

Red Fox Aquatic Club

2013 ELIZABETH R MILLER MEMORIAL INVITATIONAL
FRIDAY, SATURDAY, SUNDAY, OCTOBER 18, 19 AND 20
Metropolitan Swimming Sanction # 131005

Invited Teams:

This invitational 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.

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FRIDAY, SATURDAY, SUNDAY, OCTOBER 18, 19 AND 20, 2013

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 131005
- LOCATION:** James McCann Center, Marist College, Poughkeepsie, NY 12601
- FACILITY:** The James McCann Natatorium is a 6 lane 25 yard competition pool with separate diving well. Colorado Electronic Timing System and 6 line electronic score board will be used. The pool has certified in accordance with Article 104.2.2C (4)
- SESSIONS:**
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|-------------------------------|-------------------------|
| SESSION 1: FRIDAY AFTERNOON | 1pm Warm-Up, 2pm Start |
| SESSION 2: FRIDAY EVENING | 4pm Warm-Up, 5pm Start |
| SESSION 3: SATURDAY MORNING | 8am Warm-Up, 9am Start |
| SESSION 4: SATURDAY AFTERNOON | 12pm Warm-Up, 1pm Start |
| SESSION 5: SUNDAY MORNING | 8am Warm-Up, 9am Start |
| SESSION 6: SUNDAY AFTERNOON | 12pm Warm-Up, 1pm Start |
- FORMAT:** All events are timed finals.
This is a deck seeded meet.
- 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. Age on **October 18, 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:** All athletes are limited to enter 4 events per session.
NO TIME entries will NOT be accepted except for RFAC swimmers.
Distance events (500 Free and 400 IM) may be limited to 3 heats
Metro LSC clubs will be given priority on a first come/ first serve basis. Entries must be sent via Hy-tek file either by disk or e-mail. However, payment must be received by entry deadline for entries to be recognized. Please include a printout - Include phone #, E-mail address and name of contact
U.S. Mail Entries/Payment to: Larry VanWagner, Director of Swimming, Marist College, James McCann Center, Poughkeepsie, NY 12601
Email Entries/Confirm Entry Receipt: RFACEntries@hotmail.com
Please sign the signature waiver for entries sent by express mail.
- DEADLINE:**
- 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by October 3rd.
 - 2: The final entry deadline for this meet is October 10th.
 - 3: Metro entries received between Oct. 3rd and Oct. 10th 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 \$4.00 per individual event and \$8.00 per relay event must accompany the entries.
Make check payable to: **RED FOX AQUATIC CLUB**
Payment must be received by Metro: Oct 3 and Non-Metro: Oct 10 for e-mail entries. Payment must be included with all mail entries. Please include a printout - Include phone #, E-mail address and name of contact.

- WARM-UP:** There will be **NO DIVING** during warm-ups – feet first entry only.
General warm-up will begin 60 minutes prior to the start of each session - all lanes will be circular swimming.
25yd sprint lanes designated 30 minutes prior to the start.
All swimmers must be supervised by a coach.
- 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:** **Individual Events – Medals will be awarded for 1- 3 Place and Ribbons for 4-6 Place. Ribbons for Relays 1-3 Place. NO awards will be given for Open events.**
- OFFICIALS:** **Meet Referee: Hakki Alpay (408-234-8560) or cubzalpay@optonline.net**
Officials wishing to volunteer should contact Meet Referee by **October 18, 2013**
- MEET DIRECTOR:** **Martha Boyko, e-mail: AJB615@aol.com or 845-224-4809.**
- 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 3 ½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls.
The competition pool ranges from 5 ½ feet at the start end to 4 feet 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 or locker rooms
- 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.
- ADMISSION:** **Admission for adults \$4.00 per session. Weekend Meet Program \$6.00.**
- MERCHANTS:** **Metro Swim Shop and food concessions will be available at all sessions.**
- PARKING:** **Abundant on-site parking available.**
- DIRECTIONS:** **Red Fox Aquatic Club uses the Marist College pool located in the James McCann Center. Please check the RedFoxAquaticClub.com website for directions**

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SESSION 1 FRIDAY AFTERNOON

1PM Warm-up 2pm Start

GIRLS Events		BOYS Events
1	Open 1000 Free	2

SESSION 1 FRIDAY EVENING

4PM Warm-up 5pm Start

GIRLS Events		BOYS Events
3	11-12 200 Free	4
5	13-14 200 Free	6
7	10-U 200 Free	8
9	Open 200 Free	10
11	11-12 200 IM	12
13	13-14 500 Free	14
15	Open 500 Free	16

SESSION 2 SATURDAY AM

8AM Warm-up 9AM Start

GIRLS Events		BOYS Events
17	11-12 100 Breast	18
19	9-10 50 Breast	20
21	11-12 50 Free	22
23	9-10 50 Free	24
25	Open 200 Back	26
27	11-12 100 Fly	28
29	9-10 50 Fly	30
31	11-12 50 Back	32
33	9-10 100 Back	34
35	11-12 100 IM	36
37	9-10 200 Med Relay	38
39	11-12 200 Med Relay	40
41	13-14 400 IM	42
43	Open 400 IM	44

SESSION 3 SATURDAY PM

1PM Warm-up 2PM Start

GIRLS Events		BOYS Events
45	8-Under 50 Breast	46
47	Open 100 Breast	48
49	13-14 100 Breast	50
51	8-Under 50 Free	52
53	Open 50 Free	54
55	13-14 50 Free	56
57	8-Under 50 Fly	58
59	Open 100 Fly	60
61	13-14 100 Fly	62
63	8-Under 100 Med Relay	64
65	Open 200 Med Relay	66
67	13-14 200 Med Relay	68

SESSION 4 SUNDAY AM

8AM Warm-up 9AM Start

GIRLS Events		BOYS Events
69	Open 200 Breast	70
71	11-12 50 Breast	72
73	9-10 100 Breast	74
75	11-12 100 Free	76
77	9-10 100 Free	78
79	11-12 100 Back	80
81	9-10 50 Back	82
83	Open 200 Fly	84
85	9-10 100 Fly	86
87	11-12 50 Fly	88
89	9-10 100 IM	90
91	11-12 200 Free Relay	92
93	9-10 200 Free Relay	94

SESSION 5 SUNDAY PM

1PM Warm-up 2PM Start

GIRLS Events		BOYS Events
95	8-Under 100 Free	96
97	Open 100 Free	98
99	13-14 100 Free	100
101	8-Under 50 Back	102
103	Open 100 Back	104
105	13-14 100 Back	106
107	8-Under 100 IM	108
109	Open 200 IM	110
111	13-14 200 IM	112
113	8-Under 100 Free Relay	114
115	Open 200 Free Relay	116
117	13-14 200 Free Relay	118