



# Christmas Invitational

December 2-4, 2016

**Sanction # 161201**

**Invited Teams:** ALL METRO TEAMS, Waverunners, Berkeley Aquatic Club, Victor Swim Club & CPAC

Any other teams that would like to be invited, please contact Mary Lange at [Pacentries@gmail.com](mailto:Pacentries@gmail.com)

# Christmas Invitational

December 2-4, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan, Inc. #
- LOCATION** Felix Festa Middle School Pool  
30 Parrott Road  
West Nyack, NY 10994
- FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lanes 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:** **PLEASE NOTE: THE BUILDING DOORS WILL NOT OPEN UNTIL 5:30** – you may not enter the building prior.
- Session 1: Friday Evening - Warm-up 5:45, Start 6:30 PM **\*\*\*3 Hour Time Limit\*\*\***  
Session 2: Saturday Morning - **Warm-up 9:30 AM, Start 10:30 AM - due to varsity practice**  
Session 3: Saturday Afternoon - Warm-up 3:30 PM, Start 4:30 PM  
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 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 2, 2016 will determine the 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 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 4 individual events **Saturday and Sunday. No NT's will be accepted.**
- Invited teams will be given priority in acceptance of entries. 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 for invited teams until the meet is determined to be full. The host team reserves the right to keep its swimmers

entered in the meet.

The 500 Free (women) will be limited to the fastest 5 heats; the 500 Free (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/Payments:

**Phoenix Aquatic Club**  
**139 Goebel Road**  
**New City, NY 10956**

Email Entries/Confirm Entry Receipt: [pacentries@gmail.com](mailto:pacentries@gmail.com)

Sign Express Mail Waiver allowing delivery without signature.

**DEADLINE: ENTRIES MUST BE RECEIVED BY: NOVEMBER 23, 2016**

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 **\$6.00** per individual even must accompany the entries.

Make check payable to: **Phoenix Aquatic Club**

Payment must be received by **November 23, 2016** for email entries. Payments 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 25 minutes will be general warm-up. The last 20 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. All swimmers must be supervised by a coach. The meet director reserves the right to assign warm-up lanes.

**SCRATCH PROCEDURES:** 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 1<sup>st</sup> – 8<sup>th</sup> in all events.

**OFFICIALS:** **Meet Referee:** Phil Paspalas  
Officials wishing to volunteer should contact Meet Referee by email:  
[paspalas@optonline.net](mailto:paspalas@optonline.net)

**MEET DIRECTOR:** Mary Lange, contact information phone 845-323-9118,  
Email [thelangez@hotmail.com](mailto:thelangez@hotmail.com)

**ADMIN OFFICIALS:** Mary Lange [thelangez@hotmail.com](mailto:thelangez@hotmail.com)  
Helen Shaw [fiveshawsnow@gmail.com](mailto:fiveshawsnow@gmail.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.

**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.

**AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms.**

**DECK CHANGING:** Deck changes are prohibited.

**ADMISSION** \$7.00 Adults/session      \$3.00 Program/session      free wifi access

**MERCHANT:** A concession stand will be available throughout the duration of the meet. Metro Swim Shop will be available with swimming merchandise throughout the meet.

**PARKING:** There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing. **Attendees should NOT park on the grass or on any residential street or the town will tow them. There will be security guards directing parking – please be respectful.**

**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 of 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 ½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls." **1.0 meter = 4 feet 6 inches, 5 meters = 13 feet**

**DIRECTIONS:**

From North of Rockland County: Take Palisades Interstate Parkway South to Exit 10. Make a left off the exit. Make a left at the first traffic light onto Middletown Road. Take a right a right at next traffic light onto Germonds Road . . .

From the George Washington Bridge: Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road . . .

From the Tappan Zee Bridge: Take the NYS Thruway (I-87 North) to Exit 13N (Palisades Interstate Parkway – North to Exit 10. Make a right off the exit onto Germonds Road...

... follow Germonds Road through the intersection of Germonds Road and Route 304 (you will pass Albertus Magnus High School on your right). Make a left onto Parrott Road. The entrance for the pool is down the walkway at the end of the tennis courts.

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

| <b>Girls</b> | <b>Event</b>             | <b>Boys</b> |
|--------------|--------------------------|-------------|
| 1            | 10 & Under 200 Freestyle | 2           |
| 3            | Open 500 Freestyle       | 4           |
| 5            | Open Over 400IM          | 6           |

\*\*\*3 HOUR SIMIT ON THIS SESSION\*\*\*

**Saturday Morning – Session Two**  
**Warm-up 9:30am/Start 10:30am**

| <b>Girls</b> | <b>Event</b>          | <b>Boys</b> |
|--------------|-----------------------|-------------|
| 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 3:30pm/Start 4:30pm**

| <b>Girls</b> | <b>Event</b>    | <b>Boys</b> |
|--------------|-----------------|-------------|
| 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 8:30am**

| <b>Girls</b> | <b>Event</b>         | <b>Boys</b> |
|--------------|----------------------|-------------|
| 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 Morning – Session Five  
Warm-up 1:00pm/Start 2:00pm**

| <b>Girls</b> | <b>Event</b>        | <b>Boys</b> |
|--------------|---------------------|-------------|
| 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          |