



Phoenix Aquatic Club Winter Classic Open Meet

January 29-31, 2016

Sanction #160116

Phoenix Aquatic Club Open

January 29-31, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #160116
- LOCATION:** Felix Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994
- FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lane lines. Shallow end of pool will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators. The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **THE BUILDING DOORS WILL NOT OPEN UNTIL 5:30PM** ~ you may not enter the building prior
- Session 1: Friday Evening – Warm-up: 5:45 PM, Start 6:30 PM *****3 HOUR TIME LIMIT*****
Session 2: Saturday Morning – Warm-up: 7:30 AM, Start 8:30 AM
Session 3: Saturday Afternoon – Warm-up: 1:00 PM, Start 2:00PM
Session 4: Sunday Morning – Warm-up: 7:30 AM, Start 8:30 AM
Session 5: Sunday Afternoon – Warm-up: 1:00 PM, Start 2:00 PM
- FORMAT:** This will be a timed finals event.
This is a deck seeded meet.
- 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. Age on **January 29, 2016 will** determine age for the entire meet.
- DISABILITY SWIMMER:** 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 be entered in 2 events on Friday evening and 3 individual events Saturday and Sunday.
No NT's will be accepted.
- Host team reserves the right to refuse entries from teams that have a history of late or non-payment of entry fees. Entries will be accepted on a first come, first served basis. The host team reserves the right to keep its swimmers entered in the meet.
- The 500 (women) will be limited to the fastest 5 heats; the 500 (men) will be limited to the fastest 6 heats. Host team retains the right to keep its swimmers entered in these events.
- Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.
- U.S. Mail Entries/Payment to:
- Phoenix Aquatic Club
139 Goebel Rd
New City, NY 10956**
- Email Entries/Confirm Entry Receipt: pacentries@gmail.com

Sign Express Mail Waiver allowing delivery without signature.

- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Phoenix 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"
- DEADLINE:**
1. **Metro LSC teams will be given priority on a first come/first served basis. Metro team's entries must be received by January 15, 2016**
 2. The final entry deadline for this meet is January 18, 2016
 3. Entries from other LSC's and Metro entries received after January 18th, 2016 will be entered in the order they were received, as space allows.
- An email confirming receipt of entries will be sent if you provide an email contact. Please contact the meet director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$4.00** per individual event must accompany the entries.
Make check payable to: **Phoenix Aquatic Club**
Payment must be received by **January 18th, 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:** The first 35 minutes will be general warm-up. The last 25 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Lanes 3 & 6 will be assigned as necessary. No diving will be allowed except in designated sprint lanes. A coach must supervise all swimmers. The meet director reserves the right to assign warm-up lanes.
- SCRATCH:** 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:** Ribbons will be awarded for places 1st – 8th in all events.
- OFFICIALS:** **Meet Referee:** Phil Paspalas
Officials wishing to volunteer should contact Meet Referee by email: paspalas@optonline.net
- MEET DIRECTOR:** Mary Lange, contact information phone: 845-323-9118,
Email: thelangez@hotmail.com
- ADMIN OFFICIAL:** Mary Lange, contact information phone: 845-323-9118,
Email: thelangez@hotmail.com
- 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.

Friday Evening - Session One
Warm-up 5:45 PM/Start 6:30 PM

Girls	Event	Boys
1	10 & Under 200 Freestyle	2
3	Open 500 Freestyle	4
5	Open Over 400 IM	6

*****3 HOUR LIMIT ON THIS SESSION*****

Saturday Morning - Session Two
Warm-up 7:30am/Start 8:30 am

Girls	Event	Boys
7	13-14 200 Back	8
9	10 & Under 50 Back	10
11	13-14 50 Free	12
13	10 & Under 50 Free	14
15	13-14 100 Breast	16
17	10 & Under 100 Breast	18
19	13-14 200 Fly	20
21	10 & Under 50 Fly	22
23	13-14 200 Free	24
25	10 & Under 100 IM	26

Saturday Afternoon - Session Three
Warm-up 1:00am/Start 2:00 pm

Girls	Event	Boys
27	11-12 100 Fly	28
29	Open 100 Fly	30
31	11-12 200 IM	32
33	Open 200 IM	34
35	11-12 100 Back	36
37	Open 100 Back	38
39	11-12 50 Breast	40
41	Open 200 Breast	42
43	11-12 50 Free	44
45	Open 100 Free	46

Sunday Morning - Session Four

Warm-up 7:30am/Start 8:30 am

Girls	Event	Boys
47	10 & Under 100 Fly	48
49	13-14 100 Fly	50
51	10 & Under 200 IM	52
53	13-14 200 IM	54
55	10 & Under 100 Back	56
57	13-14 100 Back	58
59	10 & Under 50 Breast	60
61	13-14 200 Breast	62
63	10 & Under 100 Free	64
65	13-14 100 Free	66

Sunday Afternoon - Session Five

Warm-up 1:00pm/Start 2:00 pm

Girls	Event	Boys
67	11-12 50 Back	68
69	Open 200 Back	70
71	11-12 100 Freestyle	72
73	Open 50 Freestyle	74
75	11-12 100 Breast	76
77	Open 100 Breast	78
79	11-12 50 Fly	80
81	Open 200 Fly	82
83	11-12 200 Freestyle	84
85	Open 200 Freestyle	86
87	11-12 100 IM	88

