

#### **Timed Trial Sanctioned**

Hawks Trials and Finals
Time Trial Sanctioned
January 19 - 21, 2018
Sanction #180111 Time Trial Sanction #180155-T

Invited Teams: All Metro teams Scarlet Aquatics, Soundview YMCA Stingrays, and Kingston Swim Club are welcome.

#### Hawks Trials and Finals

January 19-21, 2018

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

Sanction ##180111 Time Trial Sanction #180155-T

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

8-Lane, 25 yard, indoor pool with non-turbulent lane dividers. There is seating **FACILITY:** 

Available for spectators. Colorado electronic timing system with 8-Lane scoreboard

The pool has not been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session 1: 4:00pm W-up 5:00pm Start, Friday January 19,2017

> Session 2: 7:45am W-up 9:00am Start, Saturday January 20, 2017 Session 3: 1:30pm W-up 2:30pm Start, Saturday January 20, 2017 Session 4: Finals5:00pm W-up 6:00pm Start Saturday January 20, 2017

Session 5: 7:45am W-up 9:00am Start, Sunday January 21, 2017 Session 6: 1:30pm W-up 2:30pm Start. Sunday January 21, 2017

Session 7: Finals 5:00pm W-up 6:00pm Start Sunday January 21, 2017

Session 1, 2, and 5 are timed finals, Session 3 and 6 are prelims, 4 and 7 Finals FORMAT:

Meet will be deck seeded

**ELIGIBILITY:** Open to all Invited 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 1/19/2018 will determine age for the entire meet.

FALSE REGISTRATIONS: If a swimmer who is not properly registered with USA Swimming competes in a sanctioned competition, the host LSC will impose a fine of up to \$100.00 per event

against the individual member coach or a member club submitting a meet the entry.

DISABILITY

Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special SWIMMERS:

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 & under

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

Swimmers entered in the 500 must supply their own counters

Swimmers entered in the 1650yard freestyle must supply their own timers and counters. U.S. Mail Entries/Payment to: Janet Bonner 3 Bonner Hill Road Gardiner, NY 12525

Email Entries/Confirm Entry Receipt: jbonner523@live.com

**DEADLINE:** Entries must be received by: 1/5/2018

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 \$6.00 per timed final event, \$7.00 per Trial & Final and \$10 per relay must

accompany the entries.

Make check payable to: Hawks Swimming Association

Payment must be received by 1/2/2018 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.

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

Coaches MUST pick up their team ribbons at the end of the meet. Awards will not be

Mailed out.

OFFICIALS: Meet Referee: Kirk Reinhardt kreinhardt@hvc.rr.com

Officials wishing to volunteer should contact Meet Referee by 1/12/2018

ADMIN. OFFICIAL: Administrative Official: Chris Joyce

MEETDIRECTOR: Chris Joyce (845)527-2553

**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: All swimmers must wear footwear upon leaving the pool area.

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 conduct of the event."

AUDIO/VISUAL

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing

STATEMENT: 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 CHANGING: Deck changes are prohibited.

ADMISSION: \$7 per session, Heat sheets will be available for sale prior to each session.

**MERCHANTS:** Swim shop. Food and Beverage Concessions.

PARKING: Free parking is available on-site at the Valley Central Middle and 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.

 ${\color{red} \textbf{DIRECTIONS:}} \qquad \underline{ \text{https://maps.google.com/maps?q=Valley+Central+Middle+School,+1189+State+Route+17k,Montgomer} \\$ 

<u>y</u>, +NY+12549.

# Friday January 19, 2018 Session 1 Friday PM ... Timed Finals Warm-ups 4:00... Session Begins 5:00

Girls Events	Event Description	Boys Events
1	Senior 400 IM	2
3	12 & Under 200	4
	IM	
5	Senior 500	6
	Freestyle	
7	Senior 1650	8
	Freestyle	

Swimmers entered in the 500 must supply their own counters Swimmers entered in the 1650yard freestyle must supply their own timers and counters.

#### Saturday January 20, 2018

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

Girls Events	Event Description	Boys Events
9	12 & Under 100 IM	10
11	13-14 200 IM	12
13	Senior 200 IM	14
15	12 & Under 50 Backstroke	16
17	13-14 100 Backstroke	18
19	Senior 100 Backstroke	20
21	12 & Under 100 Butterfly	22
23	13-14 200 Butterfly	24
25	Senior 200 Butterfly	26
27	12 & Under 50 Breaststroke	28
29	13-14 100 Breaststroke	30
31	Senior 100 Breaststroke	32
33	12 & Under 200 Freestyle	34
35	13-14 200 Freestyle	36
37	Senior 200 Freestyle	38

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

Girls Events	Event	Boys
	Description	Events
39	10 & Under 200 IM	40
41	8 & Under 50 Backstroke	42
43	10 & Under 50 Backstroke	44
45	10 & Under 100 Butterfly	46
47	8 & Under 100 Butterfly	48
49	10 & Under 50 Freestyle	50
51	8 & Under 50 Freestyle	52
53	10 & Under 100 Breaststroke	54
55	8 & Under 100 Breaststroke	56
57	10 & Under 200 Medley Relay	58

Session 4 Saturday ... Finals Warm-ups 5:00PM ... Session Begins 6:00PM

#### Sunday January 21, 2018

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

Girls Events	Event Description	Boys Events
	·	
59	12 & Under 100 Freestyle	60
61	13-14 100 Freestyle	62
63	Senior 100 Freestyle	64
65	12 & Under 100 Backstroke	66
67	13-14 200 Backstroke	68
69	Senior 200 Backstroke	70
71	12 & Under 50 Butterfly	72
73	13-14 100 Butterfly	74
75	Senior 100 Butterfly	76
77	12 & Under 100 Breaststroke	78
79	13-14 200 Breaststroke	80
81	Senior 200 Breaststroke	82
83	12 & Under 50 Freestyle	84
85	13-14 50 Freestyle	86
87	Senior 50 Freestyle	88

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

Girls Events	Event	Boys
	Description	Events
89	10 & Under 100 IM	90
91	8 & Under 100 IM	92
93	10 & Under 100 Backstroke	94
95	8 & Under 100 Backstroke	96
97	10 & Under 50 Butterfly	98
99	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



## 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 Swimm	ing Registration Card:
Type of ID#	
Taking photos of	<del></del>
On behalf of	
Purpose	
Professional photographers/videographers will be allowed Referee, and must adhere to the following guidelines:	d on deck at the discretion of the Meet Director and Meet
Do not stand on the starting end of the pool, or in the star Director and Meet Referee.	rter's box; use of the bulkhead is at the discretion of the Mee
Do not stand on the edge of the pool (leave approximately	y 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	