



Middies
“LADIES Night Out”
Meet

Friday, January 8th 2010

Sanction # 100110

**eliminating racism
empowering women
ywca**

MIDDIES “Ladies Night Out” Meet

Friday, January 8th 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 100110
- 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, January 8th – 4:30 PM warm-up 5:30 PM start (Girls only, 9 & over)**
- 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 **January 8, 2010** 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 will only be allowed to compete in 3 out of the 5 individual events and 1 out of the 2 relay events offered.**
Relay events will only count towards team scores and not the individual placings.
Swimmers are not allowed to swim up in either individual or relay events.
- 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, December 21, 2010.**
2: The final entry deadline for this meet is **December 28, 2010.**
3: Metro entries received between **December 21, 2010** and **December 28, 2010** 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 **December 21** 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:** This meet will be a scored team event with the top 2 teams receiving trophies (1st place and runner up). Also, there will be high point plaques awarded to the top individual scorers in each of the four age groups.
- Medals will also be awarded for 1st - 3rd and ribbons for 4th - 6th for all individual 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.

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Session I

Friday, January 8^h

4:30 PM warm up
Girls Events Only

5:30 start

EVENT #	AGE GROUP	EVENT
1	9-10 Girls	200 MEDLEY RELAY
2	11-12 Girls	200 MEDLEY RELAY
3	13-14 Girls	200 MEDLEY RELAY
4	15-18 Girls	200 MEDLEY RELAY
5	9-10 Girls	100 FREESTYLE
6	11-12 Girls	100 FREESTYLE
7	13-14 Girls	200 FREESTYLE
8	15-18 Girls	200 FREESTYLE
9	9-10 Girls	50 BUTTERFLY
10	11-12 Girls	50 BUTTERFLY
11	13-14 Girls	100 BUTTERFLY
12	15-18 Girls	100 BUTTERFLY
13	9-10 Girls	100 BACKSTROKE
14	11-12 Girls	100 BACKSTROKE
15	13-14 Girls	200 BACKSTROKE
16	15-18 Girls	200 BACKSTROKE
17	9-10 Girls	50 BREASTSTROKE
18	11-12 Girls	50 BREASTSTROKE
19	13-14 Girls	100 BREASTSTROKE
20	15-18 Girls	100 BREASTSTROKE
21	9-10 Girls	100 INDIVIDUAL MEDLEY
22	11-12 Girls	100 INDIVIDUAL MEDLEY
23	13-14 Girls	200 INDIVIDUAL MEDLEY
24	15-18 Girls	200 INDIVIDUAL MEDLEY
25	9-10 Girls	200 FREESTYLE RELAY
26	11-12 Girls	200 FREESTYLE RELAY
27	13-14 Girls	200 FREESTYLE RELAY
28	15-18 Girls	200 FREESTYLE RELAY