



Washingtonville Seahawks and Devilfish Aquatics

**Heats and Treats November 1 - 3, 2013
Sanction #1131113
Distance Sanction #1131116**

Washingtonville Seahawks and Devilfish Aquatics Heats and Treats November 1 - 3, 2013

- Sanction:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #130206
- Location:** **Washingtonville High School, Washingtonville New York**
- FACILITY:** 25-yard pool with 6 lanes with bulkhead and non-turbulent lane lines. There is seating for 300 spectators. Colorado electronic timing system and the 6 - line scoreboard will be used. the pool **has not been** certified in accordance with Article 104.2.2c (4)
- SESSIONS:**
Session 1: 5:30 p.m. warm-up, 6:15 p.m. start, Friday, November 1, 2013
Session 2: 8:00 a.m. warm-up, 9:00 a.m start, Saturday, November 2, 2013
Session 3: 2:00 p.m. warm-up 3:00 p.m. start, Saturday, February 2, 2013
Session 4: 8:00 a.m. warm-up, 9:00 a.m start, Sunday, November 3, 2013
Session 5: 2:00 p.m. warm-up 3:00 p.m. start, Sunday, November 3, 2013
- Format:** **This meet is a timed final event.
the 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. Age on February, February 7, 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 meet referee of any disability prior to the competition.
- Entries:** **All athletes are limited to five (5) individual events and one (1) relay per day.
Deck entries will be accepted, space permitting.
NT entries will not be accepted.
Hy-Tek entries will be accepted. An entry summary with a signed waiver must be received by October 18, 2013**
- U.S. mail Entries/Payment to: Washingtonville Seahawks
c/o John Dwyer
PO Box 155
Washingtonville, NY 10992
- Email Entries/Confirm Entry Receipt: entries@devilfishaquatics.org
if sending Express Mail, please sign the waiver on the front.
- DEADLINE:**
1. Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by October 5, 2013
2: The final entry deadline for this meet is October 18, 2013
3: Metro entries received between 10/5/13 and 10/18/13 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 must accompany the entries.
Make check payable to: **Washingtonville Seahawks**
Payment must be received by 10/30/13 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 with assigned lanes for the first 40 minutes. Sprint lanes and general lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the scratch sheet for each session.
- 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:** Regular Sessions:
Awards will be given in all events for 1st through 6th places.
- OFFICIALS:** Meet Referee: Ron Sommers 2sommer@2sommer.com 908.307.4996
Officials wishing to volunteer should contact Meet Referee by **October 15, 2013**
- MEET DIRECTORS:** Ethan Fergus 845.222.0814 and Deb Migliorato, 845.863.5472
- 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 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls.”
Shallow End: 1.0 Meter = 3’10” 5.0 Meters = 4’ 1”
Deep End : 1.0 meter = 12’7” 5.0 Meters= 11’10”
- DISCLAIMER:** Disclaimer: Upon acceptance of his/her entries, the participant waives all claims against Washingtonville School District, Washingtonville Seahawks Swim Club, Devilfish Aquatics Inc., 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.”
Use of Audio or Visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms - 202.3 and 202.4.
- DECK CHANGING:** 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 per session / \$8 per day for adults. Kids Free. Programs \$3.00
- MERCHANTS:** Swimsuits, bags, towels, goggles and apparel will be available on site. Hot and Cold dishes, snacks, desserts, and beverages will be available for purchase.
- PARKING:** There is ample free parking at the high school. The pool is located at the rear of the high school.
- DIRECTIONS:** Washingtonville High School

54 West Main Street
Washingtonville, NY 10992-1411

From New York City:

Take the George Washington Bridge (Lower Level) to Route 4 (5 miles) to Route 17 North (17 miles) to

New York State Thruway I-87 North to exit 16. Pay toll and stay on Route 17 west to exit 130 (Washingtonville/Monroe Route 208). Exit will split take the right side which is Route 208 North. Take Route 208 North approximately 8 miles to intersection of Route 94. (There is a Chase Bank on your left and a Library in front of you on the left). Make a left onto route 94 and approximately 1/4 mile on the right is the entrance to the high school (you will pass the middle school first. The 2nd driveway after the middle school is the entrance). make a right into the driveway and drive straight back and up the hill.

Washingtonville Seahawks and Devilfish Aquatics Heats and Treats

November 1-3, 2013

ORDER OF EVENTS

*Session 1
Friday PM
November 1, 2013
Warm-ups: 5:30 PM
Start 6:15 PM*

Girls Event #	Age Group Event	Boys Event #
1	Open 400 yd. Ind. Medley	2
3	12 and under 500 yd. Freestyle	4
5	Open 1650 yd. Freestyle	6

The 1650 will be swam Fastest to slowest. It will alternate between girls and boys, and swimmers need to provide their own timers.

Session 2
Saturday AM
November 2, 2013
 Warm-ups: 8:00 AM
 Start: 9:00 AM

Girls Event #	Age Group Event	Boys Event #
7	10 and Under 50 yd. Freestyle	8
9	13 - 14 200 yd. Freestyle	10
11	10 and Under 100 yd. Breaststroke	12
13	13 - 14 100 yd. Breaststroke	14
15	8 and under 25 yd. Backstroke	16
17	10 and Under 100 yd. Backstroke	18
19	13 - 14 100 yd. Backstroke	20
21	10 and Under 50 yd. Butterfly	22
23	13-14 200 yd. Butterfly	24
25	10 and Under 200 yd. IM	26
27	13 - 14 100 yd. Freestyle	28
29	10 and Under 200 yd. Freestyle Relay	30
31	13 - 14 200 yd. Med Relay	32

Session 3
Saturday PM
November 2, 2013
 Warm-ups: 2:00 PM
 Start: 3:00 PM

Girls Event#	Age Group Event	Boys Event#
33	11-12 50 yd. Freestyle	34
35	15 and over 200 yd. Freestyle	36
37	11-12 100 Breaststroke	38
39	15 and over 100 yd. Breaststroke	40
41	11-12 50 yd. Backstroke	42
43	15 and over 200 yd. Backstroke	44
45	11-12 100 yd. Butterfly	46
47	15 and over 100 yd. Butterfly	48
49	11-12 200 yd. IM	50
51	15 and over 100 yd. Freestyle	52
53	11-12 200 yd. Freestyle Relay	54
55	15 and over 200 yd. Med. Relay	56

Session 4
Sunday AM
November 3, 2013
 Warm-ups: 8:00 AM
 Start: 9:00 AM

Girls Event #	Age group Event	Boys Event #
57	10 and under 50 yd Breaststroke	58
59	13-14 200 yd. Breaststroke	60
61	10 and under 100 yd IM	62
63	13-14 200 yd. IM	64
65	8 and Under 25 yd. Freestyle	66
67	10 and under 100 yd. Freestyle	68
69	13-14 50 yd. Freestyle	70
71	10 and under 50 yd Backstroke	72
73	13-14 200 yd. Backstroke	74
75	10 and under 100 yd Butterfly	76
77	13-14 100 yd. Butterfly	78
79	10 and under 200 yd. Freestyle	80
81	13-14 200 yd. Freestyle Relay	82
83	10 and under 200 yd. Med. Relay	84

Session 5
Sunday PM
November 3, 2013
 Warm-ups: 2:00 PM
 Start: 3:00 PM

Girls Event #	Age Group Event	Boys Event #
85	11-12 50 yd. Breaststroke	86
87	15 & Over 200 yd. Breaststroke	88
89	11-12 100 yd IM	90
91	15 & Over 200 yd. IM	92
93	11-12 100 yd Freestyle	94
95	15 & Over 50 yd. Freestyle	96
97	11-12 100 yd. Backstroke	98
99	15 & Over 100 yd. Backstroke	199
101	11-12 50 yd. Butterfly	102
103	15 & Over 200 yd. Butterfly	104
105	11-12 200 yd. Freestyle	106
107	15 & Over 200 yd. Freestyle Relay	108
109	11-12 200 yd. Med. Relay	110