

RED FOX AQUATIC CLUB



**RFAC Spring Warm-up Short Course
Saturday, May 13, 2017**

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 #170501

RFAC Spring Warm-up Short Course

May 13, 2017

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 170501
- 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:** [Session 1: 8am warmup, 9am start](#) [Session 2: 1pm warmup, 2pm start](#)
- 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 [Saturday, May 13, 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:** [All athletes are limited to enter 4 events. 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 April 28, 2017.
2: The final entry deadline for this meet is May 5, 2017.
3: Metro entries received between April 29, 2017 and May 5, 2017 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.
- 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 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 40 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 13 & Over events.
- OFFICIALS:** **Meet Referee:** Arden Thomas, ardenthomas@verizon.net.
Officials wishing to volunteer should contact Meet Referee by May 1, 2017.
- MEET DIRECTOR ADMIN:** [Lisa Simpfenderfer, 845---546-3077 or lsimpf@gmail.com](mailto: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, locker rooms or behind the starting block's.**
"Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present."
- 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:** [Food concessions will be available at both sessions.](#)
- PARKING:** [On-site parking and spectator seating is available.](#)
- DIRECTIONS:** [Please visit the REDFOXAQUATICCLUB.COM website for directions.](#)

2017 RFAC Spring Warm-up

Saturday May 13, 2017

Session 1			Session 2		
GIRLS EVENTS		BOYS EVENTS	GIRLS EVENTS		BOYS EVENTS
SESSION 1			SESSION 2		
8AM Warm-up 9AM Start			1PM Warm-up 2PM Start		
1	11-12 200 Free	2	21	13-14 200 Free	22
3	10-U 100 Free	4	23	15-Over 200 Free	24
5	11-12 50 Fly	6	25	13-14 100 Breast	26
7	10-U 50 Fly	8	27	15-Over 100 Breast	28
9	11-12 50 Breast	10	29	13-14 100 Back	30
11	10-U 50 Breast	12	31	15-Over 100 Back	32
13	11-12 50 Back	14	33	13-14 100 Fly	34
15	10-U 50 Back	16	35	15-Over 100 Fly	36
17	11-12 200 IM	18	37	13-14 50 Free	38
19	10-U 100 IM	20	39	15-Over 50 Free	40
			41	13-14 200 IM	42
			43	15-Over 200 IM	44

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.-



Metropolitan Swimming

Photographer Registration Form

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 _____