

NILE CROCODILE AQUATIC CLUB

**October Teams Freestyle Relays Record Meet
October 25th, 2013**

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Sanction #131106

NCAC Team Record Freestyle Relays Meet **October 25th 2013**

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.
#. 131106

LOCATION: **QUEENS COLLEGE**

FACILITY: **6 Lane 25 YARD facility with Colorado timing system**

The pool **has been** certified in accordance with Article **104.2.2C (4)**

The pool depth between 4-12 feet, start platforms in the deep end.

SESSION: **Friday Warm-up @ 5:00 PM Meet Starts @ 6:00 PM**

FORMAT: **Timed finals Deck seeding will be in place**

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 October 25, 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: **2 Relays Events will be permitted per swimmer. One Relay per each team. Entries will be cut on a first come first serve basis. Hy-Tek Entries only.**

1: Metro LSC teams will given priority on a first come / first served basis. Metro teams entries must be received by 10/15/2013

2: The final entry deadline for this meet is 10/21/2013.

3: Metro entries received between 10/15 and 10/21 and all entries from other LSC's will be entered in by the order they were received, as space allows.

U.S. Mail Entries/Payment to:

Magdy Shokry
132-15 57 RD
Flushing NY 11355

Email Entries/Confirm Entry Receipt: magdysbokry@hotmail.com

Signature waiver for express mailed entries

DEADLINE: **Entries must be received by : **October 15, 2013****

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 \$ **10.00** per each relay event must accompany the Entries. Make a check payable to: **Nile Crocodile Aquatic Club** Payment must be received by October 15, 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 will be in place**

SCRATCHES: Coaches will be given scratch sheets upon check. 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: **Medals will be given 1-3 and ribbons 4-8**

OFFICIALS: **Meet Referee: Kris Sawicz**
Officials wishing to volunteer should contact Meet Referee by

MEET DIRECTOR: **Magdy Shokry** ([magdy shokry@hotmail.com](mailto:magdy_shokry@hotmail.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.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Queens College and Nile Crocodile Aquatic Club, Metropolitan Swimming Inc., USA Swimming Inc.,** their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: **\$4.00 Admission \$2.00 Programs**

PARKING: **Parking free in street in front of the swimming pool out of the Campus**

DIRECTIONS:

BY CAR - [See Google Map](#) | [Street View](#)

From Long Island and Points East: Take the LIE westbound; watch for QC signs. If you need to get to the main gate on Kissena, get off at Exit 24 (Kissena Boulevard). Make a left at the light and take overpass onto Kissena Boulevard. If you want on-campus parking, get off at Exit 23, turn left onto Main Street overpass. Watch for QC signs to Kupferberg parking.

From Manhattan and Points West: Take the LIE eastbound; watch for QC signs. Get off at Exit 24 (Kissena Boulevard). If you need the main gate, [continue](#) down the service road until the first traffic light (Kissena Boulevard). Make a right onto Kissena. If you want on-campus parking, watch for signs for Kupferberg parking as soon as you exit the LIE. Do not go to traffic light.

BY PUBLIC TRANSPORTATION

SUBWAYS

1. **Via Flushing:** Take the Long Island Railroad or the #7 subway to Main Street, Flushing. From Main Street, take the Q25, Q25-34, Q34 or Q17 bus.
2. **Via Forest Hills:** Take the E, F, G, or R subway to the 71st and Continental Avenue in Forest Hills. Take the exit marked "North side 70 Ave and 108 St." At the corner, take the Q64 bus to Kissena Boulevard and Jewel Avenue. Stops one block south of campus.
3. **Via Jamaica:** Take the F subway to Parsons Boulevard or the LIRR to the Jamaica Station. From Jamaica Avenue and 160th Street or Hillside Avenue and Parsons Boulevard, take the Q25, Q25-34, or Q34 bus. From Hillside Avenue and either 169th or 179th Street, take the Q17 bus to the LIE and Kissena Boulevard.

BUS LINES

1. **Q25-34** Runs from Main Street, Flushing (#7 subway and LIRR stations), along Kissena (stops at the main gate) and Parsons Boulevards to Jamaica Avenue and 160th Street (BMT and IND).
2. **Q44** Runs from West Farms Square, Bronx (IRT) to Sutphin Boulevard, Jamaica (LIRR station). Stops at Main Street and Melbourne Avenue, two blocks west of campus.
3. **Q64** Runs from Continental Avenue, Forest Hills (IND), along Jewel Avenue to 164th Street. Stops one block from campus.
4. **Q17** Runs from Main Street, Flushing (#7 subway and LIRR stations), to 165th Street terminal in Jamaica (passing the IND 179th Street station). Travels along Kissena Boulevard, LIE service road, 188th Street, and Hillside Avenue. Stops at Kissena and the LIE, two blocks from the main gate.
5. **Q88** Runs from Springfield Boulevard and Union Turnpike along Springfield to 73rd Avenue; along (or west on) 73rd Avenue to 188th Street; along 188th Street to the LIE; along LIE service road to Queens Boulevard and Woodhaven Boulevard. Stops at Kissena Boulevard and the LIE, two blocks from the main gate.

APPROXIMATE [TRAVEL](#) TIME FROM MIDTOWN MANHATTAN

BY CAR: 30 minutes
BY SUBWAY AND BUS: 60 minutes

STARTING RULE COMPLIANCE:

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.

DECK CHANGING

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

AUDIO

Use of Audio or visual recording devices, including cell phones is not permitted in changing areas, rest rooms or locker rooms. -Art. - 202.3 and 202.4

Friday Warm-up 5:00 PM Start 6:00 PM

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Girls	Event		Boys
1	8 & Under	100 free relay	2
3	9/10	200 free relay	4
5	11/12	200 free relay	6
7	13/14	200 free relay	8
9	15 & Over	200 free relay	10
11	8 & Under	200 free relay	12
13	9/10	400 free relay	14
15	11/12	400 free relay	16
17	13/14	400 free relay	18
19	15 & Over	400 free relay	20