



2016 GAEL November 9&Over Invite

November 5, 2016

Sanction #161111

Invited Teams: 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.

2016 GAEL November Invite

November 5, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #161111
- LOCATION:** Iona College, Hynes Athletic Center Pool, 715 North Ave, New Rochelle, NY, 10801
- FACILITY:** 6 Lane, 25 yard pool with 7-foot non-turbulent lanes including outside gutter lanes. Seating for 400. Colorado 5000 electronic timing system, with all six lane display on Colorado Full Color Video Board. Hy-Tek Meet Manager. The pool HAS BEEN certified in accordance with Article 104.2.2C (4) Water Depth has been measured from 4 feet to 12 feet 6 inches from both wall ends. USA 2011 202.3.7 The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1: Saturday, November 5, 2016- 8:00 AM Warmup, 9:00 AM Start**
Session 2: Saturday, November 5, 2016- 1:00PM Warmup, 2:00 PM Start
- FORMAT:** All sessions will be timed finals
All seeding will be Deck Seeding
- 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.
No "Deck Registrations" will be accepted
Age on November 14, 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:** Swimmers are limited to 3 events a session.
The meet will be run using Hy-Tek Meet Manager. E-mailed Hy-Tek entries are preferred. If sending by mail, entries should be sent on disk a master sheet must accompany all entries. All sessions will be limited to 3 1/2 hours before scratches.
- U.S. Mail Entries/Payment to: William Walsh, Iona College, 715 North Avenue New Rochelle, NY 10801
914-633-2323 Email Entries/Confirm Entry Receipt: gaelentries@gmail.com
- Email Entries/Confirm Entry Receipt: gaelentries@gmail.com
- DEADLINE:** **Entries must be received by : November 2, 2015**
- 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 **\$5.00** per individual event must accompany the entries.
Make check payable to: **Iona College C/O William Walsh**
Payment must be received by **November 1, 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 40 minutes will be general warm-up. The last 20 minutes lanes 2,3,4,5 will be for one-way sprints; lanes 1&6 will remain open for general warm-up, Meet Manager reserve right to structure warm-up based on entry size
- 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.

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 for 1st through 6th place.

OFFICIALS: **Meet Referee:** Paul McClintock, tockswim@msn.com. Officials wishing to volunteer should contact Meet Referee by October 28th.

Officials wishing to volunteer should contact Meet Referee by Officials wishing to volunteer should contact Meet Referee by email tockswim@msn.com

ADMIN.

OFFICIAL: **Administrative Official: David Bluvol, gaelentries@gmail.com, 914-479-2261**

MEET

DIRECTOR: **Bill Walsh, wwalsh@iona.edu, 914-479-2261**

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."
Water Depth has been measured from 4 feet to 12 feet 6 inches from both wall ends. USA 2011 202.3.7

DISCLAIMER: **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Iona College and the Gael 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, locker rooms or behind the starting blocks

DECK CHANGING: Deck changes are prohibited.

ADMISSION: Adults: \$5.00 Children: \$2.00 Programs: \$3.00 per session

MERCHANTS: Metro Swim Shop will be present as well as food concessions will be available.

PARKING: Parking in tiered structure 200 yards past complex.

DIRECTIONS: Directions to the New Rochelle Campus, 715 North Ave, New Rochelle, NY 10801
Directions: <http://www.iona.edu/directions.cfm>

From Upper New York State and Upper Westchester County (I-287) New York State Thruway to Cross Westchester Expressway (Interstate 287) East. Take East Exit 9 South to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.

From New England and Upper Westchester County (I-95) Interstate 95 (Connecticut Turnpike, New England Thruway) to Cross Westchester Expressway (Interstate 287). Take Exit 9 south to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.

Alternate Route: Interstate 95 South to Exit 16. Follow signs to North Avenue. Right onto North Avenue, proceed 1 mile to entrance of the College on your right.

From Midtown Manhattan F.D.R. Drive (East River) Take the FDR to the bridge at Willis Avenue. Bridge connects to the major Deegan Expressway North. Stay left after crossing the bridge. Follow to Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

From Midtown Manhattan-West Side Take the West Side Highway to the Henry Hudson Parkway North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to end, then right on North Avenue. At second traffic light make left onto campus.

Alternate Route F.D.R. to Bruckner Expressway to Hutchinson River Parkway. North to Exit 14, Pelhamdale Avenue, New Rochelle Road, New Rochelle. Turn right at light on New Rochelle Road, left on Eastchester Road to North Avenue, right on North Avenue to second traffic light, then left onto campus. From the Bronx Interstate 87 (Major Deegan Expressway) North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.

This Form MUST be returned with Payment

GAEL AQUATIC CLUB
November 9 and Over Invitational
November 5, 2016

CLUB: _____ CODE _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

COACH _____

PHONE _____ E-MAIL _____

CLUB CONTACT _____ PHONE _____

E-MAIL _____

ENTRY FEES: Make Checks payable to IONA COLLEGE

Total Individual Events _____ x \$4.00 = _____

Total Swimmers (non-disk surcharge) _____ x \$1.00 = _____

Total Amount Due: _____

The final deadline for this meet is November 2, 2015 in hand. Mail to:

Iona College
Attention: William Walsh
715 North Avenue
New Rochelle, New York 10801
914-633-2323
wwalsh@iona.edu

If express mail is used, please sign "signature waiver". Waiver: USA Swimming, inc., Metropolitan Swimming, Inc, Iona College, Gael Aquatic Club, their agents or representatives shall be held free and harmless from liabilities, injuries, claims or damages arising from the conduct of these events.

Signed (Club Official): _____ Title: _____

No entries accepted without this signed waiver.

GAEL AQUATIC CLUB
NOVEMBER INVITATIONAL AGE GROUP MEET – 9 AND OVER
November 14, 2015
Session 1
Saturday, November 5, 2016 – 8 AM warm-up; 9:00am start

Girls		Boys
1	09-10 100IM	2
3	13-14 200 IM	4
5	09-10 50 Back	6
7	13-14 100 Back	8
9	09-10 50 Breast	10
11	13-14 100 Breast	12
13	09-10 50 Fly	14
15	13-14 100 Fly	16
17	09-10 50 Free	18
19	13-14 50 Free	20

Session 2

Saturday, November 5, 2015– 1 PM warm-up; 2:00pm start

Girls		Boys
21	15-18 200 IM	22
23	11-12 200 IM	24
25	15-18 100 Back	26
27	11-12 100 Back	28
29	15-18 100 Breast	30
31	11-12 100 Breast	32
33	15-18 100 Fly	34
35	11-12 100 Fly	36
37	15-18 50 Free	38
39	11-12 50 Free	40