

Minisink Valley Aquatics

Present

FALL FRENZY 2015

Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers, Local middle Atlantic and New Jersey Clubs.

(JFAC) Jersey Flyers Aquatics Club, (SCY) Sussex County YMCA, (BB) Bergen Barracudas, Pocono YMCA, (PIAC) Pioneer Aquatic Club, (WFY) Wyckoff Family YMCA, (NJBL) North Jersey Blue Streaks, (RY) Ridgewood YMCA, (SSCT) Streamline Swim Club and Team, (LHY) Lakeland Hills YMCA, (JG) Jersey Gators, (RANY) Randolph YMCA, (MCSC) Morris County Swim Club, (GSY) Greater Scranton YMCA.

FALL FRENZY
October 17th & 18th, 2015.
151015

MVA FALL FRENZY

Saturday, October 17th & Sunday October 18th, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #151015
- LOCATION:** **Minisink Valley High School Pool**
2320 Route 6
Slate Hill, NY 10973
- FACILITY:** 8 lane, 25 yard pool with non-turbulent lane lines.
Daktronic electronic timing system and an 8-line scoreboard display.
Spectator seating available.
The pool has not been certified in accordance with Article 104.2.2C (4).
Pool Depths: Start End ... 1 meter 12', 5 meters 11' Turn End ... 1 meter 4', 5 meters 5'
- SESSIONS:** **Session 1: Saturday Morning – Warm-up 10:00AM, Start 11:00AM**
Session 2: Saturday Afternoon-Warm-up 2:00PM, Start 3:00PM
Session 3: Sunday Morning – Warm-Up 8:00AM, Start 9:00AM
Session 4: Sunday Afternoon – Warm-Up 1:00PM, Start 2:00PM
- FORMAT:** Events are Timed Finals and will be deck seeded.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers, Local middle Atlantic and New Jersey Clubs.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on **October 17th, 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:** All athletes are limited to enter 5 events per session.
Entries will be entered on a first come/ first serve basis. Entries must be sent via Hy-tek file either by disk or e-mail. However, payment must be received by entry deadline for entries to be recognized.
Please include a printout - Include phone #, E-mail address and name of contact.
Mail Entries/Payment to: **Minisink Valley Aquatics**
- U.S. Mail Entries/Payment to: **Minisink Aquatics, PO Box 2, Slate Hill, NY 10973**
Email Entries/Confirm Entry Receipt: info@minisinkvalleyaquatics.com
- DEADLINE:** 1: Participating teams will be given priority on a first come/first served basis. All entries must be received by **October 5th, 2015**.
2: The final entry deadline for this meet is **October 7th, 2015**.
3: All other entries received between **October 7th** and **October 16th** 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 \$4.00 per individual event must accompany the entries, \$8 for relays.
Make check payable to: **Minisink Aquatics**.
Payment must be received by **October 17th** 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 30-40 minutes will be general warm-up. The last 15-20 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.**
- 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 must present current coaches credentials in order to receive team scratch sheets.**
- 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 will be awarded places 1-8 for individual events.
Ribbons will be awarded 1-4 for relay events.
Heat Winner awards will be given to the winner of each heat of each event..
- OFFICIALS:** **Meet Referee:** Frank Bacigal e-mail is fbacigal288@gmail.com
Officials wishing to volunteer should contact Meet Referee by **October 15th, 2015.**
Administrative official: Julie Coache, info@minisinkvalleyaquatics.com
- MEET DIRECTOR:** **Julie Coache**
Email: info@minisinkvalleyaquatics.com
Phone: (845) 697-5029
- 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."
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Minisink Valley School District, Minisink Aquatics**, 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:** **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 strongly discouraged. [Deck changing strictly prohibited.](#) Swimmers must use designated area. **NO parents permitted in the locker rooms.****
- ADMISSION:** **\$5 per person including program. Children under 5 are free.**
- MERCHANTS:** **[Food Concession Stand.](#)**

PARKING: There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing.

DIRECTIONS: From the NYS Thruway North take Exit 16 to Route 17 West. Follow Route 17 West to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. The Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field.
 From the NYS Thruway South exit at Route 84 West. Follow Route 84 West to Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field.
 From Route 84 take Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the football field.

Saturday AM Session 1
Warm up: 10:00 AM

Girls	Event	Boys
1	11-12 100 Freestyle	2
3	9-10 100 Freestyle	4
5	8 & Under 50 Freestyle	6
7	11-12 100 Breaststroke	8
9	9-10 50 Breaststroke	10
11	8 & Under 50 Breaststroke	12
13	11-12 100 Butterfly	14
15	9-10 50 Butterfly	16
17	8 & Under 50 Butterfly	18
19	11-12 50 Backstroke	20
21	9-10 100 Backstroke	22
23	11-12 100 IM	24
25	8 & Under 200 Medley Relay	26
27	9-10 200 Medley Relay	28
29	11-12 200 Medley Relay	30

Saturday PM Session 2
Warm up: 2:00 PM

Girls	Event	Boys
31	13-14 50 Freestyle	32
33	15 & Over 50 Freestyle	34
35	13-14 100 Breaststroke	36
37	15 & Over 100 Breaststroke	38
39	13-14 200 Backstroke	40
41	15 & Over 200 Backstroke	42
43	13-14 100 Butterfly	44
45	15 & Over 100 Butterfly	46
47	13-14 400 IM	48
49	15 & Over 400 IM	50
51	Open 200 Medley Relay	52
53	13-14 500 Freestyle	54
55	15 & over 500 Freestyle	56

Sunday AM Session 3
Warm up: 8:00 AM

Girls	Event	Boys
57	11-12 200 Freestyle	58
59	10 & Under 200 Freestyle	60
61	11-12 200 IM	62
63	9-10 100 IM	64
65	8 & Under 100 IM	66
67	11-12 50 Freestyle	68
69	9-10 50 Freestyle	70
71	8 & Under 100 Freestyle	72
73	11-12 50 Breaststroke	74
75	9-10 100 Breaststroke	76
77	8 & Under 50 Backstroke	78
79	11-12 100 Backstroke	80
81	9-10 50 Backstroke	82
83	11-12 50 Butterfly	84
85	9-10 100 Butterfly	86
87	8 & Under 200 Free Relay	88
89	11-12 200 Freestyle Relay	90
91	9-10 200 Freestyle Relay	92

Sunday PM Session 4
Warm up: 1:00 PM

Girls	Event	Boys
93	13-14 100 Freestyle	94
95	15 & Over 100 Freestyle	96
97	13-14 200 Breaststroke	98
99	15 & Over 200 Breaststroke	100
101	13-14 100 Backstroke	102
103	15 & Over 100 Backstroke	104
105	13-14 200 IM	106
107	15 & Over 200 IM	108
109	13-14 200 Freestyle	110
111	15 & Over 200 Freestyle	112
113	Open 200 Butterfly	114
115	Open 400 Freestyle Relay	116