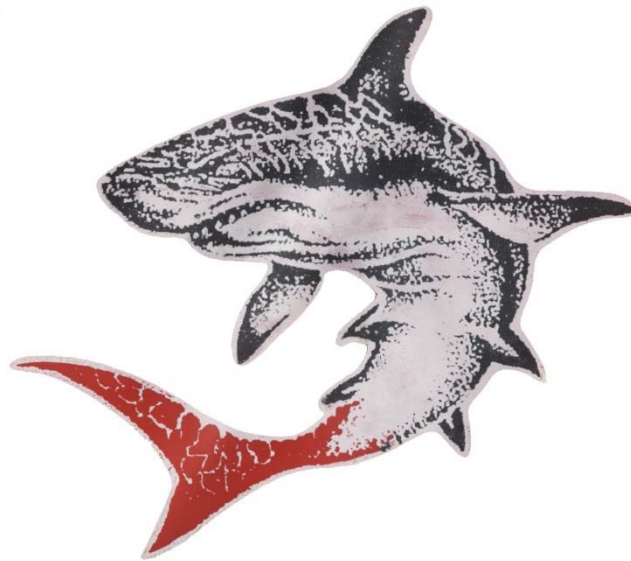


**Riverbank RedTails Swim Team  
13<sup>th</sup> Annual International LC Invitational  
June 18<sup>th</sup> & 19<sup>th</sup>, 2016  
Lehman College APEX Center  
250 Bedford Park Blvd. West  
Bronx, NY 10468  
212-960-1134  
Metropolitan Swimming Sanction # 160605**



## **2016-MR RedTails International LC Invitational**

**June 18-19, 2016**

**Invited Teams: LaGuardia Aquatic Club, NuFinmen, NYC Aquatic Club, APEX, Kips Bay Makos, Rivertown Aquatics, Manhattan Makos, WEST, Nile Crocodile, Flying Dolphins, Richmond Aquatic Club, Harbor Seals, Red Fox, Silver Streaks, Flushing Flyers, Cross Island Y, Suffern Sea Lions, Watersign Aquatics, Deep End Aquatics, Washingtonville Seahawks, Saw Mill Club, Club Fit-JV, NYC Parks**

*\*Other interested clubs should contact the meet director*

# RedTails 2016 International LC Invitational

## June 18-19, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **160605**
- LOCATION:** **Lehman College APEX Center;**  
**250 Bedford Park Blvd. West Bronx, NY 10468**
- FACILITY:** Eight lanes 50 meters Olympic size indoor pool, **pool depth is 4ft to 13ft.** Electronic timing system and non-turbulent lane lines will be used.  
The pool **has been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Saturday, June 18, 2016- Session I: 7:30am warm up- 8:30am Start**  
**Saturday, June 18, 2016- Session II: 1:30pm warm up- 2:30pm Start**  
**Sunday, June 19, 2016 Session III: 7:30am warm up- 8:30am Start**  
**Sunday, June 19, 2016- Session IV: 2:30pm warm up- 2:30pm Start**
- FORMAT:** **All events are Timed Finals**  
**The meet will Deck Seeded**
- 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.  
No "Deck Registrations" will be accepted  
Age on **June 18<sup>th</sup>** 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 are allowed only 3 individual events and 1 relay per day.  
**Entries will be cut by team in order to maintain Metro swimming guidelines.**  
**HY-TEK entries w/ printout are preferred.**  
U.S. Mail Entries/Payment to: Riverbank State Park – Aquatics Complex:  
679 Riverside Drive. New York, NY 10031  
Email Entries/Confirm Entry Receipt: [RedTailsswimming@gmail.com](mailto:RedTailsswimming@gmail.com) or Luis.trinidad@parks.ny.gov  
**"[Click and Input if signature waiver required for Express Mailed Entries/Payment]"**
- DEADLINE:** **Entries must be received by: June 10, 2016. Metro Teams may enter prior to May 30, 2016**  
  
An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$5.00** per individual event and **\$8.00** per Relay event must accompany the entries.  
Make check payable to: **RedTails "NHT"**  
Payment must be received by **entry deadline** 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:** **Lane assignments will be posted, if necessary prior to each warm up session**
- 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:** A distinctive medal will be given to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places. Ribbons for places 4 through 8. High Point awards will be given to top three individuals in each age division and top three teams.
- OFFICIALS:** **Meet Referee:** **Anthony DeNoble** [adenoble@SI.rr.com](mailto:adenoble@SI.rr.com)  
Officials wishing to volunteer should contact Meet Referee by **June 6th**
- ADMIN. OFFICIAL:** **Wendy Martinez** [bellamiamour@usa.net](mailto:bellamiamour@usa.net)
- MEET DIRECTOR:** **Luis Trinidad** [RedTailsswimming@gmail.com](mailto:RedTailsswimming@gmail.com) or [Luis.Trinidad@parks.ny.gov](mailto:Luis.Trinidad@parks.ny.gov)
- 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 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."  
**pool depth is 4ft to 13ft.**
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **"Lehman College and The Riverbank RedTails"**, 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 starting blocks.**
- DECK CHANGING:** **Deck Changes are prohibited**  
.
- ADMISSION:** **Spectators will be required to pay a \$5.00 admission fee for each session. Programs will be available as well.**
- MERCHANTS:** **Refreshments and food will be available**
- PARKING:** **Street parking will be available.**
- DIRECTIONS:** **IRT No. 4 or the IND "D" line to Bedford Park Boulevard. The campus is a three-minute walk to the west. For more information about subway service to the Lehman campus, call the New York City Transit Authority at (718) 330-1234. Metro North's Harlem line has a local stop at the Botanical Gardens station. The campus is about 12 blocks due west on Bedford Park Boulevard. Call Metro North for information about fares and schedules (212) 532-4900.**  
**By Bus Nine Bronx buses including the 2, 10, 22, and 28 have stops at Lehman College. Liberty Lines BXM4 express buses from Manhattan stop near the campus, at Bedford Park Boulevard and the Grand Concourse. Good connections are available on Westchester 20 or 20X buses from White Plains, Hartsdale, Scarsdale, and Yonkers via Central Park Avenue. The No. 4 from Yonkers also stops near the campus. For more information about taking a bus to the Lehman campus, call (718) 330-1234 (Bronx buses) or (718) 652-8400 (Liberty Lines) or (914) 682-2020 (Westchester buses).**  
**By Car From Manhattan - East Side Via East River Drive to Willis Avenue Bridge (or Triborough Bridge - Bronx spur) to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.**

**From Manhattan - West Side Via West Side Highway north (it becomes Henry Hudson Parkway) to Mosholu Parkway exit. Follow directions from the Henry Hudson Parkway.**

**From Westchester**

- **Via New York State Thruway (I-87) south (it becomes Major Deegan Expressway) to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.**
- **Via Saw Mill River Parkway south (it becomes Henry Hudson Parkway) to Mosholu Parkway exit. Follow directions from the Henry Hudson Parkway.**

□ **Via Bronx River Parkway south to Gun Hill Road exit. Make a right from exit ramp and take Gun Hill Road West to Jerome Avenue. Turn left onto Jerome, following the elevated subway line above to W. 205 Street. Turn right, and proceed two short blocks to Goulden Avenue. Make a left onto Goulden Avenue and proceed one block. Campus is on the left.**

□

**From Queens and Eastern Long Island**

- **Via Grand Central Parkway to Triborough Bridge - Bronx spur to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.**
- **Via Throgs Neck Bridge or Whitestone Bridge to Cross Bronx Expressway west to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.**

□

**From New Jersey Via George Washington Bridge to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.**

**From the Major Deegan Expressway Exit at Van Cortlandt Park South. From the south, bear left along the fork of the exit ramp and make a left at the traffic light. From the north, make a left at the traffic light. Proceed up the winding hill for 4 traffic lights. Immediately after 4th traffic light, make a quick right onto Goulden Avenue. Proceed two long blocks to Bedford Park Boulevard West, where the campus begins. The parking lots are on your right.**

**From the Henry Hudson Parkway Exit at Mosholu Parkway. Proceed on long exit ramp. At the second traffic light, before subway underpass, turn right onto Paul Avenue for two long blocks. At Bedford Park Boulevard, turn right and then left onto Goulden Avenue. The parking lots are on your right.**

**IMPORTANT! IN CASE OF EMERGENCY:**

**Pool Office: 718-960-7123**

**Meet Desk: 718-960-1130**

**Riverbank RedTails Swim Team  
13th Annual International Meet Event List**

**Session I**

Saturday, June 18, 2016

7:30am Warm-up

8:30am Start time

Women			Men	
1	15 & Over	200 Meter Individual Medley	2	
3	11-12	200 Meter Freestyle	4	
5	15 & Over	100 Meter Breaststroke	6	
7	11-12	50 Meter Breaststroke	8	
9	15 & Over	200 Meter Backstroke	10	
11	11-12	100 Meter Backstroke	12	
13	15 & Over	100 Meter Freestyle	14	
15	11-12	50 Meter Freestyle	16	
17	15 & Over	200 Meter Butterfly	18	
19	11-12	100 Meter Butterfly	20	
21	15 & Over	400 Meter Medley Relay	22	
23	11-12	400 Meter Medley Relay	24	

**Session II**

Saturday, June 18, 2016

1:30pm Warm-up

2:30pm Start time

Women			Men	
25	13-14	200 Meter Individual Medley	26	
27	10 & U	200 Meter Freestyle	28	
29	13-14	100 Meter Breaststroke	30	
31	10 & U	50 Meter Breaststroke	32	
33	13-14	200 Meter Backstroke	34	
35	10 & U	100 Meter Backstroke	36	
37	13-14	100 Meter Freestyle	38	
39	10 & U	50 Meter Freestyle	40	
41	13-14	200 Meter Butterfly	42	
43	10 & U	200 Meter Medley Relay	44	
45	13-14	400 Meter Medley Relay	46	

**Riverbank RedTails Swim Team  
13th Annual International Meet Event List**

**Session III**

Sunday, June 19, 2016

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

Women			Men
47	15 & Over	200 Meter Freestyle	48
49	11-12	200 Meter Individual Medley	50
51	15 & Over	100 Meter Backstroke	52
53	11-12	50 Meter Backstroke	54
55	15 & Over	200 Meter Breaststroke	56
57	11-12	100 Meter Breaststroke	58
59	15 & Over	50 Meter Freestyle	60
61	11-12	100 Meter Freestyle	62
63	15 & Over	100 Meter Butterfly	64
65	11-12	50 Meter Butterfly	66
67	15 & Over	400 Meter Freestyle Relay	68
69	11-12	400 Meter Freestyle Relay	70

\*\* High Point Awards Presentations \*\*

**Session IV**

Sunday, June 19, 2016

1:30 pm Warm-up  
2:30 pm Start time

Women			Men
71	13-14	200 Meter Freestyle	72
73	10 & U	200 Meter Individual Medley	74
75	13-14	100 Meter Backstroke	76
77	10 & U	50 Meter Backstroke	78
79	13-14	200 Meter Breaststroke	80
81	10 & U	100 Meter Breaststroke	82
83	13-14	50 Meter Freestyle	84
85	10 & U	100 Meter Freestyle	86
87	13-14	100 Meter Butterfly	88
89	10 & U	50 Meter Butterfly	90
91	13-14	400 Meter Freestyle Relay	92
93	10 & U	400 Meter Freestyle Relay	94

\*\* High Point Awards Presentations \*\*

**Riverbank RedTails Swim Team  
13th International LC Invitational  
June 18th & 19th, 2016**

***Meet Entry Summary & Waiver***

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Head Coach's Name \_\_\_\_\_  
Day Phone # \_\_\_\_\_  
Evening phone # \_\_\_\_\_  
E-Mail: \_\_\_\_\_

**Fee Summary:**

Female Individual Entries	_____	x \$5.00 =	_____
Male Individual Entries	_____	x \$5.00 =	_____
Female Relay Entries	_____	x \$8.00 =	_____
Male Relay Entries	_____	x \$8.00 =	_____

Total of entry fees = \_\_\_\_\_

**\*Make check payable to Riverbank RedTails NHT. Deadline: Friday, 6/10/16**

**Event Waiver:**

Upon acceptance of entries, swimmers, coaches, parents and spectators waive their right to all claims against New York State Office of Parks, Recreation and Historic Preservation, Riverbank State Park, Riverbank RedTails Swim Team, Lehman College Metropolitan Swimming, their agents and representatives for any injury or loss of property occurring as a result of this meet.

I hereby certify that all swimmers that I am entering at the: 2016 MR- RedTails International LC Invitational Meet is currently registered with USA/FINA Swimming.

Print Name \_\_\_\_\_ Title \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Team official/coach)

Certified Coaches and team officials attending this meet: \_\_\_\_\_

**\*Entries will not be accepted without this signed waiver**