



MVA
Swimming

DEVILFISH

AQUATICS



**Minisink Valley
Aquatics and Devilfish
Aquatics**



**Heats and Treats
Invitational**

October 29-30, 2016

**Invited are all teams in Metro, Bergen Co.
Barracudas, New Paltz Hawks, JFAC Jersey
Flyers, Club Fit NJ, Kingston Swim Club,
Lifetime**

Sanction #161015

- 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.
- 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:** Regular Sessions:
Awards will be given in all events for 1st through 8th places. 1st through 3rd for relays
- OFFICIALS:** **Meet Referee: Kristel Pietraszka krrsp@optonline.net 914 443-8874**
Officials wishing to volunteer should contact Meet Referee by **October 15, 2016**
Admin Official: Julie Coach
- MEET DIRECTORS:** **Ethan Fergus 845.222.0814 and Julie Coache 845 697-5029**
- 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 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls.”
Shallow End: 1.0 Meter = 3’10” 5.0 Meters = 4’ 1”
Deep End : 1.0 meter = 12’7” 5.0 Meters= 11’10”
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Minisink Valley School District, Minisink Valley Aquatics, Devilfish Aquatics Inc., 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 blocks - 202.3 and 202.4.**
- DECK CHANGING** Deck Changes are prohibited.
- ADMISSION: \$5 per session / \$8 per day for adults. Kids Free. Programs \$3.00**
- MERCHANTS:** Swimsuits, bags, towels, goggles and apparel will be available on site. Hot and Cold dishes, snacks, desserts, and beverages will be available for purchase.
- PARKING:** **There is ample free parking at the high school. The pool is located at the rear of the high school.**
- DIRECTIONS:** From the NYS Thruway North take Exit 16 to Route 17 West. Follow Route 17 West to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. The Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field. From the NYS Thruway South exit at Route

84 West. Follow Route 84 West to Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past S Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field. From Route 84 take Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the football field.

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ORDER OF EVENTS

Session 1
Saturday AM
October 29, 2016
Warm-ups: 8:00 AM
Start: 9:00 AM

Session 2
Saturday PM
October 29, 2016
Warm-ups: 1:30 PM
Start: 2:30 PM

Girls Event#	Age Group Event	Boys Event#
1	10 and Under 50 yd. Freestyle	2
3	13 - 14 200 yd. Freestyle	4
5	10 and Under 100 yd. Breaststroke	6
7	13 - 14 100 yd. Breaststroke	8
9	8 and under 25 yd. Backstroke	10
11	10 and Under 100 yd. Backstroke	12
13	13 - 14 100 yd. Backstroke	14
15	10 and Under 50 yd. Butterfly	16
17	13-14 200 yd. Butterfly	18
19	10 and Under 200 yd. IM	20
21	13 - 14 100 yd. Freestyle	22
23	10 and Under 200 yd. Freestyle Relay	24
25	13 - 14 200 yd. Med Relay	26

Girls Event#	Age Group Event	Boys Event#
27	11-12 50 yd. Freestyle	28
29	15 and over 200 yd. Freestyle	30
31	11-12 100 Breaststroke	32
33	15 and over 100 yd. Breaststroke	34
35	11-12 50 yd. Backstroke	36
37	15 and over 200 yd. Backstroke	38
39	11-12 100 yd. Butterfly	40
41	15 and over 100 yd. Butterfly	42
43	11-12 200 yd. IM	44
45	15 and over 100 yd. Freestyle	46
47	11-12 200 yd. Freestyle Relay	48
49	15 and over 200 yd. Med. Relay	50

Session 3
Sunday AM
October 30, 2016
 Warm-ups: 8:00 AM
 Start: 9:00 AM

Girls Event #	Age group Event	Boys Event #
51	10 and under 50 yd Breaststroke	52
53	13-14 200 yd. Breaststroke	54
55	10 and under 100 yd IM	56
57	13-14 200 yd. IM	58
59	8 and under 25 yd. Freestyle	60
61	10 and under 100 yd. Freestyle	62
63	13-14 50 yd. Freestyle	64
65	10 and under 50 yd Backstroke	66
67	13-14 200 yd. Backstroke	68
69	10 and under 100 yd Butterfly	70
71	13-14 100 yd. Butterfly	72
73	10 and under 200 yd. Freestyle	74
75	13-14 200 yd. Freestyle Relay	76
77	10 and under 200 yd. Med. Relay	78

Session 4
Sunday PM
October 30, 2016
 Warm-ups: 1:30 PM
 Start: 2:30 PM

Girls Event #	Age Group Event	Boys Event #
79	11-12 50 yd. Breaststroke	80
81	Open 200 yd. Breaststroke	82
83	11-12 100 yd IM	84
85	15 & Over 200 yd. IM	86
87	11-12 100 yd Freestyle	88
89	15 & Over 50 yd. Freestyle	90
91	11-12 100 yd. Backstroke	92
93	15 & Over 100 yd. Backstroke	94
95	11-12 50 yd. Butterfly	96
97	Open 200 yd. Butterfly	98
99	11-12 200 yd. Freestyle	100
101	15 & Over 200 yd. Freestyle Relay	102
103	11-12 200 yd. Med. Relay	104