



Proudly Present the

Early Bird Meet

November 20, 21, & 22, 2015

SANCTION # 151111

Dear Coaches and Team Representatives:

Enclosed please find the Meet Information for the Early Bird Swim Meet being held November 20, 21, & 22, 2015 at Washingtonville High School in Washingtonville, NY.

Please visit the Metro Swimming [Website](#), AquaGems Swimming [Website](#) or Washingtonville Seahawks [Website](#) for additional information.

Team entries should be sent via email using Hy-Tek to Meet Director: Roger Ridenour at wsscentriesr@yahoo.com

We look forward to many of you joining in the competition at a great pool.

Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.

The USA Swimming Code of Conduct is in effect for the duration of the meet. If you have any questions please do not hesitate to give me call.

This is a fun event for us and we hope that you will come and join us. We look forward to seeing you there.

Sincerely,
Roger Ridenour, Meet Director, (wsscentriesr@yahoo.com)
Ron Sommer. Meet Referee (sommer@2sommer.com)

AGUA GEMS and WASHINGTONVILLE SEAHAWKS
Early Bird Swim Meet
November 21, 22, & 23, 2014

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # **151111**
- LOCATION:** Washingtonville High School, Washingtonville, NY 10992
- FACILITY:** 25 yard pool with six 7-foot lanes; Non-turbulent lane lines;
Ample seating for 400 is available. Colorado electronic timing system and
Colorado scoreboard.
- The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session: 1 Friday Evening: Warm-up: 5:30 pm - Start: 6:15 pm
Session: 2 Saturday Morning: Warm-up: 9:30 am – Start: 10:30 am
Session: 3 Saturday Afternoon: Warm-up: 2:30 pm - Start: 3:30 pm
Session: 4 Sunday Morning: Warm-up: 7:30 am – Start: 8:30 am
Session: 5 Sunday Mid-day Distance: Warm-up: 12:30 pm - Start: 1:00 pm
Session: 6 Sunday Afternoon: Warm-up: 2:30 pm – Start: 3:30 pm
- FORMAT:**
- Events are Timed Finals and will be Deck Seeded. Scratch sheets must be turned into the computer table 30 minutes prior to the start of each session.
 - All Relays must have correct swimmers and relay order turned into computer desk prior to each relay event.
 - The overhead start procedure may be used at the discretion of the meet referee.
- 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.
 - No deck registrations will be accepted.
 - Age on November 20, 2015 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 responsible for notifying the meet referee of any disability prior to the competition.

- Swimmers are limited to 5 Individual Events and 1 Relay per session per day.
 - No Time (NT) Seed Times will **NOT** be accepted.
 - Entries will be accepted on a first come basis till the 4 hour per session is filled.
 - Send E-Mail entries to Roger Ridenour at (wsscentriesrr@gmail.com)
 - E-Mail Entries must include Team Information, Contact Person, Contact Information and a Hy-Tek or Team Unify Entry File. An E-mail reply from the meet director will be your receipt that a team's entries were received.
- ENTRIES:**
- Entry Fees and Waiver must be sent to Washingtonville Seahawks, PO Box 155, Washingtonville, NY 10992.
 - Make checks payable to: **Washingtonville Seahawks**
 - The swim meet data file will be run through SWIMS data base to confirm that all swimmers are registered and in good USA Swimming standing prior to the meet. All swimmers must be cleared through Metro Swimming prior to competition so that no fines from Metro Swimming will be assessed.
 - Deck entries will be accepted if there is time. The deck entry club will assume all liabilities/fines if that swimmer is not in good standing with Metro Swimming/USA Swimming.
 - There will be \$2.00 surcharge per Swimmer for entries not on disk.

- Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **November 3, 2015 by 5:00 pm.**
 - The final entry deadline for this meet is **November 14, 2015.**
- DEADLINE:**
- Metro entries received between November 3, 2015 and November 14, 2015 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 will be provided to the club's email contact.
 - Please contact Meet Director (wsscentriesrr@gmail.com) If you do not receive such a report within 2 days of your original email.

- An entry fee of \$4.00 per individual event and \$8.00 per relay event must accompany the entries.
- ENTRY FEE:**
- Make check payable to: **Washingtonville Seahawks.**
 - Payment must be received by November 17, 2015.
 - 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.
 - There will be **NO** time trials at this meet.

WARM-UPS:

- Warm-up will be determined by the number of swimmers in each session.
- Warm-ups could be a General Warm-up with the first 40 minutes being a general warm-up and the last 20 minutes having lanes 2 & 5 open for one-way sprint. All other lanes will remain open for general warm-up.
- Warm-up could be divided into two sessions with teams being assigned to lanes with each lane deciding a general warm-up and sprints.
- Warm-up assignments will be e-mailed to each team and will be posted on either end of the pool.

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:

Individual events: medals: 1st-3rd; ribbons: 4th-6th.

OFFICIALS:

- **Meet Referee: Ron Sommer** E-mail: sommer@2sommer.com (Cell: 908-307-4996)
- Officials wishing to volunteer should contact Meet Referee by November 9, 2014

ADMINISTRATIVE OFFICIAL(S):

- **Administrative Official: Roger Ridenour,** (wsscentriesrr@yahoo.com), JoAnn Cantania

MEET DIRECTOR:

- **Meet Director: Roger Ridenour,** (wsscentriesrr@yahoo.com)
Phone: 845-325-5152 (C)

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.

- 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.
- SAFETY:**
- Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water.
 - When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this requirement.

WATER DEPTH: Water depth at 1 meter is 3 feet 6 inches and at 5 meters is 4 feet 0 inches (turn end) and at 1 meter is 9 feet 6 inches and at 5 meter is 9 feet and 6 inches (start end).

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Washingtonville High School and Aqua Gems Swimming, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

RECORDING & ELECTRONIC DEVICES Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks. – USA Swimming Rules 202.3 and 202.4

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms, or other designated areas is not appropriate and is prohibited.

ADMISSION: Adults \$5.00 per session. Program \$5.00 per day

VENDORS:

- A complete snack bar will be available including hot breakfast and lunch items. For the afternoon sessions, we will offer hot items such as pizza, hot dogs etc. Food will be available in designated area only.
- Food or glass bottles will not be allowed in the facility. Our Swimming Merchant will be: Metro Swim Shop

TIMERS Individual teams are responsible for providing timers and counter person for the 1650 yd Freestyle event.

PARKING: Park in appropriate marked spots. Illegally parked cars will be towed at the owner's expense.

DIRECTIONS: Washingtonville High School, 54 West Main Street, Washingtonville, New York. 10992

WSSC & AG Early Bird Meet at Washingtonville High School
Entries due by November 13, 2015
Sanction # 151111

Please fill in cut, paste and email with your entries

CLUB: _____ CLUB CODE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

PHONE: _____ E-MAIL ADDRESS: _____

CLUB CONTACT: _____

PHONE: _____ E-MAIL ADDRESS: _____

Entrv Fees: Make check payable to: Washingtonville Seahawks

Total Individual Events x \$4.00 = \$ _____

Total Relay Events x \$8.00 = \$ _____

Total Swimmers (non-disk surcharge) _x \$2.00 = \$ _____

TOTAL DUE = \$ _____

E-Mail Entries to: **Roger Ridenour** E-mail entries to (wsscentriesrr@yahoo.com)
(Hy-tek Event Filed list will be available on the Metro Web-site under Meet File
(http://www.metroswimming.org/Calendar/Cal_2015_2016.html))

Waiver:

USA Swimming, Inc., Metropolitan Swimming, Inc., Aqua Gems Swimming, Washingtonville Seahawks Swimming, Washingtonville High School, County of Orange or representatives shall be held free and harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (Club Official) _____

No entries will be processed without this signed waiver

MEET SCHEDULE

Friday Night Distance Events: Warm-up 5:30 pm Meet Starts at 6:15 pm			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#1	10 & Under *	200 Freestyle	#2
#3	11-12	500 Freestyle	#4
#5	13 & Over **	500 Freestyle	#6
#7	10 & Under *	200 IM	#8
#9	11-12	200 IM	#10
#11	13 & Over **	400 IM	#12

* = Event will be scored and awards given to 8&U and 9-10's

** = Event will be scored and awards given to 13-14's and 15 & Over's

Saturday Morning 12 and Unders: Warm-up 9:30 am Meet Starts at 10:30 am			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#13	11-12	200 Freestyle	#14
#15	10 & Under *	100 Freestyle	#16
#17	11-12	100 Breaststroke	#18
#19	10 & Under *	50 Breaststroke	#20
#21	11-12	100 Butterfly	#22
#23	10 & Under *	50 Butterfly	#24
#25	11-12	50 Backstroke	#26
#27	10 & Under *	100 Backstroke	#28
#29	11-12	50 Freestyle	#30
#31	10 & Under *	100 Ind. Medley	#32
#33	11-12	200 Medley Relay	#34
#35	10 & Under	200 Medley Relay	#36

* = Event will be scored and awards given to 8&U and 9-10's

Saturday Afternoon 13 and Overs: Warm-up 2:30 pm Meet Starts at 3:30 pm			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#37	13-14	200 Freestyle	#38
#39	15 & Over	200 Freestyle	#40
#41	13-14	100 Breaststroke	#42
#43	15 & Over	100 Breaststroke	#44
#45	13-14	100 Butterfly	#46
#47	15 & Over	100 Butterfly	#48
#49	13-14	200 Backstroke	#50
#51	15 & Over	200 Backstroke	#52
#53	13-14	50 Freestyle	#54
#55	15 & Over	50 Freestyle	#56
#57	13-14	400 Free Relay	#58
#59	15 & Over	400 Free Relay	#60

Sunday Morning 12 and Unders: Warm-up 7:30 am Meet Starts at 8:30 am			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#61	11-12	100 Freestyle	#62
#63	10 & Under *	50 Freestyle	#64
#65	11-12	50 Breaststroke	#66
#67	10 & Under *	100 Breaststroke	#68
#69	11-12	50 Butterfly	#70
#71	10 & Under *	100 Butterfly	#72
#73	11-12	100 Backstroke	#74
#75	10 & Under *	50 Backstroke	#76
#77	11-12	100 Ind. Medley	#78
#79	10 & Under	200 Free Relay	#80
#81	11-12	200 Free Relay	#82

*** = Event will be scored and awards given to 8&U and 9-10's**

Sunday Mid-day 1650 Freestyle: Warm-up 12:30 pm Meet Starts at 1:00 pm			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#83	13 & Over	1650 Freestyle	#84
This event limited to the fastest 24 swimmers. Swimmers must provide their own timer and counter person. Heats may be combined to allow as many swimmers as possible.			

Sunday Afternoon 13 and Overs: Warm-up 2:30 pm Meet Starts at 3:30 pm			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#85	15 & Over	100 Freestyle	#86
#87	13-14	100 Freestyle	#88
#89	15 & Over	200 Breaststroke	#90
#91	13-14	200 Breaststroke	#92
#93	15 & Over	100 Backstroke	#94
#95	13-14	100 Backstroke	#96
#97	15 & Over	200 Butterfly	#98
#99	13-14	200 Butterfly	#100
#101	15 & Over	200 Ind. Medley	#102
#103	13-14	200 Ind. Medley	#104
#105	15 & Over	400 Medley Relay	#106
#107	13-14	400 Medley Relay	#108