



Hawks Trials and Finals  
January 22-24, 2016  
Sanction #160112

# Hawks Trials and Finals

January 22-24, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #150109
- LOCATION:** Valley Central High School Natatorium, 1175 Route 17K, Montgomery, NY 12549
- FACILITY:** 8-Lane, 25-yard, indoor pool with non-turbulent lane dividers.  
Colorado Timing System, 8-Lane Display Scoreboard.  
Tiered bleacher seating for spectators.  
The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Fri 4 :00pm W-up 5:00pm Start**  
**Sat 7 :45am W-up 9:00am Start 1:30pm W-up 2:30pm Start. Finals 5:00pm W-up 6:00pm start**  
**Sun 7 :45am W-up 9:00am Start 1:30pm W-up 2:30pm Start. Finals 5:00pm W-up 6:00pm start**
- FORMAT:** Sessions 1, 3 and 6 are timed finals, Sessions 2 and 5 are prelims, 4 and 7 finals  
Meet will be deck seeded
- 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.  
No "Deck Registrations" will be accepted  
Age on **1/23/2014** 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 who swim only in the midday sessions on Saturday and Sunday (all 10 & unders timed final events) may swim a maximum of 5 individual events and 1 Relay per day. Swimmers in all other sessions may swim a maximum of 3 individual events per day (prelims and finals).  
The meet will be deck seeded. 500 and 1650 will be seeded fastest to slowest alternating female/male. Slowest heat of male and female events may be combined  
U.S. Mail Payment to: **Chris Joyce 38 Corbett Rd., Montgomery, NY 12549**  
Email Entries/Confirm Entry Receipt: **web@hawksswimming.org**
- DEADLINE:** 1: Metro LSC teams, will be given priority on a first come/first served basis. : Metro teams' entries must be received by **11/11/2015**.  
2: The final entry deadline for this meet is **1/17/2016**  
3 Entries received between **11/11/2015** and 1/17/2016 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:** Entry fee is \$4.00 per Timed Final Event, \$5 per Trial & Final Event and \$8 per relay  
Make check payable to: **Hawks Swimming Association**.  
Payment must be received by **1/18/2015** 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:** Warm up lanes may be assigned. Sprint lanes will be available 20 minutes prior to the end of each warm up. Lanes 1 & 8 will remain General warm up during sprints.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 45 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:** For all individual events, awards will be for 1st - 8th place, 1-3 for relays.
- OFFICIALS:** **Meet Referee: Kirk Reinhardt kreinhardt@hvc.rr.com**  
Officials wishing to volunteer should contact Meet Referee by **1/15/2015**.
- ADMIN. OFFICIAL:** **Administrative Official: Chris Joyce**
- MEET DIRECTOR:** **Chris Joyce (845) 527-2553**
- 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."  
**Start End...1 meter 13' 0"; 5 meters 12' 0"; Turn End...1 meter 3' 6"; 5 meters 4'0"**
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Valley Central Schools, Hawks Swimming Association**, 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**
- DECK CHANGING:** **Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.**
- ADMISSION:** **\$5 Adm, \$2 for Programs**
- MERCHANTS:** **Swim Shop. Food and Beverage Concessions**
- PARKING:** **Free parking is available on-site at the Valley Central Middle & High Schools.**  
**NO parking allowed in the fire zone in front of the buildings OR on Route 17K. If you are parked illegally...you will be ticketed and/or towed at your own expense.**
- DIRECTIONS:** <https://maps.google.com/maps?q=Valley+Central+Middle+School,+1189+State+Route+17K,Montgomery,+NY+12549>.

**Note:**

**NYS Law prohibits smoking on school property.**  
**Camera cell phones & video recording devices are not permitted in the locker rooms.**  
**Shoes or sandals must be worn by swimmers when not on deck (no Exceptions).**

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Valley Central Natatorium  
1175 Route 17K ... Montgomery, NY 12549**

**Friday January 22, 2016**

**Session 1 Friday PM ... Timed Finals  
Warm-ups 4:00... Session Begins 5:00**

<b>GIRLS EVENTS</b>	<b>EVENT DESCRIPTION</b>	<b>BOYS EVENTS</b>
1	Senior 400 IM	2
3	12 & Under 200 IM	4
5	Senior 500 Freestyle	6
7	Senior 1650 Freestyle	8

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Saturday January 23, 2016

## Session 2 Saturday ... Prelims

Warm-ups 7:45AM ... Session Begins 9:00AM

GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS
9	12 & Under 100 IM	10
11	13-14 200 IM	12
13	Senior 200 IM	14
15	12 & Under 50 Backstroke	16
17	13-14 100 Backstroke	18
19	Senior 100 Backstroke	20
21	12 & Under 100 Butterfly	22
23	13-14 200 Butterfly	23
25	Senior 200 Butterfly	25
27	12 & Under 50 Breaststroke	28
29	13-14 100 Breaststroke	30
31	Senior 100 Breaststroke	32
33	12 & Under 200 Freestyle	34
35	13-14 200 Freestyle	36
37	Senior 200 Freestyle	38

## Session 3 Saturday ... Timed Finals

Warm-ups 1:30PM ... Session Begins 2:30PM

GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS
39	10 & Under 200 IM	40
41	8 & Under 50 Backstroke	42
43	10 & Under 50 Backstroke	44
45	10 & Under 100 Butterfly	46
47	8 & Under 100 Butterfly	48
49	10 & Under 50 Freestyle	50
51	8 & Under 50 Freestyle	52
53	10 & Under 100 Breaststroke	54
55	8 & Under 100 Breaststroke	56
57	10 & Under 200 Medley Relay	58

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Sunday January 24, 2016

Session 4 Saturday ... Finals

Warm-ups 5:00PM ... Session Begins 6:00PM

Valley Central Natatorium

1175 Route 17K ... Montgomery, NY 12549

Session 5 Sunday ... Prelims

Warm-ups 7:45AM ... Session Begins 9:00AM

GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS
59	12 & under 100 Free style	60
61	13-14 100 Freestyle	62
63	Senior 100 Freestyle	64
65	12 & Under 100 Backstroke	66
67	13-14 200 Backstroke	68
69	Senior 200 Backstroke	70
71	12 & Under 50 Butterfly	72
73	13-14 100 Butterfly	74
75	Senior 100 Butterfly	76
77	12 & Under 100 Breaststroke	78
79	13-14 200 Breaststroke	80
81	Senior 200 Breaststroke	82
83	12 & Under 50 Freestyle	84
85	13-14 50 Freestyle	86
87	Senior 50 Freestyle	88

Session 6 Sunday ... Timed Finals

Warm-ups 1:30PM ... Session Begins 2:30PM

GIRLS EVENTS	EVENT DESCRIPTION	BOYS EVENTS
89	10 & Under 100 IM	90
91	8 & Under 100 IM	92
93	10 & Under 100 Backstroke	94
95	8 & Under 100 Backstroke	96
97	10 & Under 50 Butterfly	98
99	8 & Under 50 Butterfly	100
101	10 & Under 100 Freestyle	102
103	8 & Under 100 Freestyle	104
105	10 & Under 50 Breaststroke	106
107	8 & Under 50 Breaststroke	108
109	10 & Under 200 Freestyle Relay	110

Session 7 Sunday ... Finals

Warm-ups 5:00PM Session Begins 6:00PM