



**Condors June Summer Solstice
Invitational**
June 3 – 5, 2016

Sanction #160604

Time Trial #160650-T

Invited Teams: New York Sharks, BGNW, Morris County Swim Club, Wagner Aquatic Club, Saw Mill Club Swim Team, Club Fit Jefferson Valley, 92nd Street Y, Spartans Swim Team, Washingtonville Seahawks, Jersey Flyers Aquatic Club, MALT, Westchester Aquatics, AGUA, Manhattan Makos, Storm Aquatics, Rivertown Rays, Red Fox Aquatic Club, Club Fit Briarcliff, Middies, Team Suffolk, Match Point, Nile Crocodile, Scarlet Aquatics, Somerset Valley Y, GAEL, Patriot, Team Rockland, Suffern Sea Lions, Cheshire Y/Sea Dog, Pocono Family Y, Shelton Monroe, Waverunners – NJ, Sachem Swim Club, Viking Aquatics, Freedom Aquatics, Queens Aquatic Club, LIAC

Any other teams who would like to be invited, please contact Laurie@CondorsSwimming.com

Condors June Summer Solstice Invitational

June 3 – 5, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #160604, Time Trial #160650-T**
- 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. 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:** Session 1: Friday Afternoon - Warm-Up 5:45 PM, Start 6:30 PM
Session 2: Saturday Morning – Warm-Up 7:00 AM, Start 8:00 AM
Session 3: Saturday Distance Free – Warm-Up 12:30 PM, Start 1:00 PM
Session 4: Saturday Afternoon – Warm-Up 3:00 PM, Start 4:00 PM
Session 5: Sunday Morning – Warm-Up 7:00 AM, Start 8:00 AM
Session 6: Sunday Distance Free – Warm-Up 12:30 PM, Start 1:00 PM
Session 7: Sunday Afternoon – Warm-Up 3:00 PM, Start 4:00 PM
- FORMAT:** This will be a timed finals event.
This will be a deck seeded event.
- ELIGIBILITY:** Open to all Invited 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 **June 10th** 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 4 individual events per day; only 3 individual events in any AM or PM Session and 1 in any MID session on Saturday and Sunday. Swimmers may be entered in 1 individual events on Friday. **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 800 Free will be limited to the 5 fastest heats of each gender and 1500 Free will be limited to the fastest 3 heats of each gender. The host team reserves the right to keep its swimmers entered in the meet. These events will be run fastest to slowest with alternating heats by gender.
- 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:
- Condors Swim Club
115 North Main Street
New City, NY 10956**
- Email Entries/Confirm Entry Receipt: **Laurie@CondorsSwimming.com**
Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** **Entries must be received by : May 27, 2016**
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 **\$8.00** per individual event & \$5 facility surcharge per athlete must accompany the entries. Make check payable to: Condors Swimming
Payment must be received by May 27, 2016 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 host team reserves the right to assign lanes for warm-up based on the size of the meet. If lanes are not assigned, the first 40 minutes will be general warm-up. The last 20 minutes will have lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Other lanes may be assigned by meet director's discretion. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.
- 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.
- 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 for 12 & Under swimmers only
Awards will be scored for 10 & Unders and 11-12's for the 12 & Under events.
Awards will be scored 12 & Under for the 400 Free and 400 IM
- OFFICIALS:** **Meet Referee:** Mike Natale
Officials wishing to volunteer should contact Meet Referee by email ***Mike4swimming@yahoo.com***
Admin Referee: Mike Natale
- MEET DIRECTOR:** Laurie Lawson, contact information phone: 267-237-4876,
email **Laurie@CondorsSwimming.com**
- ADMIN OFFICIAL:** Laurie Lawson or Julie Schatz. Contact information; 267-237-4876 or 845-638-4381.
Laurie@CondorsSwimming.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:** **All swimmers must wear footwear upon leaving the pool area.**

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."
1.0 meter = 4 feet 6 inches, 5 meters = 13 feet
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Condors Swim 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 or behind the blocks – 202.3 and 202.4 (effective January 1, 2012)
- DECK CHANGING:** DECK CHANGING IS PROHIBITED
- ADMISSION** \$7.00 Adults/session \$3.00 Program/session FREE wifi
- MERCHANT:** A concession stand will be available throughout the meet. Ultimate 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. 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...

DIRECTIONS:

...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 PM Session

Warm-up: 5:45 PM

Start: 6:30PM

Girls	Event	Boys
1	Open 400 Freestyle	2
3	Open 400 IM	4

Saturday AM Session

Warm-up: 7:00AM

Start: 8:00AM

Girls	Event	Boys
5	12 & Under 200 IM	6
7	11 - 12 50 Butterfly	8
9	10 & Under 50 Butterfly	10
11	12 & Under 200 Breaststroke	12
13	10 & Under 100 Breaststroke	14
15	11 – 12 100 Backstroke	16
17	10 & Under 100 Backstroke	18
19	11 – 12 50 Freestyle	20
21	10 & Under 50 Freestyle	22
23	11 -12 50 Breaststroke	24
25	12 & Under 200 Butterfly	26

Saturday Mid-Day Session

Warm-up: 12:30PM

Start: 1:00PM

Girls	Event	Boys
27	Open Women 800 Freestyle	
	Open Men 1500 Freestyle	28

****Swimmers must provide their own timer and counter. Events will be run fastest to slowest, alternating heats**

Saturday PM Session

Warm-up: 3:00PM

Start: 4:00PM

Girls	Event	Boys
29	13 & Over 200 IM	30
31	13 -14 100 Freestyle	32
33	15 & Over 100 Freestyle	34
35	13 -14 200 Backstroke	36
37	15 & Over 200 Backstroke	38
39	13 -14 100 Breaststroke	40
41	15 & Over 100 Breaststroke	42
43	13 – 14 200 Butterfly	44
45	15 & Over 200 Butterfly	46

Sunday AM Session

Warm-up: 7:00AM

Start: 8:00AM

Girls	Event	Boys
47	12 & Under 200 Freestyle	48
49	11 -12 50 Backstroke	50
51	10 & Under 50 Backstroke	52
53	11 – 12 100 Butterfly	54
55	10 & Under 100 Butterfly	56
57	11 – 12 100 Freestyle	58
59	10 & Under 100 Freestyle	60
61	11 -12 100 Breaststroke	62
63	10 & Under 50 Breaststroke	64
65	12 & Under 200 Backstroke	66

Sunday Mid-Day Session

Warm-up: 12:30PM

Start: 1:00PM

Girls	Event	Boys
67	Open Women 1500 Freestyle	
	Open Men 800 Freestyle	68

****Swimmers must provide their own timer and counter. Events will be run fastest to slowest, alternating heats**

Sunday PM Session

Warm-up: 2:00PM

Start: 3:00PM

Girls	Event	Boys
69	13 & Over 200 Freestyle	70
71	13 – 14 50 Freestyle	72
73	15 & Over 50 Freestyle	74
75	13 – 14 200 Breaststroke	76
77	15 & Over 200 Breaststroke	78
79	13 – 14 100 Butterfly	80
81	15 & Over 100 Butterfly	82
83	13 – 14 100 Backstroke	84
85	15 & Over 100 Backstroke	86