

HYDRO



2013 Winternational Meet

December 14-15, 2013

Sanction # 131206

HYDRO/RIST

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 131206
- LOCATION:** APEX Aquatics Center, Lehman College
250 Bedford Park Boulevard West
Bronx, NY 10468
- FACILITY:** 8 lanes x 25 yards competition course with Daktronics timing system and scoreboard.
The pool **has not** been certified in accordance with Article 104.2.2C (4)
Water depth from end of pool in shallow end is: 13 feet at 1 meter / 12 feet at 5 meters
Water depth from end of pool in deep end is: 7 feet at 1 meter / 7 feet at 5 meters
- SESSIONS:** Saturday, December 14 – Senior Session – 8:00 AM Warm Up / 9:00 AM Start
Saturday, December 14 – Age Group Session – 1:00 PM Warm Up / 2:00 PM Start
Sunday, December 15 – Senior Session – 8:00 AM Warm Up / 9:00 AM Start
Sunday, December 15 – Age Group Session – 1:00 PM Warm Up / 2:00 PM Start
- FORMAT:** This meet is timed finals. Deck seeding will be used.
- 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 **December 14, 2013** 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 may enter up to 4 events per session. Entries will only be accepted in Hy-Tek format. No manual entries. No NTs will be allowed.

U.S. Mail Entries/Payment to:
Hydroquatics Inc., c/o Brian Brown
2510 Regency Circle
Fullerton, CA 92833

Email Entries/Confirm Entry Receipt: coachbrown@hydroswimteam.com
Signature Waiver required for express mail entries.

- DEADLINE:** Metro LSC Team entries must be received by **November 27, 2013** and will be processed as received. Non-Metro LSC Team entries must be received by **December 4, 2013** and will be processed as received.
An email confirming receipt of entries will be sent if you provide an email contact. Please contact Meet Director Brian Brown coachbrown@hydroswimteam.com if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$4.00** per individual event must accompany the entries. Make check payable to: **Hydroquatics Inc.** Payment must be received by **December 4, 2013** 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:** **General Warm-up**
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 8:30 AM (30 minutes prior to the start of the session). Coaches are asked to clearly indicate entire session and individual event scratches.
- 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:** **Ribbons for 1st-8th Place will be awarded in each age group.**
- OFFICIALS:** **Meet Referee: Kris Sawicz – krzysztofs0711@aol.com – (917) 975-9816**
Officials wishing to volunteer should contact Meet Referee.
- MEET DIRECTOR:** **Lauren Morford – (908) 812-8631**
lauren@hydroswimteam.com
- RULES:** 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. **Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, or locker rooms.**
- 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.
- DISCLAIMER:** It is understood that USA Swimming, Inc., Metropolitan Swimming, Inc., Hydroquatics, Inc., and RI Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ADVISEMENT: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

ADMISSION: \$5.00 Adult Admission Fee, \$2.00 Children Admission Fee, \$3.00 for Programs

MERCHANTS: **Food concessions; Metro Swim Shop**

PARKING: **\$5.00 all-day parking at Lehman College Supervised Lot.
Street parking and meter parking is also available.**

DIRECTIONS: **250 Bedford Park Boulevard West (between Goulden and Paul Ave).**

BY SUBWAY: Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd past Paul Ave to entrance on south side of street.

BY BUS: FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave/Central Park Ave) #4 to Bedford Park Blvd. Terminus and walk West.

BY CAR: Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave and make left onto Sedgwick and continue uphill. Turn right at Goulden Ave (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right.

Via Saw Mill River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.

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Session #1 – Senior Division Swimmers aged 13&O <u>only</u> Saturday, December 15th – 8:00 AM WU / 9:00 AM Start		
Girls #	Event	Boys #
1	200 Yard IM	2
3	100 Yard Freestyle	4
5	200 Yard Breaststroke	6
7	100 Yard Backstroke	8
9	200 Yard Butterfly	10
11	500 Yard Freestyle <small>(May be limited to Top 24 entries per event)</small>	12
Session #2 – Age Group Division Swimmers aged 12&U <u>only</u> (10&U/11-12 will be scored separately) Saturday, December 15th – 1:00 PM WU / 2:00 PM Start		
Girls #	Event	Boys #
13	100 Yard IM	14
15	50 Yard Freestyle	16
17	100 Yard Breaststroke	18
19	50 Yard Backstroke	20
21	100 Yard Butterfly	22
23	200 Yard Freestyle	24

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Session #3 – Senior Division Swimmers aged 13&O <u>only</u> Sunday, December 16th – 8:00 AM WU / 9:00 AM Start		
Girls #	Event	Boys #
25	200 Yard Freestyle	26
27	100 Yard Breaststroke	28
29	200 Yard Backstroke	30
31	100 Yard Butterfly	32
33	50 Yard Freestyle	34
35	400 Yard IM <small>(May be limited to Top 24 entries per event)</small>	36
Session #4 – Age Group Division Swimmers aged 12&U <u>only</u> (10&U/11-12 will be scored separately) Sunday, December 16th – 1:00 PM WU / 2:00 PM Start		
Girls #	Event	Boys #
37	100 Yard Freestyle	38
39	50 Yard Breaststroke	40
41	100 Yard Backstroke	42
43	50 Yard Butterfly	44
45	200 Yard IM	46