



**2015 MR GAEL December 8&U Meet  
December 6, 2015  
Sanction # #151207**

## 2015 MR GAEL December 8&U Meet

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # #151207
- LOCATION:** Iona College, 715 North Ave, New Rochelle, NY, 10801
- FACILITY:** 6 Lane, 25 yard pool with 7-foot non-turbulent lanelines 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 The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1 Boys/Girls 8:00 Warmup 9:00 Start**
- FORMAT:** All sessions will be timed finals  
All seeding will be 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.  
No "Deck Registrations" will be accepted  
Age on **December 6, 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 a 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 be limited to 3 1/2 hours before scratches.
- U.S. Mail Entries/Payment to: William Walsh, Iona College, 715 North Avenue New Rochelle, NY 10801  
914-633-2323
- Email Entries/Confirm Entry Receipt: [gaelaquatics@gmail.com](mailto:gaelaquatics@gmail.com)
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **November 22, 2015**.  
2: The final entry deadline for this meet is **November 29, 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 even must accompany the entries.  
Make check payable to: **Iona College C/O William Walsh**.  
Payment must be received by **December 1, 2015** 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. 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.
- Metropolitan Scratch Procedure for Timed Final Meets is as follows;  
Any swimmer who is seeded, must swim in the event unless he/she declares his/her intention not to swim in the following manner;
1. Go to the Referee, before the event and state you do not wish to swim
  2. Stand BEHIND your assigned block until the swimmers in your heat has been sent off by the starter
  3. The swimmer is then disqualified from THAT EVENT  
for the delay of the meet
  4. This counts as an event against the total-per-day allowance. If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet
- 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 1<sup>st</sup> through 6th place
- OFFICIALS:** **Meet Referee:** Paul McClintock, [tockswim@msn.com](mailto:tockswim@msn.com). Officials wishing to volunteer should contact Meet Referee by November 28<sup>th</sup>.
- Officials wishing to volunteer should contact Meet Referee by Officials wishing to volunteer should contact Meet Referee by email [tockswim@msn.com](mailto:tockswim@msn.com)
- Officials wishing to volunteer should contact Meet Referee.
- ADMIN. OFFICIAL:** **Administrative Official: Administrative Official: John Yearwood, , [coachyear@aol.com](mailto:coachyear@aol.com), 914-494-1743**
- MEET DIRECTOR:** **Meet Director: John Yearwood, , [coachyear@aol.com](mailto: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 202.3.7
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Iona College and the 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 8 and Under Meet  
December 6, 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 2, 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.

**Event #    Event Name**

- 1    Girls 8 & Under 25 Freestyle
- 2    Boys 8 & Under 25 Freestyle
- 3    Girls 6 & Under 25 Freestyle
- 4    Boys 6 & Under 25 Freestyle
- 5    Girls 8 & Under 25 Backstroke
- 6    Boys 8 & Under 25 Backstroke
- 7    Girls 6 & Under 25 Backstroke
- 8    Boys 6 & Under 25 Backstroke
- 9    Girls 8 & Under 25 Breaststroke
- 10    Boys 8 & Under 25 Breaststroke
- 11    Girls 6 & Under 25 Breaststroke
- 12    Boys 6 & Under 25 Breaststroke
- 13    Girls 8 & Under 25 Butterfly
- 14    Boys 8 & Under 25 Butterfly
- 15    Girls 6 & Under 25 Butterfly
- 16    Boys 6 & Under 25 Butterfly
- 17    Girls 8 & Under 100 IM
- 18    Boys 8 & Under 100 IM