



2016 Winter SCY Invitational

December 10-11, 2016

Sanction # 161207

Invited Teams: APEX, ASAP, BAD, BKR, CAS, CENT, CFB, COL, COND, FAST, GAEL, GATE, HAA, HES, HS, LGAC, LIAC, LIE, MAKO, MCBY, MPNY, NCAC, NYCP, NYAC, NYCC, NYSA, NFS, PAC, PATS, RED, RA, RIST, SAC (NJ), SHY, SMC, SWAG, TSC, WAG, WEST, YFD.

Additional teams who would like an invitation to this meet are asked to contact Brian Brown at brian@hydroswimteam.com.



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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #161207
- LOCATION:** **APEX Aquatics Center, Lehman College**
250 Bedford Park Boulevard
West Bronx, NY 10468
- FACILITY:** **8 lanes x 25 yards competition course with 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, December 10 – Age Group Session – 8:00 AM Warm Up / 9:00 AM Start**
Saturday, December 11 – Senior Session – 1:00 PM Warm Up / 2:00 PM Start
Sunday, December 10 – Age Group Session – 8:00 AM Warm Up / 9:00 AM Start
Sunday, December 11 – Senior Session – 1:00 PM Warm Up / 2:00 PM Start
- FORMAT:** **This meet is timed finals. Deck seeding will be used.**
- 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 **December 10, 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 4 events per session. 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 **November 23, 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 **November 30, 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 meet processor Brian Brown at 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 **November 23, 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 Place awarded for the 12&U age groups (10U / 11-12 scored separately). Ribbons for 1st-3rd Place will be awarded for the 13&O age groups.

OFFICIALS:

Meet Referee: Nelson Gonzalez – nelsonshorses1@aol.com – (631) 834-6944.
Officials wishing to volunteer should contact the 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., Wagner Aquatic Club 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.
Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind blocks.

ADMISSION: Admission \$5.00. Psych Sheet and Heat Sheet available via Meet Mobile \$2.99.

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 Bdway/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 hill to Sedgwick Ave and make left onto Sedgwick. 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 Henry Hudson Parkway) to Mosholu Parkway exit. At the second traffic light, before the subway underpass, turn right onto Paul Ave. Go two blocks. At Bedford Park Boulevard turn right. APEX building is on left. Proceed to traffic light; turn left onto Goulden. Parking lot is on the right.



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Session #1 – Age Group Division Swimmers aged 12&U <u>only</u> (10&U/11-12 will be scored separately) Saturday, December 10 th – 8:00 AM WU / 9:00 AM Start		
Girls #	Event	Boys #
1	100 Yard IM	2
3	50 Yard Freestyle	4
5	100 Yard Breaststroke	6
7	50 Yard Backstroke	8
9	100 Yard Butterfly	10
11	200 Yard Freestyle	12
Session #2 – Senior Division Swimmers aged 13&O <u>only</u> Saturday, December 10 th – 1:00 PM WU / 2:00 PM Start		
Girls #	Event	Boys #
13	200 Yard IM	14
15	100 Yard Freestyle	16
17	200 Yard Breaststroke	18
19	100 Yard Backstroke	20
21	200 Yard Butterfly	22
23	500 Yard Freestyle <small>(May be limited to Top 24 entries per event)</small>	24



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Session #3 – Age Group Division Swimmers aged 12&U <u>only</u> (10&U/11-12 will be scored separately) Sunday, December 11th – 8:00 AM WU / 9:00 AM Start		
Girls #	Event	Boys #
25	100 Yard Freestyle	26
27	50 Yard Breaststroke	28
29	100 Yard Backstroke	30
31	50 Yard Butterfly	32
33	200 Yard IM	34
35	500 Yard Freestyle <small>(May be limited to Top 24 entries per event)</small>	36
Session #4 – Senior Division Swimmers aged 13&O <u>only</u> Sunday, December 11th – 1:00 PM WU / 2:00 PM Start		
Girls #	Event	Boys #
37	200 Yard Freestyle	38
39	100 Yard Breaststroke	40
41	200 Yard Backstroke	42
43	100 Yard Butterfly	44
45	50 Yard Freestyle	46
47	400 Yard IM <small>(May be limited to Top 24 entries per event)</small>	48