



Proudly Present the

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

November 19-20, 2016

SANCTION # 161115

INVITED TEAMS: 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 Age Group Events
Invitational Swim Meet**



Saturday and Sunday, November 19-20, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # **161115**
- 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: Saturday Morning: Warm-up: 9:30 am – Start: 10:30 am
 - Session 2: Saturday Afternoon: Warm-up: 3:00 pm - Start: 4:00 pm
 - Session 3: Sunday Morning: Warm-up: 7:30 am – Start: 8:30 am
 - Session 4: Sunday Afternoon: Warm-up: 1:00 pm – Start: 2:00 pm
- 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.
 - All Relays must have correct swimmers and relay order turned into computer desk prior to each relay event.
 - The overhead start procedure may be used at the discretion of the meet referee.
 - Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
- ELIGIBILITY:**
- 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 19, 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.

- Swimmers are limited to 5 Individual Events and 1 Relay per session 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 Coordinator: Roger Ridenour at (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 meet director 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) If you do not receive such a report within 2 days of your original email.

ENTRY FEES:

- An entry fee of \$6.00 per individual event and \$12.00 per relay event must accompany the entries.
- A \$1.00 facility surcharge per swimmer.
- Make check payable to: **Washingtonville Seahawks**.
- Payment must be received by November 19, 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.

WARM-UPS:

- 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 both ends of the pool.

- 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: Medals: 1st-3rd; Ribbons: 4th-6th.
 - Relay Events: Ribbons 1st-3rd.

- OFFICIALS:**
- **Meet Referee: Ron Sommer** E-mail: 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
 - Phone: (845) 697-5029

- MEET DIRECTOR:**
- Julie Coache**
- Email: info@minisinkaquatics.com
 - Phone: (845) 697-5029

- ENTRY COORDINATOR:**
- Roger Ridenour**
- Email: wsscentriesrr@yahoo.com
 - Phone: 845-325-5152 (C)

- The current USA Swimming Rules and Regulations will apply.
- RULES:**
- 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

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 Age Group Invitational Meet at Washingtonville High School

Entry Deadline: November 14, 2016

Sanction # 161115

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 = \$ _____

Total Relay Events _____ x \$12.00 = \$ _____

Facility Surcharge (Per Swimmer) _____ x \$1.00 = \$ _____

TOTAL DUE = \$ _____

E-Mail Entries to: **Roger Ridenour** (wsscenriesrr@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))

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

Saturday Morning, November 19th, 2016

Saturday Morning 12 and Unders: Warm-up 9:30 am Meet Starts at 10:30 am			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#1	11-12	200 Freestyle	#2
#3	10 & Under *	100 Freestyle	#4
#5	11-12	100 Breaststroke	#6
#7	10 & Under *	50 Breaststroke	#8
#9	11-12	100 Butterfly	#10
#11	10 & Under *	50 Butterfly	#12
#13	11-12	50 Backstroke	#14
#15	10 & Under *	100 Backstroke	#16
#17	11-12	50 Freestyle	#18
#19	10 & Under *	100 Ind. Medley	#20
#21	11-12	200 Medley Relay	#22
#23	10 & Under	200 Medley Relay	#24

* = Event will be scored and awards given to 8&U and 9-10's

Saturday Afternoon, November 19th, 2016

Saturday Afternoon 13 and Overs: Warm-up 3:00 pm Meet Starts at 4:00 pm			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#25	13-14	200 Freestyle	#26
#27	15 & Over	200 Freestyle	#28
#29	13-14	100 Breaststroke	#30
#31	15 & Over	100 Breaststroke	#32
#33	13-14	100 Butterfly	#34
#35	15 & Over	100 Butterfly	#36
#37	13-14	200 Backstroke	#38
#39	15 & Over	200 Backstroke	#40
#41	13-14	50 Freestyle	#42
#43	15 & Over	50 Freestyle	#44
#45	13-14	400 Free Relay	#46
#47	15 & Over	400 Free Relay	#48

MEET SCHEDULE

Sunday Morning, November 20th, 2016

Sunday Morning 12 and Unders: Warm-up 7:30 am Meet Starts at 8:30 am			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#49	11-12	100 Freestyle	#50
#51	10 & Under *	50 Freestyle	#52
#53	11-12	50 Breaststroke	#54
#55	10 & Under *	100 Breaststroke	#56
#57	11-12	50 Butterfly	#58
#59	10 & Under *	100 Butterfly	#60
#61	11-12	100 Backstroke	#62
#63	10 & Under *	50 Backstroke	#64
#65	11-12	100 Ind. Medley	#66
#67	10 & Under	200 Free Relay	#68
#69	11-12	200 Free Relay	#70

* = Event will be scored and awards given to 8&U and 9-10's

Sunday Afternoon, November 20th, 2016

Sunday Afternoon 13 and Overs: Warm-up 1:00 pm Meet Starts at 2:00 pm			
GIRLS EVTS.	AGE GROUP	EVENT	BOYS EVTS.
#71	15 & Over	100 Freestyle	#72
#73	13-14	100 Freestyle	#74
#75	15 & Over	200 Breaststroke	#76
#77	13-14	200 Breaststroke	#78
#79	15 & Over	100 Backstroke	#80
#81	13-14	100 Backstroke	#82
#83	15 & Over	200 Butterfly	#84
#85	13-14	200 Butterfly	#86
#87	15 & Over	200 Ind. Medley	#88
#89	13-14	200 Ind. Medley	#90
#91	15 & Over	400 Medley Relay	#92
#93	13-14	400 Medley Relay	#94



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 _____