



INVITATIONAL- All Metro teams,
Kingston Swim Club,
Soundview CT,
Scarlet Knights, NJ

HAWKS TRIALS & FINALS

JANUARY 27-29, 2017

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # 170117

LOCATION: Valley Central High School Natatorium, 1175 Route 17K, Montgomery, NY
12549

FACILITY: 8-Lane, 25-yard, indoor pool with non-turbulent lane dividers.
Colorado Timing
System, 8-Lane Display
Scoreboard. Tiered
bleacher seating for
spectators.
The pool **has not** been certified in accordance with Article 104.2.2C (4)

SESSIONS: **Fri 4** :00pm W-up 5:00pm Start
Sat 7 :45am W-up 9:00am Start 1:30pm W-up 2:30pm Start. Finals
5:00pm W-up 6:00pm start
Sun 7 :45am W-up 9:00am Start 1:30pm W-up 2:30pm Start. Finals
5:00pm W-up 6:00pm start

FORMAT: Sessions 1, 3 and 6 are timed finals, Sessions 2 and 5 are prelims, 4 and 7
finals
Meet will be deck seeded

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 **1/27/2017** 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 who swim only in the midday sessions on Saturday and Sunday (all 10 & unders timed final events) may swim a maximum of 5 individual events and 1 Relay per day. Swimmers in all other sessions may swim a maximum of 3 individual events per day (prelims and finals).
The meet will be deck seeded. 500 and 1650 will be seeded fastest to slowest alternating female/male. Slowest heat of male and female events may be combined
U.S. Mail Payment to: Janet Bonner 3 Bonner Hill Road Gardiner, N.Y. 12525
Email Entries/Confirm Entry Receipt: jbonner523@live.com

DEADLINE: 1: Metro LSC teams, will be given priority on a first come/first served basis. :
Metro teams' entries must be received by **12/23/2016**
2: The final entry deadline for this meet is **1/11/2016**
3 Entries received between **12/8/2016 and 12/23/2016** 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: Entry fee is \$6.00 per Timed Final Event, \$7.00 per Trial & Final Event and \$10.00 per relay.
Make check payable to: **Hawks Swimming Association.**
Payment must be received by **1/2/2017** 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: **Warm up lanes may be assigned. Sprint lanes will be available 20 minutes prior to the end of each warm up. Lanes 1 & 8 will remain General warm up during sprints.**

Time Trials- Time Trials may be held for swimmers trying to qualify for Speedo Championships (sectionals) Senior cut times or faster, AD and/or Metro Championships. Each Time trial is \$10.00. Coaches must request a time trial From the meet referee and meet director and they will determine when the Time trial will be conducted. The meet referee and meet director reserve the Right to refuse time trials longer than 200 yards.

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: For all individual events, awards will be for 1st - 8th place, 1-3 for relays.

OFFICIALS: **Meet Referee: Kirk Reinhardt kreinhardt@hvc.rr.com**
Officials wishing to volunteer should contact Meet Referee by 1/15/2015.

ADMIN. OFFICIAL: Chris Joyce

MEET DIRECTOR: Chris Joys
(845)527-2653

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."

Start End...1 meter 13' 0"; 5 meters 12' 0"; Turn End...1 meter 3' 6"; 5 meters 4'0"

DISCLAIMER:

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Valley Central Schools, Hawks Swimming Association**, 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 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 or behind the blocks

DECK CHANGING: Deck changing is prohibited

ADMISSION: \$7 Adm, \$10 for weekend long programs

MERCHANTS: Swim Shop. Food and Beverage Concessions

PARKING: Free parking is available on-site at the Valley Central Middle & High Schools.

NO parking allowed in the fire zone in front of the buildings OR on Route 17K. If you are parked illegally...you will be ticketed and/or towed at your own expense.

DIRECTIONS:

<https://maps.google.com/maps?q=Valley+Central+Middle+School,+1189+State+Route+17K,Montgomery,+NY+12549>.

Note:

**NYS Law prohibits smoking on school property.
Camera cell phones & video recording devices are not permitted in the locker rooms. Shoes or sandals must be worn by swimmers when not on deck (no Exceptions).**

Friday January 27, 2017

Session 1 Friday PM ... Timed Finals
Warm-ups 4:00... Session Begins 5:00

GIRL S EVEN TS	EVENT DESCRIPTI ON	BOY S EVEN TS
1	Senior 400 IM	2
3	12 & Under 200 IM	4
5	Senior 500 Freestyle	6
7	Senior 1650 Freestyle	8

Saturday January 28, 2017

Session 2 Saturday ... Prelims Warm-ups 7:45AM ... Session Begins 9:00AM

GIRL S EVEN TS	EVENT DESCRIPTI ON	BOY S EVEN TS
9	12 & Under 100 IM	1 0
1 1	13-14 200 IM	1 2
1 3	Senior 200 IM	1 4
1 5	12 & Under 50 Backstroke	1 6
1 7	13-14 100 Backstroke	1 8
1 9	Senior 100 Backstroke	2 0
2 1	12 & Under 100 Butterfly	2 2
2 3	13-14 200 Butterfly	2 3
2 5	Senior 200 Butterfly	2 5
2 7	12 & Under 50 Breaststroke	2 8
2 9	13-14 100 Breaststroke	3 0
3 1	Senior 100 Breaststroke	3 2
3	12 & Under 200 Freestyle	3

3		4
3	13-14 200 Freestyle	3
5		6
3	Senior 200 Freestyle	3
7		8

Session 3 Saturday ... Timed Finals
Warm-ups 1:30PM ... Session Begins 2:30PM

GIRL S EVEN TS	EVENT DESCRIPTI ON	BOY S EVEN TS
3 9	10 & Under 200 IM	4 0
4 1	8 & Under 50 Backstroke	4 2
4 3	10 & Under 50 Backstroke	4 4
4 5	10 & Under 100 Butterfly	4 6
4 7	8 & Under 100 Butterfly	4 8
4 9	10 & Under 50 Freestyle	5 0
5 1	8 & Under 50 Freestyle	5 2
5 3	10 & Under 100 Breaststroke	5 4
5 5	8 & Under 100 Breaststroke	5 6
5 7	10 & Under 200 Medley Relay	5 8

Sunday January 29, 2017
Session 4 Saturday ... Finals
Warm-ups 5:00PM ... Session Begins 6:00PM

Valley Central Natatorium
1175 Route 17K ... Montgomery, NY 12549

Session 5 Sunday ... Prelims
Warm-ups 7:45AM ... Session Begins 9:00AM

GIRL S EVEN TS	EVENT DESCRIPTI ON	BOY S EVEN TS
5 9	12 & under 100 Free style	6 0
6 1	13-14 100 Freestyle	6 2
6 3	Senior 100 Freestyle	6 4
6 5	12 & Under 100 Backstroke	6 6
6 7	13-14 200 Backstroke	6 8
6 9	Senior 200 Backstroke	7 0
7 1	12 & Under 50 Butterfly	7 2
7 3	13-14 100 Butterfly	7 4
7 5	Senior 100 Butterfly	7 6

7 7	12 & Under 100 Breaststroke	7 8
7 9	13-14 200 Breaststroke	8 0
8 1	Senior 200 Breaststroke	8 2
8 3	12 & Under 50 Freestyle	8 4
8 5	13-14 50 Freestyle	8 6
8 7	Senior 50 Freestyle	8 8

Session 6 Sunday ... Timed Finals
Warm-ups 1:30PM ... Session Begins 2:30PM

GIRL S EVEN TS	EVENT DESCRIPTI ON	BOY S EVEN TS
8 9	10 & Under 100 IM	9 0
9 1	8 & Under 100 IM	9 2
9 3	10 & Under 100 Backstroke	9 4
9 5	8 & Under 100 Backstroke	9 6
9 7	10 & Under 50 Butterfly	9 8
9 9	8 & Under 50 Butterfly	100
101	10 & Under 100 Freestyle	102
103	8 & Under 100 Freestyle	104
105	10 & Under 50 Breaststroke	106
107	8 & Under 50 Breaststroke	108
109	10 & Under 200 Freestyle Relay	110

Session 7 Sunday ... Finals
Warm-ups 5:00PM Session Begins 6:00PM