

RED FOX AQUATIC CLUB

**2014 ELIZABETH R. MILLER MEMORIAL INVITATIONAL
FRIDAY, SATURDAY, SUNDAY, OCTOBER 17, 18, 19TH, 2014**

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.

2014 ELIZABETH R. MILLER MEMORIAL INVITATIONAL

FRIDAY, SATURDAY, SUNDAY, OCTOBER 17, 18 AND 19, 2014

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #141011
- LOCATION:** James McCann Center, Marist College, Poughkeepsie, NY 12601
- FACILITY:** The James McCann Natatorium is a six lane 25yd competition pool with separate diving well. The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Friday afternoon session 1: Warm-up 1pm. start 2pm. Friday evening session 2: Warm-up 4pm, start 5pm. Saturday & Sunday sessions 3 & 5: Warm-up 8am, start 9am. Saturday & Sunday sessions 4 & 6: Warm-up 1pm, start 2pm.
- FORMAT:** All events will be swum as timed finals. Deck seeded with Scratch Sheets collected 40 minutes prior to the start of each session. Heat sheets will be distributed and posted.
- 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 FRIDAY, OCTOBER 17TH 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 3 events Friday and 4 events per day on Saturday and Sunday. NO TIME entries will not be accepted, except for RFAC swimmers. Distance freestyle events may be limited to 3 heats. Receipt of entries will be confirmed by email. Entries will not be considered received and accepted without full payment of fees. Cuts will be advised by email.
- U.S. Mail Entries/Payment to: Larry VanWagner, Director of Swimming, Marist College, James McCann Center, Poughkeepsie, NY 12601.
Email Entries/Confirm Entry Receipt: Please submit email entries via Hy-Tek to rfacentries@hotmail.com.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by September 26th.
2: The final entry deadline for this meet is October 3rd.
3: Metro entries received between Sept. 26th and Oct. 3rd 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 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 begin 60 minutes prior to start of each session and 25yd. sprint lanes designated 30 minutes prior to start of 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:** Individual events 1-3 place/Medals, 4-6 place/Ribbons. Relay events 1-3 place/Ribbons. 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 1st.
- MEET DIRECTOR:** Martha Boyko, 845-224-4809 or AJB615@aol.com.
- ADMIN:** Lisa Simpfenderfer, 845-849-1288 or lsimpf@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 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."
The competition pool ranges from 5.5ft. at the start end to 4.0ft. 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
- ADMISSION:** Daily admission for adults \$5.00. Daily psych sheets will be available for \$2.
- MERCHANTS:** The Metro Swim Shop and food concessions will be available at all sessions.
- PARKING:** On-site parking and spectator seating is available.
- DIRECTIONS:** Please check the REDFOXAQUATICCLUB.COM website for directions.

2014 ELIZABETH R. MILLER MEMORIAL INVITATIONAL
 Friday, Saturday and Sunday, October 17, 18 and 19, 2014

GIRLS EVENTS	BOYS EVENTS	GIRLS EVENTS	BOYS EVENTS
-------------------------	------------------------	-------------------------	------------------------

FRIDAY SESSION 1		FRIDAY SESSION 2	
1PM Warm-up 2PM start		4PM Warm-up 5pm Start	
1	Open 1000 Free	2	
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	

SATURDAY AM SESSION 3		SATURDAY PM SESSION 4	
8AM Warm-up 9AM Start		1PM Warm-up 2PM Start	
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 Rly	38	
39	11-12 200 Med Rly	40	
41	13-14 400 IM	42	
43	Open 400 IM	44	
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 200 IM	60	
61	13-14 200 IM	62	
63	8-Under 100 Med Rly	64	
65	Open 200 Med Rly	66	
67	13-14 200 Med Rly	68	

SUNDAY AM SESSION 5		SUNDAY PM SESSION 6	
8AM Warm-up 9AM Start		1PM Warm-up 2PM Start	
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 Rly	92	
93	9-10 200 Free Rly	94	
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 100 Fly	110	
111	13-14 100 Fly	112	
113	8-Under 100 Free Rly	114	
115	Open 200 Free Rly	116	
117	13-14 200 Free Rly	118	

NOTES: There will be NO DIVING during warm-ups. All lanes will be circular swimming until 1/2 hour before start, then lanes 2 & 5 will be one-way sprint lanes.