



Proudly Present the

# 11<sup>th</sup> Annual January Blitz

January 3, 4, & 5, 2014

SANCTION #140106

Dear Coaches and Team Representatives:

Enclosed please find the sign up package for the January Blitz being held January 3, 4, & 5, 2014 at Washingtonville High School in Washingtonville, NY. Please visit the Metro Swim site, AquaGems Swim site or Washingtonville Seahawks site for additional information. Team entries should be sent via email using Hy-Tek to ----- at [wsscmeetentry@gmail.com](mailto:wsscmeetentry@gmail.com). We look forward to many of you joining in the competition.

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

The USA Swimming Code of Conduct is in effect for the duration of the meet. If you have any questions please do not hesitate to give me call. This is a fun event for us and we hope that you will come and join us. We look forward to seeing you there.

Sincerely,

*Chris Joyce*

Meet Director [stats@esslswim.com](mailto:stats@esslswim.com)

845-527-2653

*Dina Mitchell*

Meet Referee [dinaa66@ptd.net](mailto:dinaa66@ptd.net)



# January Blitz 11<sup>th</sup> Annual Swim Meet

January 3, 4, & 5, 2014

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #130113
- LOCATION:** Washingtonville High School Washingtonville, NY
- FACILITY:** 25 yard pool with six 7-foot lanes; Non-turbulent lane lines;  
Ample seating for 400 is available. Colorado electronic timing system and Colorado scoreboard.  
The pool Has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session: 1 Friday Afternoon Day of meet 1 Warm-up 5:00pm—Start: 5:30pm**  
**Session: 2 Friday Afternoon Day of meet 1 Warm-up immediately Following Session 1 Start 7:15pm**  
**Session 3 Saturday Morning Day of Meet 2 warm-up 9:00AM—Start: 10:00AM**  
**Session 4 Saturday Afternoon Day of Meet 2 warm-up 3:00 PM—Start 4:00 PM**  
**Session 5 Sunday Morning Day of Meet 3 warm-up 8:00 AM—Start 9:00 AM**  
**Session 6 Sunday Afternoon Day of Meet warm-up 2:00 PM—Start 3:00 PM**
- FORMAT:** **Events are Timed Finals and will be Deck Seeded**
- 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 January 3, 2014 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 are limited to 5 events per session.**  
Cuts to keep within the 4-hour session time limit will be made on entries received on a first come first served basis. The overhead start procedure may be used at the discretion of the meet referee.  
  
Include Team name and contact email and phone number. Entries will be verified by a return email and PDF file attachment of entry lists from Aqua Gems. A subsequent email from originator will be used as acceptance of entries by the submitting team. Lack of a subsequent email from originator may lead to non-verification of entries. Checks for entry fees must be sent to

**Washingtonville Seahawks**  
**PO Box 155**  
**Washingtonville, NY 10992**

**10 days prior to the day of the meet or delivered the day of the meet to the meet director** The meet will be run on computer using Hy-Tek's Meet Manager. Visit <http://www.metroswimming.org/Calendar/Calendar.html> for the Hy-Tek event list. *There will be \$2.00 surcharge per Swimmer for entries not on disk.*

U.S. Mail Entries/Payment to: **Washingtonville Seahawks, c/o, PO Box 155,**  
**Washingtonville, NY 10992**

Email Entries/Confirm Entry Receipt:  
**"Please sign signature waiver for express mail entries/payments"**

**"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**

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 18, 2013 by 5:00pm.**  
2: The final entry deadline for this meet is **December 21, 2013.**  
3: Metro entries received between **December 18, 2013** and **December 21, 2013** 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: **Washingtonville Seahawks**. Payment must be received by **December 21, 2013** or 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. There will be a \$5.00 entry fee for Time Trials if time permits and this will be at the discretion of the meet referee.
- WARM-UP:** First 40 minutes will be general warm-up. Last 20 minutes: lanes 2 & 5 will be open for one-way sprint. All other lanes will remain open for general warm-up. Warm up lanes will be posted on either end of the pool.
- 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: 1st-3rd; ribbons: 4th-6th.
- OFFICIALS:** **Meet Referee: Dina Mitchell email: [dina66@ptd.net](mailto:dina66@ptd.net) 973-903-5755** Officials wishing to volunteer should contact Meet Referee by December 10, 2013
- MEET DIRECTOR:** **Chris Joyce email: [stats@esslswim.com](mailto:stats@esslswim.com) Phone # 845-527-2653**
- 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 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."  
**Water depth at 1 meter is 3 feet 6 inches and at 5.0 meters is 9 feet 6 inches**
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Washingtonville High School and Aqua Gems Swimming, 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."
- ADMISSION:** **Adults \$5.00 per session Program \$5.00 per day**

**MERCHANT S:**

A complete snack bar will be available in a classroom removed the seating area including hot breakfast and lunch items. For the afternoon sessions, we will offer hot items such as pizza, hot dogs etc. Food will be available in designated area only. Food or glass bottles will not be allowed in the facility. Our Swimming Merchant will be: Metro Swim Shop

Individual teams are responsible for providing timers for the 1650yd event.

**TIMERS**

**PARKING:** Park in appropriate marked spots. Illegally parked cars will be towed at the owner's expense.

**DIRECTIONS:** <http://mcms02.ws.k12.ny.us/district/docs/drivingdirections.pdf>

**January Blitz – Washingtonville High School  
due by December 21, 2013**

**Sanction #**

Please fill in cut, paste and email with your entries

CLUB: \_\_\_\_\_ CLUB CODE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

COACH: \_\_\_\_\_

PHONE: \_\_\_\_\_ E-MAIL ADDRESS: \_\_\_\_\_

CLUB CONTACT: \_\_\_\_\_ PHONE: \_\_\_\_\_

Entrv Fees: Make check payable to: **Washingtonville Seahawks**

Total Individual Events \_\_\_\_\_ x \$4.50 = \_\_\_\_\_

Total Relay Events \_\_\_\_\_ x \$8.00 = \_\_\_\_\_

Total Swimmers (non-disk surcharge) \_\_\_\_\_ x \$2.00 = \_\_\_\_\_

**TOTAL DUE** \_\_\_\_\_

Mail to: John Dwyer Email entries to [wsscmeetenry@gmail.com](mailto:wsscmeetenry@gmail.com) – (Hytek entry event list will be available on the Metro Web-site)– <http://www.metroswimming.org/Calendar/Calendar.html>

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., Aqua Gems Swimming, Washingtonville Seahawks

Swimming, Washingtonville High School, County of Orange or representatives shall be held free and harmless from

liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (Club Official) \_\_\_\_\_

No entries will be processed without this signed waiver.

**Session: 1 Friday Afternoon Day of Meet: 1**

**Warm-up: 5:00pm--Start: 5:30pm**

**Event # OPEN Event – Heats may be limited due to timeline**

Finals 1 Girls OPEN 1650 Freestyle

Finals 2 Boys OPEN 1650 Freestyle

**Session: 2 Friday Night Day of Meet: 1**

**Warm-up Following Session Session: 2 Start 7:15pm**

**Event # AGE Event**

Finals 3 Girls 11-12 200 Freestyle

Finals 4 Boys 11-12 200 Freestyle

Finals 5 Girls 13-14 200 Freestyle

Finals 6 Boys 13-14 200 Freestyle

Finals 7 Girls 10&Un 200 Freestyle

Finals 8 Boys 10&Un 200 Freestyle

Finals 9 Girls OPEN 200 Freestyle

Finals 10 Boys OPEN 200 Freestyle

Finals 11 Girls 11-12 200 IM

Finals 12 Boys 11-12 200 IM

Finals 13 Girls 13-14 500 Freestyle **Heats may limited due to timeline**

Finals 14 Boys 13-14 500 Freestyle **Heats may limited due to timeline**

Finals 15 Girls OPEN 500 Freestyle **Heats may limited due to timeline**

Finals 16 Boys OPEN 500 Freestyle **Heats may limited due to timeline**

**Session: 3 Saturday Morning Day of Meet: 2**

**Warm-up 9:00 am Start 10:00am**

**Event # AGE Event**

Finals 17 Girls 11-12 100 Freestyle

Finals 18 Boys 11-12 100 Freestyle

Finals 19 Girls 9-10 100 Freestyle

Finals 20 Boys 9-10 100 Freestyle

Finals 21 Girls 11-12 100 Breaststroke

Finals 22 Boys 11-12 100 Breaststroke

Finals 23 Girls 9-10 50 Breaststroke

Finals 24 Boys 9-10 50 Breaststroke

Finals 25 Girls 11-12 100 Butterfly

Finals 26 Boys 11-12 100 Butterfly

Finals 27 Girls 9-10 50 Butterfly

Finals 28 Boys 9-10 50 Butterfly

Finals 29 Girls 11-12 50 Backstroke

Finals 30 Boys 11-12 50 Backstroke

Finals 31 Girls 9-10 100 Backstroke

Finals 32 Boys 9-10 100 Backstroke

Finals 33 Girls 11-12 100 IM

Finals 34 Boys 11-12 100 IM

Finals 35 Girls 9-10 200 Medley Relay

Finals 36 Boys 9-10 200 Medley Relay

Finals 37 Girls 11-12 200 Medley Relay

Finals 38 Boys 11-12 200 Medley Relay

## Session: 4 Saturday Afternoon Day of Meet: 2

Warm-up will start 3:00 PM Session Start at 4:00 pm

| Event #   | AGE          | Event            |
|-----------|--------------|------------------|
| Finals 39 | Girls 13-14  | 400 IM           |
| Finals 40 | Boys 13-14   | 400 IM           |
| Finals 41 | Girls OPEN   | 400 IM           |
| Finals 42 | Boys OPEN    | 400 IM           |
| Finals 43 | Girls 8 & Un | 50 Freestyle     |
| Finals 44 | Boys 8 & Un  | 50 Freestyle     |
| Finals 45 | Girls OPEN   | 50 Freestyle     |
| Finals 46 | Boys OPEN    | 50 Freestyle     |
| Finals 47 | Girls 13-14  | 50 Freestyle     |
| Finals 48 | Boys 13-14   | 50 Freestyle     |
| Finals 49 | Girls 8 & Un | 50 Breaststroke  |
| Finals 50 | Boys 8 & Un  | 50 Breaststroke  |
| Finals 51 | Girls OPEN   | 100 Breaststroke |
| Finals 52 | Boys OPEN    | 100 Breaststroke |
| Finals 53 | Girls 13-14  | 100 Breaststroke |
| Finals 54 | Boys 13-14   | 100 Breaststroke |
| Finals 55 | Girls 8 & Un | 50 Butterfly     |
| Finals 56 | Boys 8 & Un  | 50 Butterfly     |
| Finals 57 | Girls OPEN   | 100 Butterfly    |
| Finals 58 | Boys OPEN    | 100 Butterfly    |
| Finals 59 | Girls 13-14  | 100 Butterfly    |
| Finals 60 | Boys 13-14   | 100 Butterfly    |
| Finals 61 | Girls 8 & Un | 100 Medley Relay |
| Finals 62 | Boys 8 & Un  | 100 Medley Relay |
| Finals 63 | Girls 13-14  | 200 Backstroke   |
| Finals 64 | Boys 13-14   | 200 Backstroke   |
| Finals 65 | Girls OPEN   | 200 Backstroke   |
| Finals 66 | Boys OPEN    | 200 Backstroke   |
| Finals 67 | Girls OPEN   | 400 Medley Relay |
| Finals 68 | Boys OPEN    | 400 Medley Relay |

**Session: 5 Sunday Morning Day of Meet: 3****Warm-up 8:00 am Start 9:00am**

| <b>Event #</b> | <b>AGE</b>  | <b>Event</b>     |
|----------------|-------------|------------------|
| Finals 69      | Girls 11-12 | 50 Freestyle     |
| Finals 70      | Boys 11-12  | 50 Freestyle     |
| Finals 71      | Girls 9-10  | 50 Freestyle     |
| Finals 72      | Boys 9-10   | 50 Freestyle     |
| Finals 73      | Girls OPEN  | 200 Breaststroke |
| Finals 74      | Boys OPEN   | 200 Breaststroke |
| Finals 75      | Girls 11-12 | 50 Breaststroke  |
| Finals 76      | Boys 11-12  | 50 Breaststroke  |
| Finals 77      | Girls 9-10  | 100 Breaststroke |
| Finals 78      | Boys 9-10   | 100 Breaststroke |
| Finals 79      | Girls 11-12 | 100 Backstroke   |
| Finals 80      | Boys 11-12  | 100 Backstroke   |
| Finals 81      | Girls 9-10  | 50 Backstroke    |
| Finals 82      | Boys 9-10   | 50 Backstroke    |
| Finals 83      | Girls OPEN  | 200 Butterfly    |
| Finals 84      | Boys OPEN   | 200 Butterfly    |
| Finals 85      | Girls 9-10  | 100 Butterfly    |
| Finals 86      | Boys 9-10   | 100 Butterfly    |
| Finals 87      | Girls 11-12 | 50 Butterfly     |
| Finals 88      | Boys 11-12  | 50 Butterfly     |
| Finals 89      | Girls 9-10  | 100 IM           |
| Finals 90      | Boys 9-10   | 100 IM           |
| Finals 91      | Girls 11-12 | 200 Free Relay   |
| Finals 92      | Boys 11-12  | 200 Free Relay   |
| Finals 93      | Girls 9-10  | 200 Free Relay   |
| Finals 94      | Boys 9-10   | 200 Free Relay   |

**Session: 6 Sunday Afternoon Day of Meet: 3****Warm-up 2:00 PM Start at 3:00 pm**

| <b>Event #</b> | <b>AGE</b>   | <b>Event</b>        |
|----------------|--------------|---------------------|
| Finals 95      | Girls 8 & Un | 100 Freestyle       |
| Finals 96      | Boys 8 & Un  | 100 Freestyle       |
| Finals 97      | Girls OPEN   | 100 Freestyle       |
| Finals 98      | Boys OPEN    | 100 Freestyle       |
| Finals 99      | Girls 13-14  | 100 Freestyle       |
| Finals 100     | Boys 13-14   | 100 Freestyle       |
| Finals 101     | Girls 8 & Un | 50 Backstroke       |
| Finals 102     | Boys 8 & Un  | 50 Backstroke       |
| Finals 103     | Girls OPEN   | 100 Backstroke      |
| Finals 104     | Boys OPEN    | 100 Backstroke      |
| Finals 105     | Girls 13-14  | 100 Backstroke      |
| Finals 106     | Boys 13-14   | 100 Backstroke      |
| Finals 107     | Girls 8 & Un | 100 IM              |
| Finals 108     | Boys 8 & Un  | 100 IM              |
| Finals 109     | Girls OPEN   | 200 IM              |
| Finals 110     | Boys OPEN    | 200 IM              |
| Finals 111     | Girls 13-14  | 200 IM              |
| Finals 112     | Boys 13-14   | 200 IM              |
| Finals 113     | Girls 8 & Un | 200 Freestyle Relay |
| Finals 114     | Boys 8 & Un  | 200 Freestyle Relay |
| Finals 115     | Girls OPEN   | 400 Freestyle Relay |
| Finals 116     | Boys OPEN    | 400 Freestyle Relay |
| Finals 117     | Girls 13-14  | 400 Freestyle Relay |
| Finals 118     | Boys 13-14   | 400 Freestyle Relay |