



GAEL December Age Group Invitational-9&Over

December 5,2015

Sanction # 151205

Invited Teams: All teams within the Metro LSC

Any other teams who would like to be invited, please contact Bill Walsh at gaelaquatics@gmail.com

GAEL December Age Group Invitational-9&Over

December 5, 2015

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **Sanction # 151205**

LOCATION: **Iona College, Hynes Athletic Center, 715 North Ave, New Rochelle, NY 10801**

FACILITY: 6 Lane, 25 yard pool with 7-foot non-turbulent lane lines including outside gutter lanes. Seating for 400. Colorado 5000 electronic timing system, with all six lane display on Colorado Mercury Display Scoreboard. Hy-Tek Meet Manager. The pool HAS BEEN certified in accordance with Article 104.2.2C 4) Water Depth has been measured from 4 feet to 12feet 6 inches from both wall ends. USA 2011 202.3.7

SESSIONS: **Session 1: Saturday, December 5, 2015 – 8 AM warm-up; 9:00am start**
Session 2: Saturday, December 5, 2015 – 1 PM warm-up; 2:00pm start

This is a closed invitational all participating swimmers and coaches must be USS Registered and age as of December 5, 2015

FORMAT: All sessions will be timed finals
All seeding will be Deck Seeding

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.
No "Deck Registrations" will be accepted
Age on December 5, 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 also responsible for notifying the meet referee of any disability prior to the competition.

ENTRIES: Swimmers are limited to 3 Events per session.
The meet will be run using Hy-Tek Meet Manager. E-mailed Hy-Tek entries are preferred. If sending by mail, entries should be sent on disk. A master sheet must accompany all entries. All sessions will limited to 3.5 Hours before scratches.

U.S. Mail Entries/Payment to: Bill Walsh, Iona College, 715 North Ave, New Rochelle, NY 10801
914-633-2323

Email Entries/Confirm Entry Receipt: gaelaquatics@gmail.com

Please sign the "signature waiver" on envelope for entries sent by express mail.

DEADLINE: **Entries must be received by : November 21,2015**

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 **\$4.00** per individual event must accompany the entries.
Make check payable to: **Iona College C/O Bill Walsh**
Payment must be received by **December 1st** 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:** General Warmup. The first 40 minutes will be general warm-up. The last 20 minutes lanes 2,3,4,5 will be for one-way sprints; lanes 1&6 will remain open for general warm-up, Meet Manager reserve right to structure warm-up based on entry size
- 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:** Ribbons for 1st through 6th place.
- OFFICIALS:** **Meet Referee:** Paul McClintock, tockswim@msn.com. Officials wishing to volunteer should contact Meet Referee by November 28th .
- Officials wishing to volunteer should contact Meet Referee by Officials wishing to volunteer should contact Meet Referee by email tockswim@msn.com
- Officials wishing to volunteer should contact Meet Referee.
- ADMIN. OFFICIAL:** **Administrative Official: John Yearwood, coachyear@aol.com, 914-494-1743**
- MEET DIRECTOR:** **John Yearwood, coachyear@aol.com , 914-494-1743**
- 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.
"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:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
Water Depth has been measured from 4 feet to 12 feet 6 inches from both wall ends. USA 2011 202.3.
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Iona College and GAEL Aquatic Club**, 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."
- AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms**
- DECK CHANGING:** **Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.**
- ADMISSION:** Adults: \$5.00 Children: \$2.00 Programs: \$3.00 per session
- MERCHANTS:** Metro Swim Shop will be present as well as food concessions will be available.

PARKING: Parking in tiered structure 200 yards past complex.

DIRECTIONS: Directions to the New Rochelle Campus, 715 North Ave, New Rochelle, NY 10801 Directions:
<http://www.iona.edu/directions.cfm>

From Upper New York State and Upper Westchester County (I-287) New York State Thruway to Cross Westchester Expressway (Interstate 287) East. Take East Exit 9 South to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.

From New England and Upper Westchester County (I-95) Interstate 95 (Connecticut Turnpike, New England Thruway) to Cross Westchester Expressway (Interstate 287). Take Exit 9 south to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.

Alternate Route: Interstate 95 South to Exit 16. Follow signs to North Avenue. Right onto North Avenue, proceed 1 mile to entrance of the College on your right.

From Midtown Manhattan F.D.R. Drive

(East River) Take the FDR to the bridge at Willis Avenue. Bridge connects to the major Deegan Expressway North. Stay left after crossing the bridge. Follow to Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus

From Midtown Manhattan-West Side

Take the West Side Highway to the Henry Hudson Parkway North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to end, then right on North Avenue. At second traffic light make left onto campus.

Alternate Route F.D.R. to Bruckner Expressway to Hutchinson River Parkway. North to Exit 14, Pelhamdale Avenue, New Rochelle Road, New Rochelle. Turn right at light on New Rochelle Road, left on Eastchester Road to North Avenue, right on North Avenue to second traffic light, then left onto campus. From the Bronx Interstate 87 (Major Deegan Expressway) North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

This Form MUST be returned with Payment

GAEL AQUATIC CLUB

December 9 and Over Invitational

December 5, 2015

CLUB: _____ CODE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

COACH _____

PHONE _____ E-MAIL _____

CLUB CONTACT _____ PHONE _____

E-MAIL _____

ENTRY FEES: Make Checks payable to IONA COLLEGE

Total Individual Events _____ x \$4.00 = _____

Total Swimmers (non-disk surcharge) _____ x \$1.00 = _____

Total Amount Due: _____

The final deadline for this meet is November 28, 2015 in hand.

Mail to:

Iona College

Attention: William Walsh

715 North Avenue

New Rochelle, New York 10801

914-633-2323

wwalsh@iona.edu

If express mail is used, please sign "signature waiver". Waiver: USA Swimming, inc., Metropolitan Swimming, Inc, Iona College, Gael Aquatic Club, their agents or representatives shall be held free and harmless from liabilities, injuries, claims or damages arising from the conduct of these events.

Signed (Club Official): _____ Title: _____

No entries accepted without this signed waiver.

2015 MR GAEL December Invite-9&Over - 12/5/2015
Session Report

Session 1-9/10 and 13/14
Warmup:8:00 Starts at 09:00

Round	Event
Finals	1 Girls 9-10 200 IM
Finals	2 Boys 9-10 200 IM
Finals	3 Girls 13-14 400 IM
Finals	4 Boys 13-14 400 IM
Finals	5 Girls 9-10 100 Breaststroke
Finals	6 Boys 9-10 100 Breaststroke
Finals	7 Girls 13-14 200 Breaststroke
Finals	8 Boys 13-14 200 Breaststroke
Finals	9 Girls 9-10 100 Backstroke
Finals	10 Boys 9-10 100 Backstroke
Finals	11 Girls 13-14 200 Backstroke
Finals	12 Boys 13-14 200 Backstroke
Finals	13 Girls 9-10 100 Butterfly
Finals	14 Boys 9-10 100 Butterfly
Finals	15 Girls 13-14 200 Butterfly
Finals	16 Boys 13-14 200 Butterfly

Session 2-11/12 and 15-18
Warmup: 1:00 Starts at 02:00 PM

Round	Event
Finals	17 Girls 15-18 400 IM
Finals	18 Boys 15-18 400 IM
Finals	19 Girls 11-12 200 IM
Finals	20 Boys 11-12 200 IM
Finals	21 Girls 15-18 200 Backstroke
Finals	22 Boys 15-18 200 Backstroke
Finals	23 Girls 11-12 100 Backstroke
Finals	24 Boys 11-12 100 Backstroke
Finals	25 Girls 15-18 200 Breaststroke
Finals	26 Girls 15-18 200 Breaststroke
Finals	27 Boys 11-12 100 Butterfly
Finals	28 Girls 11-12 100 Butterfly
Finals	29 Boys 15-18 200 Butterfly
Finals	30 Girls 15-18 200 Butterfly