



Newburgh Sharks Blue and Gold Distance Session  
Friday December 4, 2015  
Sanction Number 151201

# Blue and Gold Distance Session

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 151201
- LOCATION:** [Newburgh Free Academy Natatorium](#)  
[201 Fullerton Ave. Newburgh, NY 12550](#)
- FACILITY:** Newburgh Free Academy Natatorium is a 25-Yard pool with 6 lanes, non-turbulent lane dividers, and Colorado Timing System with IST display scoreboard. There is seating for 350 spectators. The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** [Session 1: Warm-up 4:00pm, Meet Starts 4:45 pm](#)  
[Session 2: Warm-up 6:00 pm, Meet Starts 6:30 pm.](#)
- FORMAT:** [All events are timed finals.](#)  
Seeding will be conducted at the beginning of each session utilizing a scratch sheet procedure.
- 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 [December 4, 2015](#) will determine the age for the 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 may enter 1 event per session.](#)  
[Entries will be accepted on a first come, first serve basis. All entries must be submitted with Hy-Tek Team Manager.](#)  
U.S. Mail Entries/Payment to [Patrick Kavanagh c/o Newburgh Sharks](#)  
[20 Memorial Dr. Newburgh, NY 12550](#)  
Email Entries/Confirm Entry Receipt: [admin@nbsharks.com](mailto:admin@nbsharks.com)  
[Signature waiver required for 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 November 16, 2015](#)  
2: The final entry deadline for this meet is [Monday November 23, 2015](#)  
3: Metro entries received between [November 16](#) and [November 23](#) 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 **\$4.00** per individual even must accompany the entries.  
Make check payable to: [Newburgh Sharks](#).  
Payment must be received by [Monday November 23, 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:** [Assigned warm-up procedures will be followed](#)
- 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:** Bag tags will be awarded for 1<sup>st</sup> through 6<sup>th</sup> to age groups 11-12, 13-14 in the 400IM and 10 and under, 11-12, and 13-14 in the 500 freestyle. There will be no awards for open 1650.
- OFFICIALS:** **Meet Referee:** [Frank Bacigal](mailto:fbacigal288@gmail.com); email- [fbacigal288@gmail.com](mailto:fbacigal288@gmail.com)  
Officials wishing to volunteer should contact Meet Referee by **November 25, 2015**  
**Admin Official:** Patrick Kavanagh
- MEET DIRECTOR:** [Patrick Kavanagh](mailto:admin@nbsharks.com)  
[admin@nbsharks.com](mailto:admin@nbsharks.com)  
(914)522-1964
- 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 water depth is 3 feet 6 inches at the shallow end and 12 feet at the deep end.
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against [the Newburgh Sharks, Newburgh Enlarged City School District](#), 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, locker rooms or behind the blocks.
- DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is prohibited.
- ADMISSION:** [\\$5.00 per session – will include a meet program.](#)
- MERCHANTS:** [There will be a food concession stand open for the duration of the meet.](#)
- PARKING:** [There is ample parking in school lots located off of Fullerton Ave. and Gidney Ave. Please follow the City of Newburgh parking guidelines if parking on street. The Newburgh Sharks will not be held responsible if your car is ticketed or towed.](#)
- DIRECTIONS:** [From 84E: Exit 10, right onto 9W South \(Robinson Ave.\), right on South St. NFA will be on your right.](#)  
From 84W: Exit 10, bear right off the ramp, right onto 9W South (Robinson Ave.), right on South St. NFA will be on your right.  
Address for MapQuest: 201 Fullerton Ave. Newburgh, NY 12550

# **ORDER OF SWIMMING EVENTS**

**Session 1: 1650**  
**4:00pm Warm-up**  
**4:30 Start**

1. OPEN 1650 2.

**Session 2:**  
**Warm-up immediately following conclusion of 1650**

3.	Open 400 IM	4.
5.	14 and Under 500	6.