

**WESTCHESTER AQUATIC CLUB
WOLVERINES
PRESENT**



**THE WOLVERINE HOLIDAY
SILVER & GOLD TROPHY MEET !**

DECEMBER 20-21, 2014

AT

MARK TWAIN MIDDLE SCHOOL YONKERS, NEW YORK

PRIZES FOR EACH HEAT WINNER !

Sanction #: 141207

Time Trial Sanction #: # 141152-T

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #: 141207, Time Trial Sanction #: # 141152-T

LOCATION: Mark Twain Middle School 160 Woodlawn Avenue Yonkers, New York 10704

FACILITY: 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system. **NO SMOKING ALLOWED IN THE BUILDING.** Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. The pool has been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.

SESSIONS: **Session 1:** Saturday PM – 10&U Session 1 - Warm-up 12:30 pm Meet: 1:15 pm

Session 2: Saturday PM – 11&Over Session 2 - Warm-up 3:00 pm Meet: 4:00 pm

Session 3: Sunday AM Session - Ages 11&Over - Warm-up 8:00 am Meet: 9:00 am

Session 4: Sunday PM – Ages 10&Under - Warm-up 2:00 pm Meet: 3:00 pm

FORMAT: All events are 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.
No “Deck Registrations” will be accepted
Age on 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: Saturday Sessions, Entry Limits

8&Us Swimmers may swim 2 Individual Events and 1 Relay

9-10s Swimmers may swim 2 Individual Events and 1 Relay

11&Overs Swimmers may swim 3 Individual Events and 1 Relay

Sunday Sessions, Entry Limits

Swimmers may swim up to 3 Individual Events per Session and 1 Relay,

The meet will be run on computer using Hy-Tek's Meet Manager. Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries. An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach.

Please contact Carle Fierro if you do not receive such a report within 2 days of your original email. Telephone or faxed entries will not be accepted.

U.S. Mail Entries/Payment to:

Westchester Aquatic Club

5 White Birch Road South Pound Ridge, New York 10576

Email Entries/Confirm Entry Receipt: Email entries to: Carleswim@aol.com Please sign the "signature waiver" on envelope 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 December 5, 2014.

2: The final entry deadline for this meet is December 10, 2014.

3: Metro entries received between December 5, 2014 and December 10, 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 & \$10.00 per relay event must accompany the entries. Make check payable to: **Westchester Aquatic Club.**

Payment must be received by October 14, 2014 unless otherwise arranged with the meet director 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:** First 40 minutes will be general warm-up. Team Lane assignment will be given at the meet. Last 20 minutes: 2 or more lanes will be open for one-way sprint. All other lanes will remain open for general warm-up.
- 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:** **Fun Prizes** will be awarded to all heat winners. **12&U Events:** Ribbons 1st place thru 8th Place
- Trophies Awards Categories Top 8 Point Scorers (Single Age Points):**
- Silver Division** - Swimmer with mostly Silver Times
- Gold Division** - Swimmers with Junior Olympic Times or better
- 8&U** - 100 Free, 100 IM, 50 Back, 50 Breast, 50 Fly, 50 Free **9-10 Silver** - 100 Free, 100 IM, 50 Back, 50 Breast, 50 Fly, 50 Free **9-10 Gold** - 100 Free, 100 IM, 100 Back, 100 Breast, 100 Fly, 200 Free **11-12 Silver** - 200 Free, 200 IM, 50 Back, 50 Breast, 50 Fly **11-12 Gold** - 200 Free, 200 IM, 100 Back, 100 Breast, 100 Fly **OPEN Silver** - 200 Free, 200 IM, 100 Back, 100 Breast, 100 Fly **OPEN Gold** - 200 Free or 1000 Free, 200 IM, 200 Back, 200 Breast, 200 Fly
- OFFICIALS:** **Meet Referee: Flick Marinello, email: flickdance@msn.com** **Officials wishing to volunteer should contact Meet Referee by December 14, 2014**
- ADMIN. OFFICIAL:** **Karen Reid**
- MEET DIRECTOR:** **Carle Fierro, email: carleswim@aol.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: 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system.
NO SMOKING ALLOWED IN THE BUILDING.

Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. The pool has been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.

DISCLAIMER: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Yonkers Montessori School, City of Yonkers & Westchester 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

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 prohibited .

ADMISSION: Adults \$5.00 Children \$1.00 per session Session Programs: \$2.00 The stands must be cleared after each session.

MERCHANTS: Parent Food Concession. Metro Swim Shop

PARKING: Is available in two school lots and on street around the perimeter of the school and side streets. Please adhere to posted parking restrictions to avoid tickets. Car Pooling is recommended.

DIRECTIONS: **DIRECTIONS: from the North (choose 1 from below)**

Taconic Parkway South to Sprain South to Bronx River Parkway South. After Cross County Parkway exits, take the Second Bronx River Road Exit. Make a right onto Bronx River Road and the immediate left onto Wakefield Avenue. Go approximately 5 blocks. Pool entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

87 South to Exit 4, Cross County Parkway. Stay on Service Road South to Yonkers Avenue. Make a left onto Yonkers Avenue. Continue for approximately .25 mile and make a right onto Kimball Avenue. Bear left onto Sterling Avenue, Then Bear Left onto Woodlawn Avenue. Pool Entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

DIRECTIONS: from Long Island

Take 495 Long Island Expressway West towards Whitestone Bridge. Merge onto Cross Island Parkway North. Merge onto I295 North via Exit 33 Bronx/New England. Merge onto I695 / North Throgs Neck Expressway via Exit 10, I95 New Haven. I695 /North Throgs Neck becomes I95 North. Take the Baychester Avenue Exit 12 on the left. Turn slight right onto Baychester Avenue. Baychester Ave becomes East 241st street. East 241st becomes Wakefield Avenue. Turn right onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

DIRECTIONS: from NY City

87 North towards Albany. Take the East 233rd Street Exit 13. Stay Straight on East 233rd Street and make 1st left onto Van Courtland Park East. Van Courtland Park east becomes Kimball Avenue. Turn Right onto Wakefield Avenue. Turn Left onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

December 20, 2014 - Session 1 - 10&U Events - 12:30 pm w/u & 1:15 pm Start

<u>Female #</u>	<u>Event</u>	<u>Male #</u>
1	8 & Under 200 Free Relay	2
3	10 & U 200 Free Relay	4
5	8 Year Old 100 Free	6
7	7&Under 100 Free	8
9	9-10 100 Free S/G*	10
11	8 Year Old 100 IM	12
13	7&Under 100 IM	14
15	9-10 100 IM S/G*	16

S/G* 9-10 Events will have Silver High Point Category & Gold High Point Category

December 20, 2014 - Session 2 - 11&Over Events - 3:00 pm w/u & 4:00 pm Start

<u>Female #</u>	<u>Event</u>	<u>Male #</u>
17	11-12 200 Free Relay	18
19	Open 200 Free Relay	20
21	11-12 200 IM S/G*	22
23	Open 200 IM S/G*	24
25	11-12 200 Free S/G*	26
27	Open 200 Free S/G*	28
31	Open 1000 Free G**	30

S/G* 11-12 & Open Events will have Silver High Point Category & Gold High Point Category
Silver Category - Swimmer must have minimum of 3 Silver cuts or slower.

Gold Category - Swimmer must have JO cuts or better in all their events.

* Heats of the 1000 Free maybe limited to conform to the 4 hour session guidelines

8&Us Swimmers may swim 2 Individual Events and 1 Relay

9-10s Swimmers may swim 2 Individual Events and 1 Relay

11&Overs Swimmers may swim 2 Individual Events and 1 Relay

December 21, 2014 - Session 3 - 11&Over Events - 8:00 am w/u & 9:00 am Start

<u>Female #</u>	<u>Event</u>	<u>Male #</u>
33	11-12 200 Medley Relay	34
35	Open 200 Medley Relay	36
37	11-12 50 Fly S	38
39	11-12 100 Fly G	40
41	Open 100 Fly S	42
43	Open 200 Fly G	44
45	11-12 50 Breast S	46
47	11-12 100 Breast G	48
49	Open 100 Breast S	50
51	Open 200 Breast G	52
53	11-12 50 Back S	54
55	11-12 100 Back G	56
57	Open 100 Back S	58
59	Open 200 Back G	60

Swimmers may swim 4 Individual Events and 1 Relay

S/G* 11-12 & Open Events will have Silver High Point Category & Gold High Point Category
Silver Category - Swimmer must have minimum of 3 Silver cuts or slower.
Gold Category - Swimmer must have JO cuts or better in all their events.

December 21, 2014 - Session 4 - 10&U Events - 2:00 pm w/u & 3:00 pm Start

<u>Female #</u>	<u>Event</u>	<u>Male #</u>
61	10&U 200 Medley Relay	62
63	8&U 100 Medley Relay	64
65	9-10 100 Back G	66
67	9-10 50 Back S	68
69	8 Year Old 50 Back	70
71	7&U 50 Back	72
73	9-10 100 Breast G	74
75	9-10 50 Breast S	76
77	8 Year Old 50 Breast	78
79	7&U 25 Breast	80
81	9-10 100 Fly G	82
83	9-10 50 Fly S	84
85	8 Year Old 50 Fly	86
87	7&U 25 Fly	88

Swimmers may swim 3 Individual Events and 1 Relay

S/G* 11-12 & Open Events will have Silver High Point Category & Gold High Point Category
Silver Category - Swimmer must have minimum of 3 Silver cuts or slower.
Gold Category - Swimmer must have JO cuts or better in all their events.