



Proudly Present the

**Early Bird Invitational Distance  
Events Swim Meet  
hosted by Aqua Gems Swimming  
and Washingtonville Seahawks**

**November 18, 2016**

**SANCTION # 161116**

**TEAMS INVITED: All Teams in Metro Swimming, Bergen Barracudas, New Paltz Hawks, Jersey Flyers Aquatic Club, Kingston Swim Club.**

**Any other teams who would like to be invited please contact the meet director.  
name@yahoo.com**



AGUA GEMS SWIMMING and  
WASHINGTONVILLE SEAHAWKS

## Early Bird Distance Events Invitational Swim Meet



Friday, November 18, 2016

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,  
Sanction # **161116**

**LOCATION:** Washingtonville High School, Washingtonville, NY 10992

**FACILITY:**

- 25 yard pool with six 7-foot lanes; Non-turbulent lane lines;
- Ample seating for 400 is available. Colorado electronic timing system and Colorado scoreboard.
- The pool has not been certified in accordance with Article 104.2.2C (4).

**SESSIONS:**

- Session 1: Friday Evening: Warm-up: 5:30 pm – Start: 6:15 am. This meet will be timed out for a 9:30 pm finish.

**FORMAT:**

- Events are Timed Finals and will be Deck Seeded. Scratch sheets must be turned into the computer table 30 minutes prior to the start of each session.
- The overhead start procedure may be used at the discretion of the meet referee.

**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 November 18, 2016 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 responsible for notifying the meet referee of any disability prior to the competition.

**1650 yd. FREESTYLE**

- Swimmers must provide their own timers and counters
- The event will be swum fastest to slowest alternating girls and boys heats combining heats when possible.

- Swimmers are limited to 3 Individual Events per day.
- No Time (NT) Seed Times will **NOT** be accepted.
- Entries will be accepted on a first come basis till the 4 hour per session is filled.
- Send E-Mail entries to Entry Co-coordinator: Roger Ridenour at ([wsscentriesrr@yahoo.com](mailto:wsscentriesrr@yahoo.com))
- E-Mail Entries must include Team Information, Contact Person, Contact Information and a Hy-Tek or Team Unify Entry File. An E-mail reply from the Entry Coordinator, Roger Ridenour will be your receipt that a team's entries were received.

- ENTRIES:**
- Entry Fees and Waiver must be sent to Washingtonville Seahawks, PO Box 155, Washingtonville, NY 10992.
  - Make checks payable to: **Washingtonville Seahawks**
  - The swim meet data file will be run through SWIMS data base to confirm that all swimmers are registered and in good USA Swimming standing prior to the meet. All swimmers must be cleared through Metro Swimming prior to competition so that no fines from Metro Swimming will be assessed.
  - Deck entries will be accepted if there is available time. The deck entry club will assume all liabilities/fines if that swimmer is not in good standing with Metro Swimming/USA Swimming.
  - There will be \$2.00 surcharge per Swimmer for entries not on disk.

- Invited teams will be given priority in acceptance of entries. Entries from invited teams are accepted on a first come/first served basis until the time line has been determined to be full.
- DEADLINE:**
- The final entry deadline for this meet is **November 14, 2016**.
  - Please contact Entry Coordinator: Roger Ridenour ([wsscentriesrr@yahoo.com](mailto:wsscentriesrr@yahoo.com)) If you do not receive such a report within 2 days of your original email.

- An entry fee of \$6.00 per individual event and \$12.00 per relay event must accompany the entries.
  - A \$1.00 per swimmer facility surcharge.
  - Make check payable to: **Washingtonville Seahawks**.
  - Payment must be received by November 18, 2015.
  - 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.
  - There will be **NO** time trials at this meet.
- ENTRY FEES:**

- Warm-up will be determined by the number of swimmers in each session.
  - Warm-ups could be a General Warm-up with the first 40 minutes being a general warm-up and the last 20 minutes having lanes 2 & 5 open for one-way sprint. All other lanes will remain open for general warm-up.
  - Warm-up could be divided into two sessions with teams being assigned to lanes with each lane deciding a general warm-up and sprints.
  - Warm-up assignments will be e-mailed to each team and will be posted on either end of the pool.
- WARM-UPS:**

- 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.
- SCRATCHES:**
- 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:**
- Coaches who do not possess these credentials will be required to leave the deck area.

**AWARDS:** • Individual Distance Events: Medals: 1<sup>st</sup> - 3<sup>rd</sup>; Ribbons: 4<sup>th</sup> - 6<sup>th</sup>.

- OFFICIALS:**
- **Meet Referee: Ron Sommer** E-mail: [sommer@2sommer.com](mailto:sommer@2sommer.com) (Cell: 908-307-4996)
  - Officials wishing to volunteer should contact Meet Referee by November 11, 2016

**ADMINISTRATIVE OFFICIAL(S):**

**Julie Coache**

- Email: [info@minisinkaquatics.com](mailto:info@minisinkaquatics.com)
- Phone: (845) 697-5029

**MEET DIRECTOR:**

**Julie Coache**

- Email: [info@minisinkaquatics.com](mailto:info@minisinkaquatics.com)
- Phone: (845) 697-5029

**ENTRY COORDINATOR:**

**Roger Ridenour**

- Email: [wsscentriesrr@yahoo.com](mailto:wsscentriesrr@yahoo.com)
- Phone: 845-325-5152 (C)

- 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:** Water depth at 1 meter is 3 feet 6 inches and at 5 meters is 4 feet 0 inches (turn end) and at 1 meter is 9 feet 6 inches and at 5 meter is 9 feet and 6 inches (start end).

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Washingtonville High School and Aqua Gems Swimming, 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."

**RECORDING & ELECTRONIC DEVICES** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks. – USA Swimming Rules 202.3 and 202.4

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

**ADMISSION:** Adults \$5.00 per session. Program \$5.00 per day

**VENDORS:**

- A complete snack bar will be available including hot breakfast and lunch items. For the afternoon sessions, we will offer hot items such as pizza, hot dogs etc. Food will be available in designated area only.
- Food or glass bottles will not be allowed in the facility. Our Swimming Merchant will be: Metro Swim Shop

**TIMERS** Individual teams are responsible for providing timers and counter person for the 1650 yd Freestyle event.

**PARKING:** Park in appropriate marked spots. Illegally parked cars will be towed at the owner's expense.

**DIRECTIONS:** Washingtonville High School, 54 West Main Street, Washingtonville, New York. 10992

**WSSC & AG Early Bird Meet at Washingtonville High School**

**Entries due by November 14, 2016**

**Sanction # 161116**

**Please fill in cut, paste and email with your entries**

CLUB: \_\_\_\_\_ CLUB CODE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

COACH: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

CLUB CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

**Entry Fees:** Make check payable to: Washingtonville Seahawks

Total Individual Events \_\_\_\_\_ x \$6.00 = \$ \_\_\_\_\_

Facility Surcharge (Per Swimmer) \_\_\_\_\_ x \$2.00 = \$ \_\_\_\_\_

TOTAL DUE = \$ \_\_\_\_\_

E-Mail Entries to: Entry Coordinator: **Roger Ridenour** E-mail entries to ([wsscentriesrr@yahoo.com](mailto:wsscentriesrr@yahoo.com))

(Hy-tek Event Filed list will be available on the Metro Web-site under Meet File

([http://www.metroswimming.org/Calendar/Cal\\_2016\\_2017.html](http://www.metroswimming.org/Calendar/Cal_2016_2017.html))

**Waiver:**

USA Swimming, Inc., Metropolitan Swimming, Inc., Aqua Gems Swimming, Washingtonville Seahawks Swimming, Washingtonville High School, County of Orange or representatives shall be held free and harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (Club Official) \_\_\_\_\_

**No entries will be processed without this signed waiver**

**MEET SCHEDULE**  
**Friday Evening, November 18<sup>th</sup>, 2016**

**Meet will only go to 9:30 pm.**

<b>Friday Night Distance Events: Warm-up 5:30 pm Meet Starts at 6:15 pm</b>			
<b>GIRLS EVTS.</b>	<b>AGE GROUP</b>	<b>EVENT</b>	<b>BOYS EVTS.</b>
#1	OPEN **	500 yd. Freestyle	#2
#3	12 & Under *	200 yd. IM	#4
#5	OPEN **	400 yd. IM	#6
#7	OPEN **	1650 yd. Freestyle	#8
The 1650 yd. Freestyle will be swum fastest to slowest, alternating girl and boy heats. Combining Heats when possible. Swimmers must provide their own timer and counter.			

\* = Event will be scored and awards given to 10&U and 11-12's

\*\* = Event will be scored and awards given to 12 & Under's, 13-14's, and 15 & Over's



## Metropolitan Swimming Photographer Registration Form

**As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.**

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID \_\_\_\_\_ # \_\_\_\_\_

Taking photos of \_\_\_\_\_

On behalf of \_\_\_\_\_

Purpose \_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date(s) of meet \_\_\_\_\_