

RED FOX AQUATIC CLUB



**2016 RFAC HOLIDAY MEET
FRIDAY, SATURDAY, SUNDAY, DECEMBER 16, 17 AND 18TH, 2016**

This meet is open to all Metro Clubs in good standing and other LSC's. Metro LSC clubs will be given priority on a first come/first serve basis. After the Metro deadline, all clubs will be entered on a first come/first serve basis.

Sanction #161203

2016 RFAC HOLIDAY MEET

FRIDAY, SATURDAY, SUNDAY, DECEMBER 16, 17 AND 18th, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 161203
- LOCATION:** James McCann Center, Marist College, Poughkeepsie, NY 12601
- FACILITY:** The James McCann Natatorium is a six lane 25yd. competition pool with separate diving well. The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Friday session (1) Warm-up at 1pm , start 2pm. Friday session (2) Warm-up 4pm, start 5pm. Saturday & Sunday sessions (3 & 5) Warm-up 7:30am, start 9am. Saturday & Sunday sessions (4 & 6) Warm-up 1pm, start 2:30pm.
- FORMAT:** All events will be swum as timed finals. Deck seeded with Scratch Sheets collected 40 minutes prior to the start of each session. Heat sheets will be distributed and posted.
- 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 **FRIDAY, DECEMBER 16TH** 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:** All athletes are limited to enter 3 events Friday and 4 events per day on Saturday and Sunday. **NO TIME entries will not be accepted, except for RFAC swimmers. Distance freestyle events may be limited to 3 heats. Receipt of entries will be confirmed by email. Entries will not be considered received and accepted without full payment of fees. Cuts will be advised by email.**
- U.S. Mail Entries/Payment to: Larry VanWagner, Director of Swimming, Marist College, James McCann Center, Poughkeepsie, NY 12601.
Email Entries/Confirm Entry Receipt: Please submit email entries via HY-Tek to rfacentries@hotmail.com.
- DEADLINE:**
- 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by November 25th.
 - 2: The final entry deadline for this meet is December 8th.
 - 3: Metro entries received between November 25th and December 8th and all entries from other LSC's will be entered in the order they were received, as space allows.
- 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, \$10.00 per relay and \$5.00 per swimmer surcharge must accompany the entries.
Make check payable to: **RED FOX AQUATIC CLUB**.
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 will begin 60 minutes prior to start of session 1 and 2 and 90 minutes before sessions 3-6 and 25yd. sprint lanes designated 30 minutes prior to start of each 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: [Individual events 1-6 place/Ribbons, 4-6 place/Ribbons. Relay events 1-3 place/Ribbons. NO awards will be given for Open events.](#)

OFFICIALS: **Meet Referee:** Arden Thomas, ardenthomas@verizon.net.
Officials wishing to volunteer should contact Meet Referee by December 2nd .

MEET DIRECTOR ADMIN: [Lisa Simpfenderfer, 845---546-3077 or lsimpf@gmail.com](mailto:Lisa.Simpfenderfer@usa-swimming.com)
[Gillian Smith, gillianr@earthlink.net](mailto:Gillian.Smith@earthlink.net)

Lisa Simpfenderfer, 845-546-3077 or lsimpf@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.

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."
[The competition pool ranges from 5.5ft. at the start end to 4.0ft. at the turn end.](#)

DISCLAIMER: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Marist College, Red Fox 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."

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

DECK CHANGE: Deck changes are not permitted.

ADMISSION: [Daily admission for adults \\$5.00. Meet Program will be available for \\$3.00 per session.](#)

MERCHANTS: [The Metro Swim Shop and food concessions will be available at all sessions.](#)

PARKING: [On-site parking and spectator seating is available.](#)

DIRECTIONS: [Please visit the REDFOXAQUATICCLUB.COM website for directions.](#)

2016 RED FOX AQUATIC CLUB HOLIDAY MEET

Friday, Saturday and Sunday, December 16, 17 and 18, 2016

GIRLS	BOYS	GIRLS	BOYS
EVENTS	EVENTS	EVENTS	EVENTS

FRIDAY SESSION 1

1PM Warm-up 2PM Start

1	Open 1650 Free	2
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FRIDAY SESSION 2

4PM Warm-up 5pm Start

3	11-12 200 Free	4
5	13-14 200 Free	6
7	10-U 200 Free	8
9	Open 200 Free	10
11	11-12 200 IM	12
13	13-14 500 Free	14
15	Open 500 Free	16

SATURDAY AM SESSION 3

7:30AM Warm-up 9AM Start

17	11-12 100 Breast	18
19	9-10 50 Breast	20
21	11-12 50 Free	22
23	9-10 50 Free	24
25	Open 200 Back	26
27	11-12 100 Fly	28
29	9-10 50 Fly	30
31	11-12 50 Back	32
33	9-10 100 Back	34
35	11-12 100 IM	36
37	9-10 200 Med Rly	38
39	11-12 200 Med Rly	40
41	13-14 400 IM	42
43	Open 400 IM	44

SATURDAY PM SESSION 4

1PM Warm-up 2:30PM Start

45	8-Under 50 Breast	46
47	13-14 100 Breast	48
49	Open 100 Breast	50
51	8-Under 50 Free	52
53	13-14 50 Free	54
55	Open 50 Free	56
57	8-Under 50 Fly	58
59	13-14 100 Fly	60
61	Open 100 Fly	62
63	8-Under 100 Med Rly	64
65	13-14 200 Med Rly	66
67	Open 200 Med Rly	68

SUNDAY AM SESSION 5

7:30AM Warm-up 9AM Start

69	Open 200 Breast	70
71	11-12 50 Breast	72
73	9-10 100 Breast	74
75	11-12 100 Free	76
77	9-10 100 Free	78
79	11-12 100 Back	80
81	9-10 50 Back	82
83	Open 200 Fly	84
85	9-10 100 Fly	86
87	11-12 50 Fly	88
89	9-10 100 IM	90
91	11-12 200 Free Rly	92
93	9-10 200 Free Rly	94

SUNDAY PM SESSION 6

1PM Warm-up 2:30PM Start

95	8-Under 100 Free	96
97	13-14 100 Free	98
99	Open 100 Free	100
101	8-Under 50 Back	102
103	13-14 100 Back	104
105	Open 100 Back	106
107	8-Under 100 IM	108
109	13-14 200 IM	110
111	Open 200 IM	112
113	8-Under 100 Free Rly	114
115	13-14 200 Free Rly	116
117	Open 200 Free Rly	118

NOTES: There will be NO DIVING during warm-ups. All lanes will be circular swimming until 1/2 hour before start, then lanes 2 & 5 will be one-way sprint lanes.-