



2016 Long Course Season Starter Invitational

**April 16-17, 2016
Sanction # 160402**

Invited Teams: APEX, BAD, COND, GATE, HS, MPNY, NCAC, NYAC, NYCC, NYCP, PAC, RIST, SAC (NJ), SPAR, WAG, WEST, YFD. **Additional teams who would like an invitation to this meet are asked to contact Brian Brown at brian@hydroswimteam.com.**



2016 Long Course Season Starter Invitational April 16-17, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 160402
- LOCATION:** **APEX Aquatics Center, Lehman College
250 Bedford Park Boulevard, West Bronx, NY 10468**
- FACILITY:** **7 lanes x 50 meters competition course plus 1 lane for warm up/warm down. Daktronics timing system and scoreboard.** The pool has not been certified in accordance with Article 104.2.2C (4). Water depth from end of pool in shallow end is: 13' at 1 meter / 12' at 5 meters. Water depth from end of pool in deep end is: 7' at 1 meter / 7' at 5 meters.
- SESSIONS:** **Saturday, April 16 – Session #1 – 8:00 AM Warm Up / 9:00 AM Start
Saturday, April 16 – Session #2 – 1:00 PM Warm Up / 2:00 PM Start
Sunday, April 17 – Session #3 – 8:00 AM Warm Up / 9:00 AM Start
Sunday, April 17 – Session #4 – 1:00 PM Warm Up / 2:00 PM Start**
- FORMAT:** **This meet is timed finals. Deck seeding will be used. Events will be run as Open and scored separately in the follow age groups: 10&U, 11-12, 13-14, 15&O.**
- 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 **April 16, 2016** 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 may enter up to 5 events per day. Entries will only be accepted in Hy-Tek format. No manual entries. No NTs will be allowed.**

U.S. Mail Payment to: **Hydroquatics Inc., c/o Brian Brown
601 South Woods Avenue, Fullerton, CA 92832**

Email Entries/Confirm Entry Receipt: brian@hydroswimteam.com

Signature Waiver required for express mail entries.

DEADLINES AND PROCEDURES:

Metro LSC Team entries must be received by **April 1, 2016** in order to be given preference over non-Metro LSC Teams and will be processed as received in a first-come/first-served fashion. Non-Metro LSC Team entries must be received by **April 8, 2016** and will be processed as received after the Metro LSC deadline. **Cuts will be made as necessary to maintain a meet size of 375-400 swimmers per session as required by the APEX Aquatic Center.**

An email confirming receipt of entries will be sent if you provide an email contact. **Please contact Brian Brown brian@hydroswimteam.com if you do not receive such a report within 2 days of your original email.**

TIME TRIALS:

Time Trials will not be available at this meet.

ENTRY FEES:

Athlete Surcharge -- \$5.00 per individual swimmer.

Entry Fee -- \$5.00 per individual event must accompany the entries.

Make check payable to: **Hydroquatics, Inc.** Payment must be received by **April 1, 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:

General Warm Up

SCRATCHES:

Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 8:30 AM (30 minutes prior to the start of the session). Coaches are asked to clearly indicate entire session and individual event scratches.

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-8th in the 9-10, 11-12, and 13-14 age groups – no awards for 15&O.

OFFICIALS:

Meet Referee: Jeff Chu – jcswim01@gmail.com – (631) 219-6424

Officials wishing to volunteer should contact Meet Referee.

MEET DIRECTOR:

Gina Sulpizio – swimin4wags@yahoo.com – (718) 614-8507

ADMIN OFFICIAL:

Michael Gavrilchin – michael_gavrilchin@yahoo.com – (646) 641-1151

RULES:

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. **Use of audio or visual recording**

devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.

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.

DISCLAIMER: It is understood that USA Swimming, Inc., Metropolitan Swimming, Inc., and Hydroquatics, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ADVISEMENT: Deck changes are prohibited.

ADMISSION: **\$5.00 Admission Fee. Programs will only be available in an electronic version.**

MERCHANTS: **Food concessions; Metro Swim Shop**

PARKING: **\$5.00 all-day parking at Lehman College Supervised Lot. Street parking and meter parking is also available.**

DIRECTIONS: **250 Bedford Park Boulevard West (between Goulden and Paul Avenues).**

BY SUBWAY: Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd past Paul Ave to entrance on south side of street.

BY BUS: FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave/Central Park Ave) #4 to Bedford Park Blvd. Terminus and walk West.

BY CAR: Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave and make left onto Sedgwick and continue uphill. Turn right at Goulden Ave (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right.

Via Saw Mill River Parkway South (becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.



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SESSION #1 – AGE GROUP (Swimmers aged 9-12 <u>only</u> , no 8&U) Saturday, April 16 – 8:00 AM WU / 9:00 AM Start		
Girls #	Event	Boys #
1	400 METER FREESTYLE (May be limited to Top 21 entries per event)	2
3	200 METER IM	4
5	100 METER BREASTSTROKE	6
7	100 METER FREESTYLE	8
9	50 METER BACKSTROKE	10
11	50 METER BUTTERFLY	12
SESSION #2 – SENIOR (Swimmers aged 13&O <u>only</u>) Saturday, April 16 – 1:00 PM WU / 2:00 PM Start		
Girls #	Event	Boys #
13	400 METER FREESTYLE (May be limited to Top 21 entries per event)	14
15	200 METER BREASTSTROKE	16
17	100 METER BACKSTROKE	18
19	200 METER BUTTERFLY	20
21	100 METER FREESTYLE	22
23	200 METER IM	24



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SESSION #3 – AGE GROUP (Swimmers aged 9-12 <u>only</u> , no 8&U) Sunday, April 17 – 8:00 AM WU / 9:00 AM Start		
Girls #	Event	Boys #
25	400 METER IM (May be limited to Top 21 entries per event)	26
27	200 METER FREESTYLE	28
29	100 METER BACKSTROKE	30
31	100 METER BUTTERFLY	32
33	50 METER BREASTSTROKE	34
35	50 METER FREESTYLE	36
SESSION #4 – SENIOR (Swimmers aged 13&O <u>only</u>) Sunday, April 17 – 1:00 PM WU / 2:00 PM Start		
Girls #	Event	Boys #
37	400 METER IM (May be limited to Top 21 entries per event)	38
39	200 METER FREESTYLE	40
41	100 METER BUTTERFLY	42
43	200 METER BACKSTROKE	44
45	100 METER BREASTSTROKE	46
47	50 METER FREESTYLE	48