



Middies
Martin Luther King JR
Day
“Going the Distance”
Meet

Monday, January 18th 2010

Sanction # 100112

eliminating racism
empowering women
ywca

MIDDIES MLK “Going The Distance” Meet

Monday, January 18th 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 100112
- 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: Monday, January 18th 9:00 AM warm-up 10:00 AM start (12 & under)**
Session 2: Monday, January 18th 1:30 PM warm-up 2:30 PM start (13-14 & open)
- 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 18, 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:** **12 & under swimmers may compete in 3 events during the morning session and 13 & over swimmers may compete in 2 events in the afternoon 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, January 4, 2010.**
2: The final entry deadline for this meet is **January 11, 2010.**
3: Metro entries received between **January 4, 2010** and **January 11, 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 even must accompany the entries.
Make check payable to: **YWCA Middies.**
Payment must be received by **January 4** 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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Monday, January 18th 2010

Session I

Monday, January 18^h

9:00 AM warm up

10:00 start

GIRLS	AGE GROUP	EVENT	BOYS
1	11-12	500 FREESTYLE	2
3	10 & Under	500 FREESTYLE	4
5	11-12	200 BUTTERFLY	6
7	10 & Under	200 INDIVIDUAL MEDLEY	8
9	11-12	200 BACKSTROKE	10
11	10 & Under	200 FREESTYLE	12
13	11-12	200 BREASTSTROKE	14

12 & unders may compete in 3 events

Session I

Monday, January 18^h

1:30 PM warm up

2:30 start

GIRLS	AGE GROUP	EVENT	BOYS
15	13-14	400 INDIVIDUAL MEDLEY	16
17	OPEN	400 INDIVIDUAL MEDLEY	18
19	13-14	1000 FREESTYLE	20
21	OPEN	1650 FREESTYLE	22

13 & overs may compete in 2 events