



Maria Parmanan Open Meet

October 23rd-25th, 2015

Sanction # 151011

Maria Parmanan Open

October 23-25, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #151011
- LOCATION:** Felix Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994
- FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lane lines. Shallow end of pool will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators. The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **THE BUILDING DOORS WILL NOT OPEN UNTIL 5:30PM** ~ you may not enter the building prior
- Session 1: Friday Evening – Warm-up: 5:45 PM, Start 6:30 PM *****3 HOUR TIME LIMIT*****
Session 2: Saturday Morning – Warm-up: 6:30 AM, Start 7:15 AM
Session 3: Saturday Afternoon – Warm-up: 11:15 AM, Start 12:00PM
Session 4: Sunday Morning – Warm-up: 7:30 AM, Start 8:30 AM
Session 5: Sunday Afternoon – Warm-up: 1:00 PM, Start 2:00 PM
- FORMAT:** This will be a timed finals event.
This is a deck seeded meet.
- 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 **October 23, 2015 will** determine age for the entire meet.
- DISABILITY SWIMMER:** 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 be entered in 2 events on Friday evening and 3 individual events Saturday and Sunday.
No NT's will be accepted.
- Invited teams will be given priority in acceptance of entries. Host team reserves the right to refuse entries from teams that have a history of late or non-payment of entry fees. Entries will be accepted on a first come, first served basis for invited teams. The host team reserves the right to keep its swimmers entered in the meet. **Two dollars of each swimmer's entries will be donated to the Parmanan family college fund.**
- The 500 (women) will be limited to the fastest 5 heats; the 500 (men) will be limited to the fastest 6 heats. Host team retains the right to keep its swimmers entered in these events.
- Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.
- U.S. Mail Entries/Payment to:
- Phoenix Aquatic Club
139 Goebel Rd
New City, NY 10956**

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

Sign Express Mail Waiver allowing delivery without signature.

DEADLINE: 1. **Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by October 9, 2015**
2. The final entry deadline for this meet is Oct 12, 2015
3. Entries from other LSC's and Metro entries received after Oct 12, 2015 will be entered in the order they were received, as space allows.
An email confirming receipt of entries will be sent if you provide an email contact. Please contact the 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: **Phoenix Aquatic Club**
Payment must be received by **October 9, 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 25 minutes will be general warm-up. The last 20 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Lanes 3 & 6 will be assigned as necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach. The meet director reserves the right to assign warm-up lanes.

SCRATCH: 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 will be awarded for places 1st – 8th in all events.

OFFICIALS: **Meet Referee:** Phil Paspalas
Officials wishing to volunteer should contact Meet Referee by email: paspalas@optonline.net

MEET DIRECTOR: Mary Lange, contact information phone: 845-323-9118,
email thelangez@hotmail.com

ADMIN OFFICIAL: Mary Lange, contact information phone: 845-323-9118,
email thelangez@hotmail.com

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.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Phoenix Aquatic Club**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

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 \$5.00 Adults/session \$3.00 Program/session free wifi access

MERCHANT: A concession stand will be available throughout the duration of the meet. Metro Swim Shop will be available with swimming merchandise throughout the meet.

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

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 endwalls."

1.0 meter = 4 feet 6 inches, 5 meters = 13 feet

DIRECTIONS: From North of Rockland County: Take Palisades Interstate Parkway South to Exit 10. Make a left off the exit. Make a left at the first traffic light onto Middletown Road. Take a right at next traffic light onto Germonds Road...

From the George Washington Bridge: Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

From the Tappan Zee Bridge: Take the NYS Thruway (I-87 North) to Exit 13N (Palisades Interstate Parkway – North). Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

...follow Germonds Road through the intersection of Germonds Road and Route 304 (you will pass Albertus Magnus High School on your right). Make a left onto Parrott Road. The entrance for the pool is down the walkway at the end of the tennis courts.

Friday Evening - Session One
Warm-up 5:45 PM/Start 6:30 PM

Girls	Event	Boys
1	10 & Under 200 Freestyle	2
3	Open 500 Freestyle	4
5	Open Over 400 IM	6

*****3 HOUR LIMIT ON THIS SESSION*****

Saturday Morning - Session Two
Warm-up 6:30am/Start 7:15am

Girls	Event	Boys
7	13-14 200 Back	8
9	10 & Under 50 Back	10
11	13-14 50 Free	12
13	10 & Under 50 Free	14
15	13-14 100 Breast	16
17	10 & Under 100 Breast	18
19	13-14 200 Fly	20
21	10 & Under 50 Fly	22
23	13-14 200 Free	24
25	10 & Under 100 IM	26

Saturday Afternoon
Session Three
Warm-up 11:15am/Start 12:00pm

Girls	Event	Boys
27	11-12 100 Fly	28
29	Open 100 Fly	30
31	11-12 200 IM	32
33	Open 200 IM	34
35	11-12 100 Back	36
37	Open 100 Back	38
39	11-12 50 Breast	40
41	Open 200 Breast	42
43	11-12 50 Free	44
45	Open 100 Free	46

Sunday Morning - Session Four

Warm-up 7:30am/Start 8:30am

Girls	Event	Boys
47	10 & Under 100 Fly	48
49	13-14 100 Fly	50
51	10 & Under 200 IM	52
53	13-14 200 IM	54
55	10 & Under 100 Back	56
57	13-14 100 Back	58
59	10 & Under 50 Breast	60
61	13-14 200 Breast	62
63	10 & Under 100 Free	64
65	13-14 100 Free	66

Sunday Afternoon - Session Five

Warm-up 1:00pm/Start 2:00pm

Girls	Event	Boys
67	11-12 50 Back	68
69	Open 200 Back	70
71	11-12 100 Freestyle	72
73	Open 50 Freestyle	74
75	11-12 100 Breast	76
77	Open 100 Breast	78
79	11-12 50 Fly	80
81	Open 200 Fly	82
83	11-12 200 Freestyle	84
85	Open 200 Freestyle	86
87	11-12 100 IM	88

