friday, November 27th – Sunday, November 29th 2009

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 091110
- LOCATION:** White Plains YWCA, 515 North Street, White Plains, NY 10605
- FACILITY:** 25 yard pool with 6, 7 foot lanes. Non-turbulent lane lines. Colorado electronic timing system with six line score board.
The pool Has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1: Friday, November, 27th 11:30 AM warm-up 12:30 AM start (13-14 & Open) Timed Finals**
Session 2: Friday, November 27th 4:00 PM warm-up 5:00 PM start (10/Under & 11-12) Timed Finals
Session 3: Saturday, November 28th 7:30 AM 8:30 AM start (13-14 & Open) Trials
Session 4: Saturday, November 28th 11:30 AM warm-up 12:30 PM start (10/Under & 11-12) Trials
Session 5: Saturday, November 28th 5:00 PM warm-up 6:00 PM start (All ages top 12) Finals
Session 6: Sunday, November 29th 8:00 AM warm-up 9:00 AM start (Open distance) Timed Finals
Session 7: Sunday, November 29th 11:30 AM warm-up 12:30 PM start (10/U & 11-12) Timed Finals
- FORMAT:** Friday and Sunday events will be timed finals and all Saturday events will have top 12 swim at finals in session 5
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 **November 27, 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 and 1 relay per session.**
The meet will be run on computer using Hy-Tek's Meet Manager.
Emailed Hy-Tek entry is preferred. If sent by mail, entries should be sent on disk and accompanied by a Master Sheet.
An email confirming receipt of entries along with a meet manager report will be returned to coach. If this report is not received within 2 days, contact coach Dorsey at the email below.
- U.S. Mail Entries/Payment to: **YWCA Middies**
515 North Street
White Plains, NY 10605
- Email Entries/Confirm Entry Receipt: middies@ywcawhiteplains.com
- 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 **Monday, November 9, 2009.**
2: The final entry deadline for this meet is **November 16, 2009**
3: Metro entries received between **November 9, 2009** and **November 16, 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 and \$8.00 per relay event must accompany the entries.
Make check payable to: **YWCA Middies.**

Payment must be received by **November 16** 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 and lane assignment will be given at meet if necessary. During the last 20 minutes, 2 or more lanes will be open for one-way sprint while the remaining lanes will stay 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:** Medals will be awarded for 103 and ribbons for 4-6 place for all 12 & under events.
- OFFICIALS:** **Meet Referee:** [\[Click and Input Name, Email and Phone number\]](#)
Officials wishing to volunteer should contact Meet Referee by [\[Click and Input Date\]](#).
- MEET DIRECTOR:** Inga Denunzio – middies@ywcawhiteplains.com (914) 949-6227 ext.151
Questions: Bryan Dorsey – Head Coach (914) 338-3247
- 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 **the YWCA of White Plains**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** **Adults: \$5.00 – Programs: \$2.00 per session**
- MERCHANTS:** Gulbenkian Swim Shop will be in attendance at the Meet.
Hazel's Cafe will be open for food and beverages in the upstairs lounge.
Food and glass bottles will not be allowed on the pool deck or in the locker rooms.
- PARKING:** Parking is available in the back lot of the YWCA. No cars to be parked in the front lot.
- DIRECTIONS:** **The YWCA is located at 515 North Street in White Plains opposite White Plains High School. Bryant Avenue is the nearest intersection.**
From Hutchinson River Parkway, North and South:
Take Exit 25 (Route 127, North St.) west toward White Plains. YWCA is on the left, 11/5 miles.
From Cross Westchester Express (I-287):
Heading East (from Tappan Zee Bridge) take Exit 9A. Bear right and continue to the third intersection, Bryant Avenue. Turn right and continue to North Street. Turn left and drive one block. YWCA is on the right.
Heading West (from Port Chester or Connecticut): take Exit 9S. After light bear right onto Hutchinson River Parkway South. Take Exit 25W (Route 127, North Street). YWCA is on left, 11/2 miles.
From I-684:
Follow to end which merges with Hutchinson River Parkway. Take Exit 25W as above.
By bus:
Bee Line Bus #5 (from bus terminal at Metro-North White Plains or Harrison Station). For a bus schedule call (914) 949-2020.

MIDDIES “THANKSSWIMMING” MEET
NOVEMBER 27-29, 2009

Session I **FRIDAY, November 27th** **11:30 AM** warm up **12:30** start

TIMED FINALS

GIRLS	AGE	EVENT	BOYS
1	OPEN	200 MEDLEY RELAY	2
3	13-14	200 FREESTYLE	4
5	OPEN	200 FREESTYLE	6
7	13-14	100 BREASTSTROKE	8
9	OPEN	100 BREASTSTROKE	10
11	13-14	200 BUTTERFLY	12
13	OPEN	200 BUTTERFLY	14
15	13-14	100 BACKSTROKE	16
17	OPEN	100 BACKSTROKE	18
19	13-14	50 FREESTYLE	20
21	OPEN	50 FREESTYLE	22

Session II **FRIDAY, November 27th** **4:00 PM** warm up **5:00** start

TIMED FINALS

GIRLS	AGE	EVENT	BOYS
23	10 & UNDER	200 MEDLEY RELAY	24
25	11-12	200 MEDLEY RELAY	26
27	10 & UNDER	100 FREESTYLE	28
29	11-12	100 FREESTYLE	30
31	10 & UNDER	50 BREASTSTROKE	32
33	11-12	50 BREASTSTROKE	34
35	10 & UNDER	100 BUTTERFLY	36
37	11-12	100 BUTTERFLY	38
39	10 & UNDER	50 BACKSTROKE	40
41	11-12	50 BACKSTROKE	42
43	10 & UNDER	200 FREESTYLE	44
45	11-12	200 FREESTYLE	46

Session III **SATURDAY, November 28th** **7:30 AM** warm up **8:30** start

PRELIMS – Top 12 Swim at Finals (5:30 PM warm up)

GIRLS	AGE	EVENT	BOYS
47	13-14	200 BREASTSTROKE	48
49	OPEN	200 BREASTSTROKE	50
51	13-14	100 FREESTYLE	52
53	OPEN	100 FREESTYLE	54
55	13-14	100 BUTTERFLY	56
57	OPEN	100 BUTTERFLY	58
59	13-14	200 BACKSTROKE	60
61	OPEN	200 BACKSTROKE	62

Session IV

SATURDAY, November 28th 11:30 AM warm up **12:30** start
PRELIMS – Top 12 Swim at Finals (5:30 PM warm up)

GIRLS	AGE	EVENT	BOYS
63	11-12	100 BREASTSTROKE	64
65	10 & UNDER	100 BREASTSTROKE	66
67	11-12	50 FREESTYLE	68
69	10 & UNDER	50 FREESTYLE	70
71	11-12	50 BUTTERFLY	72
73	10 & UNDER	50 BUTTERFLY	74
75	11-12	100 BACKSTROKE	76
77	10 & UNDER	100 BACKSTROKE	78

Session V

SATURDAY, November 28th 5:00 PM warm up **6:00** start
ORDER FOR FINALS

GIRLS	AGE	EVENT	BOYS
65	10 & UNDER	100 BREASTSTROKE	66
63	11-12	100 BREASTSTROKE	64
47	13-14	200 BREASTSTROKE	48
49	OPEN	200 BREASTSTROKE	50
69	10 & UNDER	50 FREESTYLE	70
67	11-12	50 FREESTYLE	68
51	13-14	100 FREESTYLE	52
53	OPEN	100 FREESTYLE	54
73	10 & UNDER	50 BUTTERFLY	74
71	11-12	50 BUTTERFLY	72
55	13-14	100 BUTTERFLY	56
57	OPEN	100 BUTTERFLY	58
77	10 & UNDER	100 BACKSTROKE	79
75	11-12	100 BACKSTROKE	76
59	13-14	100 BACKSTROKE	60
61	OPEN	100 BACKSTROKE	62

Session VI

Sunday, November 29th 8:00 AM warm up **9:00** start
TIMED FINALS

GIRLS	AGE	EVENT	BOYS
79	OPEN	400 IM	80
81	OPEN	500 FREE	82

Session VII

Sunday, November 29th 11:30 AM warm up **12:30** start
TIMED FINALS

GIRLS	AGE	EVENT	BOYS
83	11-12	200 IM	84
85	10 & UNDER	200 IM	86
87	12 & UNDER	500 FREESTYLE	88