

**WESTCHESTER AQUATIC CLUB
WOLVERINES
PRESENT**



**THE 2ND ANNUAL TINA FICARELLI MEMORIAL
IMX READY TROPHY MEET !**

OCTOBER 22-23, 2016

MARK TWAIN MIDDLE SCHOOL

YONKERS, NEW YORK

PRIZES FOR EACH HEAT WINNER !

SANCTION #: # 161016

TIME TRIAL - # 161016-T

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #: # 161016
Time Trial - # 161016-T

LOCATION: Mark Twain Middle School 160 Woodlawn Avenue Yonkers, New York 10704

FACILITY: 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system.
NO SMOKING ALLOWED IN THE BUILDING. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. The pool has been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.

SESSIONS: **Session 1:** Saturday PM – Distance Session - All Age Groups - Warm-up 1:00 pm Meet: 2:00 pm

Session 2: Sunday AM Session - Ages 13-14 & Open - Warm-up 8:00 am Meet: 9:00 am

Session 3: Sunday PM – Ages 8&U, 9-10, 11-12 - Warm-up 2:00 pm Meet: 3:00 pm

FORMAT: All events are Timed Finals. Deck Seeding

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.
No “Deck Registrations” will be accepted
Age on 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: Saturday Distance Session, Entry Limits

8&Us Swimmers may swim 2 Individual Events and 1 Relay

9-10s Swimmers may swim 2 Individual Events and 1 Relay

11&Overs Swimmers may swim 2 Individual Events and 1 Relay

Sunday Sessions, Entry Limits

Swimmers may swim up to 4 Individual Events per Session and 1 Relay,

The meet will be run on computer using Hy-Tek's Meet Manager. Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries. An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach.

Please contact Carle Fierro if you do not receive such a report within 2 days of your original email. Telephone or faxed entries will not be accepted.

U.S. Mail Entries/Payment to:

Westchester Aquatic Club

5 White Birch Road South Pound Ridge, New York 10576

Email Entries/Confirm Entry Receipt: Email entries to: Carleswim@aol.com Please sign the "signature waiver" on envelope for entries sent by Express Mail

DEADLINE: 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by October 7, 2016.

2: The final entry deadline for this meet is October 10, 2016.

3: Metro entries received between October 7, 2015 and October 10, 2016 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 \$ 4.00 per individual event & \$8.00 per relay event must accompany the entries. Make check payable to: **Westchester Aquatic Club.**

Payment must be received by October 10, 2016 unless otherwise arranged with the meet director 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:** First 40 minutes will be general warm-up. Team Lane assignment will be given at the meet. Last 20 minutes: 2 or more lanes will be open for one-way sprint. All other lanes will remain open for general warm-up.
- 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:** **Fun Prizes** will be awarded to all heat winners. **12&U Events:** Ribbons 1st place thru 8th Place
- Trophies Awards Categories Top 8 Point Scorers (Single Age Points):**
- 8&U** - 100 Free, 100 IM, 50 Back, 50 Breast, 50 Fly **9-10** - 100 Free, 100 IM, 50 Back, 50 Breast, 50 Fly **11-12** - 100 Free, 100 IM, 50 Back, 50 Breast, 50 Fly **13-14** - 200 Free, 200 IM, 100 Back, 100 Breast, 100 Fly **OPEN** - 500 Free, 400 IM, 200 Back, 200 Breast, 200 Fly, 200 IM
- OFFICIALS:** **Meet Referee: Flick Marinello, email: flickdance@msn.com** 845-406-1103 Officials wishing to volunteer should contact Meet Referee by October 14, 2016
- ADMIN. OFFICIAL:** **Laurie Lawson**
- MEET DIRECTOR:** **Carle Fierro, email: carleswim@aol.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: 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system. NO SMOKING ALLOWED IN THE BUILDING.

Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. The pool has been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.

DISCLAIMER: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Yonkers Montessori School, City of Yonkers & Westchester 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 CHANGING: Deck changes are prohibited.

ADMISSION: Adults \$5.00 Children \$1.00 per session Session Programs: \$2.00 The stands must be cleared after each session.

MERCHANTS: Parent Food Concession. Ultimate Swim Shop

PARKING: Is available in two school lots and on street around the perimeter of the school and side streets. Please adhere to posted parking restrictions to avoid tickets. Car Pooling is recommended.

DIRECTIONS: DIRECTIONS: from the North (choose 1 from below)

Taconic Parkway South to Sprain South to Bronx River Parkway South. After Cross County Parkway exits, take the Second Bronx River Road Exit. Make a right onto Bronx River Road and the immediate left onto Wakefield Avenue. Go approximately 5 blocks. Pool entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

87 South to Exit 4, Cross County Parkway. Stay on Service Road South to Yonkers Avenue. Make a left onto Yonkers Avenue. Continue for approximately .25 mile and make a right onto Kimball Avenue. Bear left onto Sterling Avenue, Then Bear Left onto Woodlawn Avenue. Pool Entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

DIRECTIONS: from Long Island

Take 495 Long Island Expressway West towards Whitestone Bridge. Merge onto Cross Island Parkway North. Merge onto I295 North via Exit 33 Bronx/New England. Merge onto I695 / North Throgs Neck Expressway via Exit 10, I95 New Haven. I695 /North Throgs Neck becomes I95 North. Take the Baychester Avenue Exit 12 on the left. Turn slight right onto Baychester Avenue. Baychester Ave becomes East 241st street. East 241st becomes Wakefield Avenue. Turn right onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

DIRECTIONS: from NY City

87 North towards Albany. Take the East 233rd Street Exit 13. Stay Straight on East 233rd Street and make 1st left onto Van Courtland Park East. Van Courtland Park east becomes Kimball Avenue. Turn Right onto Wakefield Avenue. Turn Left onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

October 22, 2016 - Session 1 - Distance Session - 1:00 pm w/u & 2:00 pm Start

<u>Female #</u>	<u>Event</u>	<u>Male #</u>
1	Open 200 Free Relay	2
3	13-14 200 Free Relay	4
5	11-12 200 Free Relay	6
7	10 & U 200 Free Relay	8
9	8 & U 100 Free	10
11	Open 500 Free*	12
13	13 & Over 200 Free	14
15	11-12 100 Free	16
17	9-10 100 Free	18
19	8 & Under 100 IM	20
21	13 & Over 200 IM	22
23	9-10 100 IM	24
25	11-12 100 IM	26
27	Open 200 Back	28

* 500 Free and 400 IM will be limited to 4 fastest heats.

8&Us Swimmers may swim 2 Individual Events and 1 Relay

9-10s Swimmers may swim 2 Individual Events and 1 Relay

11-12s Swimmers may swim 2 Individual Events and 1 Relay

13&Overs Swimmers may swim 3 Individual Events and 1 Relay

October 23, 2016 - Session 2 - 13 & Over Session - 8:00 am w/u & 9:00 am Start

<u>Female #</u>	<u>Event</u>	<u>Male #</u>
29	Open 200 Medley Relay	30
31	13-14 200 Medley Relay	32
33	Open 400 IM*	34
35	13-14 100 Back	36
37	Open 200 Fly	38
39	13-14 100 Fly	40
41	Open 200 Breast	42
43	13-14 100 Breast	44
45	Open 50 Free	46

* 500 Free and 400 IM will be limited to 4 fastest heats.

Swimmers may swim 4 Individual Events and 1 Relay

October 25, 2015 - Session 3 - 12 & Under Session - 2:00 pm w/u & 3:00 pm Start

<u>Female #</u>	<u>Event</u>	<u>Male #</u>
47	11-12 200 Medley Relay	48
49	10&U 200 Medley Relay	50
51	8&U 100 Free Relay	52
53	11-12 50 Free	54
55	9-10 50 Free	56
57	8&U 50 Free	58
59	11-12 back	60
61	10&U 50 Back	62
63	8&U 50 Back	64
65	11-12 50 Fly	66
67	9-10 50 Fly	68
69	8&U 50 Fly	70
71	11-12 50 Breast	72
73	9-10 50 Breast	74
75	8&U 50 Breast	76

Swimmers may swim 4 Individual Events and 1 Relay