



Fast Swim Team Black Legends Invitational
Sanction # 140210

Fast Swim Team Black Legends Invitational

February 8-9, 2014

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
140210
- LOCATION:** Theodore D. Young Community Center,
32 Manhattan Avenue
White Plains New York 10607.
- FACILITY:** The Pool is a 6 lane, 25 yard pool. Daktronics timing system.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: 13-14/10 & under/8 & under - 8:00 AM Warm- Up 9:00 AM Start
Session 2: 15-18/11-12 -1:30 PM Warm - Up 2:30 PM Start
Session 3: 13-14/10 & under //8 & under - 8:00 AM Warm- Up 9:00 AM Start
Session 4: 15-18/11-12 -1:30 PM Warm - Up 2:30 PM Start
- FORMAT:** Timed Finals
Deck Seeding
- 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 **February 8, 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 may enter and compete in 3 individual events and 1 relay per day . No Time or NT will not be accepted for this meet.
 - All entries will be accepted on a first come bases.
 - Team entries will be considered accepted when the host club accepts the entries.
 - Meet Entries will be taken until the meet fills. The host club must stay within the three and one half hour per session rule.
 - E-Mail Entries should be send to: fastentries@gmail.com
 - All received entries will be confirmed with a reply within 24 hours. If there is no reply within 24 hours, then assume that those entries were not received.
 - Hard Copy and Entry Fees are to be mailed to:
Jennifer Parra
37 Sherman Ave Apt 3S
Yonkers, New York 10705
(347) 276-6747
fastentries@gmail.com
- Make entry fee checks payable to: **FAST Parent Association**,
FAST has the right to consider **NOT ACCEPTING** a club's entries if that club has shown in the past not to pay their entry fees or still owes past entry fees.
 - If you are not e-mailing your entries, then overnight or express mail is recommended, *but waive the signature*.
 - It is not necessary to use overnight or express mail to send hard copy and check which are sent in support of an e-mailed entry.

- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **January 25, 2014**.
2: The final entry deadline for this meet is **February 1, 2014**.
3: Metro entries received between **January 25, 2014** and **February 1, 2014** 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 must accompany the entries.
Make check payable to: The FAST Parents Association.
Payment must be received by **February 1, 2014 prior to the start of the meet** 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:** Session 1: 8:00 AM Warm-Up 9:00 AM Start
Session 2: 1:30 PM Warm-Up 2:30 PM Start
Session 3: 8:00 AM Warm-up 9:00 AM Start
Session4: 1:30 PM Warm-up 2:30 PM Start
Lane assignment will be given at the meet.
- 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:** Custom bag tags for 1st-6th place in all age groups. Awards will be given only to a coach or team representative at the end of each session. All awards for each team must be picked up. No awards will be mailed, except in case of computer failure.
- OFFICIALS:** **Meet Referee: Paul McClintock Tockswim@msn.com**
Officials wishing to volunteer should contact Meet Referee.
- MEET DIRECTOR:** Jennifer Parra
(347) 267-6747
fastentries@gmail.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.
"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 water depth is 3 feet 7 inches at the shallow end and 8 feet 10 inches at the diving end.
- 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: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Theodore D. Young Community Center and The FAST SWIM TEAM**, 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."

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: Admission: Adult (18 and over) \$4.00 per person, Children: \$1.00
Programs: \$10.00

MERCHANTS: Food Concession

PARKING: There is ample on site parking and next to the building.

DIRECTIONS: For updates check www.fastswimteamny.com

Important in case of Emergency call:
Jennifer Parra 347-276-6747
POOL OFFICE 914-989-3600 or 914-989-3645

Theodore D. Young Community Center :
From Manhattan:

Major Deegan Expressway to 87 North (NYS Thruway). Exit 8 to 287 East, to Exit 4. Turn right on Route 100A, make left at second traffic light, down ramp to Route 119 to second traffic light. Turn left on Manhattan Avenue, to first left.

From Queens and Whitestone Bridge:

Van Wyck Expressway (Route 687N) to Whitestone Bridge. From bridge to Hutchinson River Pkwy to Exit 26 (White Plains - 287 West). Follow 287 West to Exit 5. Left on Route 100S to traffic light. Make right on Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

From Connecticut:

95 South (Connecticut Turnpike). Use Tappan Zee Bridge/White Plains exit to 287 West to Exit 5. Left on Route 100S to traffic light. Make right onto Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

From Peekskill:

Route 9 South/Briarcliff thru Elmsford. Turn left at traffic light onto Route 119 East. Go 1 ½ miles to Crossroads Shopping Center. Turn left at traffic light onto Manhattan Avenue, to first left.

From Suffern & Tappan Zee Bridge:

Route 87 South (NYS Thruway) to Tappan Zee Bridge to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Make left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

From New Jersey (Patterson & Jersey City):

Rout 80 East to George Washington Bridge to 87 North, NYS Thruway (Upstate New York) to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Turn left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

Session 1-Saturday February 8, 2014
Warm Up: 8:00 AM / Start: 9:00 AM
13-14/10 and under/8 and under

Girls Event No.	Events	Boys Events No.
1.	8 and under 50 Free	2.
3.	13-14 100 Free	4.
5.	10 and under 200 Free	6.
7.	8 and under 25 Back	8.
9.	13-14 200 Back	10.
11.	10 and under 100 Back	12.
13.	8 and under 50 Fly	14.
15.	13-14 100 Fly	16.
17.	10 and under 100 Fly	18.
19.	8 and under 25 Breast	20.
21.	13-14 100 Breast	22.
23.	10 and 50 Breast	24.
25.	13-14 200 Free	26.
27.	10 and under 100 Free	28.
29.	14 and under 200 Medley Relay	30.

Session 2-Saturday February 8, 2014
Warm Up: 1:30 PM / Start: 2:30 PM
15-18/11-12

Girls Event No.	Events	Boys Events No.
31	11-12 50 Free	32.
33.	Open 50 Free	34.
35.	11-12 200 IM	36.
37.	Open 200 IM	38.
39.	11-12 100 Free	40.
41.	Open 200 Breast	42.
43.	11-12 100 Breast	44.
45.	Open 100 Back	46.
47.	11-12 50 Back	48.
49.	Open 200 Fly	50.
51.	11-12 100 Fly	52.
53.	Open 200 Medley Relay	54.

Session 3-Sunday February 9, 2014
Warm Up: 8:00 AM / Start: 9:00 AM
13-14/10 and under/8 and under

Girls Event No.	Events	Boys Events No.
55.	13-14 200 IM	56.
57.	10 and under 100 IM	58.
59.	8 and under 50 Back	60.
61.	13-14 100 Back	62.
63.	10 and under 50 Back	64.
65.	8 and under 50 breast	66.
67.	13-14 200 Breast	68.
69.	10 and under 100 Breast	70.
71.	8 and under 25 Fly	72.
73.	13-14 200 Fly	74.
75.	10 and under 50 Fly	76.
77.	8 and under 25 Free	78.
79.	13-14 50 Free	80.
81.	10 and under 50 Free	82.
83.	14 and under 200 Free Relay	84.

Session 4-Sunday February 9, 2014
Warm Up: 1:30 PM/ Start: 2:30 PM
15-18/11-12

Girls Event No.	Events	Boys Events No.
85.	Open 200 Free	86.
87.	11-12 200 Free	88.
89.	Open 200 Back	90.
91.	11-12 100 Back	92.
93.	Open 100 Free	94.
95.	11-12 100 IM	96.
97.	Open 100 Fly	98.
99.	11-12 50 Fly	100.
101.	Open 100 Breast	102.
103.	11-12 50 Breast	104.
105.	Open 200 Free Relay	106.