

# **RED FOX AQUATIC CLUB**

**2015 ELIZABETH R. MILLER MEMORIAL  
FRIDAY, SATURDAY, SUNDAY, OCTOBER 16, 17, 18<sup>TH</sup>, 2015**

This invitational is open to all Metro Clubs in good standing and other LSC's. Metro LSC clubs will be given priority on a first come/first serve basis. After the Metro deadline, all clubs will be entered on a first come/first serve basis.

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #151014
- LOCATION:** James McCann Center, Marist College, Poughkeepsie, NY 12601
- FACILITY:** The James McCann Natatorium is a six lane 25yd competition pool with separate diving well. The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Friday afternoon session 1: Warm-up 1pm. start 2pm. Friday evening session 2: Warm-up 4pm, start 5pm. Saturday & Sunday sessions 3 & 5: Warm-up 7:30am, start 9am. Saturday & Sunday sessions 4 & 6: Warm-up 1pm, start 2:30pm.
- FORMAT:** All events will be swum as timed finals. Deck seeded with Scratch Sheets collected 40 minutes prior to the start of each session. Heat sheets will be distributed and posted.
- 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 FRIDAY, OCTOBER 16<sup>TH</sup> 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 3 events Friday and 4 events per day on Saturday and Sunday. NO TIME entries will not be accepted, except for RFAC swimmers. Distance freestyle events may be limited to 3 heats. Receipt of entries will be confirmed by email. Entries will not be considered received and accepted without full payment of fees. Cuts will be advised by email.
- U.S. Mail Entries/Payment to: Larry VanWagner, Director of Swimming, Marist College, James McCann Center, Poughkeepsie, NY 12601.  
Email Entries/Confirm Entry Receipt: Please submit email entries via Hy-Tek to [rfacentries@hotmail.com](mailto:rfacentries@hotmail.com).
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by September 25<sup>th</sup>.  
2: The final entry deadline for this meet is October 2<sup>nd</sup>.  
3: Metro entries received between Sept. 25<sup>th</sup> and Oct. 2<sup>nd</sup> 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 event, \$8.00 per relay, \$5 swimmer surcharge must accompany the entries.  
Make check payable to: **RED FOX AQUATIC CLUB**. 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 warm-up will begin 60 minutes prior to start of each session and 25yd. sprint lanes designated 30 minutes prior to start of each session.
- 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:** Individual events 1-3 place/Medals, 4-6 place/Ribbons. Relay events 1-3 place/Ribbons. NO awards will be given for Open events.
- OFFICIALS:** **Meet Referee:** Hakki Alpay (408-234-8560) or cubzalpay@optonline.net. Officials wishing to volunteer should contact Meet Referee by October 1st.
- MEET DIRECTOR:** Lisa Simpfenderfer, 845-546-3077 or [lsimpf@gmail.com](mailto:lsimpf@gmail.com).
- ADMIN:** Lisa Simpfenderfer, 845-546-3077 or [lsimpf@gmail.com](mailto:lsimpf@gmail.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.
- 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. Except where venue facilities require otherwise, changing into or out of swimsuits other than the locker rooms or other designated areas is not appropriate and is strongly discouraged."
- 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."  
**The competition pool ranges from 5.5ft. at the start end to 4.0ft. at the turn end.**
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Marist College, Red Fox 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
- ADMISSION:** Daily admission for adults \$5.00. Daily psych sheets will be available for \$2.
- MERCHANTS:** The Metro Swim Shop and food concessions will be available at all sessions.
- PARKING:** On-site parking and spectator seating is available.
- DIRECTIONS:** Please check the [REDFOXAQUATICCLUB.COM](http://REDFOXAQUATICCLUB.COM) website for directions.

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 Friday, Saturday and Sunday, October 16, 17 and 18, 2015

**GIRLS  
EVENTS**

**BOYS  
EVENTS**

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EVENTS**

**BOYS  
EVENTS**

**FRIDAY SESSION 1**

1PM Warm-up 2PM start

1 Open 1000 Free 2

**FRIDAY SESSION 2**

4PM Warm-up 5pm Start

3 11-12 200 Free 4  
 5 13-14 200 Free 6  
 7 10-U 200 Free 8  
 9 Open 200 Free 10  
 11 11-12 200 IM 12  
 13 13-14 500 Free 14  
 15 Open 500 Free 16

**SATURDAY AM SESSION 3**

7:30AM Warm-up 9AM Start

17 11-12 100 Breast 18  
 19 9-10 50 Breast 20  
 21 11-12 50 Free 22  
 23 9-10 50 Free 24  
 25 Open 200 Back 26  
 27 11-12 100 Fly 28  
 29 9-10 50 Fly 30  
 31 11-12 50 Back 32  
 33 9-10 100 Back 34  
 35 11-12 100 IM 36  
 37 9-10 200 Med Rly 38  
 39 11-12 200 Med Rly 40  
 41 13-14 400 IM 42  
 43 Open 400 IM 44

**SATURDAY PM SESSION 4**

1PM Warm-up 2:30PM Start

45 8-Under 50 Breast 46  
 47 Open 100 Breast 48  
 49 13-14 100 Breast 50  
 51 8-Under 50 Free 52  
 53 Open 50 Free 54  
 55 13-14 50 Free 56  
 57 8-Under 50 Fly 58  
 59 Open 100 Fly 60  
 61 13-14 100 Fly 62  
 63 8-Under 100 Med Rly 64  
 65 Open 200 Med Rly 66  
 67 13-14 200 Med Rly 68

**SUNDAY AM SESSION 5**

7:30AM Warm-up 9AM Start

69 Open 200 Breast 70  
 71 11-12 50 Breast 72  
 73 9-10 100 Breast 74  
 75 11-12 100 Free 76  
 77 9-10 100 Free 78  
 79 11-12 100 Back 80  
 81 9-10 50 Back 82  
 83 Open 200 Fly 84  
 85 9-10 100 Fly 86  
 87 11-12 50 Fly 88  
 89 9-10 100 IM 90  
 91 11-12 200 Free Rly 92  
 93 9-10 200 Free Rly 94

**SUNDAY PM SESSION 6**

1PM Warm-up 2:30PM Start

95 8-Under 100 Free 96  
 97 Open 100 Free 98  
 99 13-14 100 Free 100  
 101 8-Under 50 Back 102  
 103 Open 100 Back 104  
 105 13-14 100 Back 106  
 107 8-Under 100 IM 108  
 109 Open 200 IM 110  
 111 13-14 200 IM 112  
 113 8-Under 100 Free Rly 114  
 115 Open 200 Free Rly 116  
 117 13-14 200 Free Rly 118

**NOTES:** There will be NO DIVING during warm-ups. All lanes will be circular swimming until 1/2 hour before start, then lanes 2 & 5 will be one-way sprint lanes.