



Condors NCAA Format Invitational

January 29 – 31st, 2010

**Sanction #100107
Time Trial #1100152-T**

Invited Teams: Asphalt Green, Badger Swim Club, BGNW Marlins, Condors, Empire, Flushing YMCA, Haverhill SOLO, LaGuardia Aquatics, Long Island Aquatic Club, Long Island Express, Marist Swim Club, New York City Aquatic Club, New York Sharks Aquatics, Team Suffolk, Three Village Swim Club, Wagner Aquatics Club, Seacoast Swimming Association, Cheshire C-Dogs, NJ Wave, Bernal's Gators, Berkley Aquatic Club, Magnus, Scarlet Aquatic Club, Schenectady Sharks, STAR, NJ Wahoos, Wycoff YMCA, Germantown Academy Aquatic Club, Hershey Aquatic Club

Any other teams who would like to be invited, please contact Office@CondorsSwimming.com

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SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction # 100107, Time Trial #1100152-T**

LOCATION: Felix Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994

FACILITY: 50 meter pool with 7-foot lanes and non-turbulent lane lines. Shallow end of pool will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators.
The pool has not been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session 1: Friday Timed Finals - Warm-Up 4:30 PM, Start 6:00 PM
Session 2: Saturday Prelims – Warm-Up 7:30 AM, Start 9:00 AM
Session 3: Saturday Finals – Warm-Up 3:30 PM, Start 5:00 PM
Session 4: Sunday Prelims – Warm-Up 7:30 AM, Start 9:00 AM
Session 5: Sunday Finals – Warm-Up 2:30 PM, Start 4:00 PM

FORMAT: Friday session will be a timed finals session. Saturday and Sunday will be Prelims / Finals. There will be 2 heats of finals. All relays will be held with Finals. Time Trials may be offered at the discretion of the meet director.
This will be a deck seeded event.

ELIGIBILITY: Open to all Invited 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 January 29, 2010 will determine age for the entire meet.

DISABILITY SWIMMER: 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 enter each event qualified for, but are limited to compete in 3 individual events and 2 relay events per day.

Invited teams will be given priority in acceptance of entries. Entries may be cut by time, and teams will be informed of any cuts at least 2 weeks prior to the meet. The 1650 will be limited to the fastest 2 heats of each gender and the 400 IM's will be limited to the fastest 5 heats of each gender. The host team reserves the right to keep its swimmers entered in the meet.

Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.

U.S. Mail Entries/Payment to:

**Condors Swim Club
115 North Main Street
New City, NY 10956**

Email Entries/Confirm Entry Receipt: **MeetEntries@CondorsSwimming.com**
Sign Express Mail Waiver allowing delivery without signature.

DEADLINE: **Entries must be received by : January 15, 2010**

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 for Timed Finals, \$4.00 per individual event for Prelims/Finals, and \$8.00 per relay event must accompany the entries.
Make check payable to: Condors Swimming
- Payment must be received by January 15, 2010 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 open. The first 50 minutes will be general warm-up. The last 40 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.
- SCRATCH:** 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 to 1st – 3rd place in each event and ribbons for 4th – 8th place. The first 3 place in relays will be awarded. Team and Individual High Point Awards will be given.
- OFFICIALS:** **Meet Referee:** Mike Natale
Officials wishing to volunteer should contact Meet Referee by email mfnc45@optonline.net
- MEET DIRECTOR:** Tom Keaveney, contact information phone: 914-557-8922,
email Trooper4560@optonline.net
- 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 **Clarkstown Central School District, Condors Swim Club**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION** \$5.00 Adults/session
\$3.00 Program/session
- MERCHAN:** Metro Swim Shop will be available with swimming merchandise throughout the meet.
- PARKING:** There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing.
- HOTEL:** A group rate has been reserved at the Comfort Inn & Suites for \$99.00 per night plus tax. The group block is reserved under "Condors Swim Club" and the deadline for the special rate is Dec. 29, 2009. The hotel is 2.9 miles away from the pool and is roughly a 6 minute drive. The address of the hotel is:

**Comfort Inn & Suites
425 E Route 59
Nanuet, NY 10954
(845) 623-6000**

DIRECTION: From North of Rockland County: Take Palisades Interstate Parkway South to Exit 10. Make a left off the exit. Make a left at the first traffic light onto Middletown Road. Take a right at next traffic light onto Germonds Road...

From the George Washington Bridge: Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

From the Tappan Zee Bridge: Take the NYS Thruway (I-87 North) to Exit 13N (Palisades Interstate Parkway – North). Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

...follow Germonds Road through the intersection of Germonds Road and Route 304 (you will pass Albertus Magnus High School on your right). Make a left onto Parrott Road. The entrance for the pool is down the walkway at the end of the tennis courts.



Friday Evening – Session 1
Warm-up 4:30pm/ Start 6:00pm

Girls		Friday Evening - Session 1	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
19:21.69	1	1650 yard Freestyle Timed Final	2	18:27.59
5:04.59	3	400 yard IND Medley Timed Final	4	4:47.99
NCT	5	200 yard Freestyle Relay Timed Final	6	NCT

Saturday Morning – Session Two
Warm-up 7:30am/ Start 9:00am

Girls		Saturday Morning - Session 2	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
2:24.19	9	200 yard Individual Medley	10	2:14.39
5:38.29	11	500 yard Freestyle	12	5:21.29
1:14.39	13	100 yard Breaststroke	14	1:09.09
2:21.19	15	200 yard Backstroke	16	2:12.49
59.59	17	100 yard Freestyle	18	55.09
2:22.39	19	200 yard Butterfly	20	2:14.39

Saturday Evening – Session Three
Warm-up 3:30pm/ Start 5:00pm

Girls		Saturday Evening - Session 3	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
NCT	7	400 yard Medley Relay Timed Final	8	NCT
2:24.19	9	200 Individual Medley Final	10	2:14.39
5:38.29	11	500 yard Freestyle Final	12	5:21.29
1:14.39	13	100 yard Breaststroke Final	14	1:09.09
2:21.19	15	200 yard Backstroke Final	16	2:12.49
59.59	17	100 yard Freestyle Final	18	55.09
2:22.39	19	200 yard Butterfly Final	20	2:14.39
NCT	21	800 Free Relay Timed Final	22	NCT

Sunday Morning – Session Four
Warm-up 7:30am/ Start 9:00am

Girls		Sunday Morning - Session 4	Boys	
Cut Time	Event No.		Event No.	Cut Time
2:08.19	25	200 yard Freestyle	26	1:59.99
1:04.99	27	100 yard Butterfly	28	1:00.29
1:05.59	29	100 yard Backstroke	30	1:01.49
2:39.79	31	200 yard Breaststroke	32	2:29.79
27.49	33	50 yard Freestyle	34	25.19

Sunday Evening – Session Five
Warm-up 2:30pm/ Start 4:00pm

Girls		Sunday Evening - Session 5	Boys	
Cut Time	Event No.		Event No.	Cut Time
NCT	23	200 yard Medley Relay Timed Final	24	NCT
2:08.19	25	200 yard Freestyle Final	26	1:59.99
1:04.99	27	100 yard Butterfly Final	28	1:00.29
1:05.59	29	100 yard Backstroke Final	30	1:01.49
2:39.79	31	200 yard Breaststroke Final	32	2:29.79
27.49	33	50 yard Freestyle Final	34	25.19
NCT	35	400 yard Freestyle Relay Timed Final	36	NCT