



Condors Mile Madness Invitational

January 11, 2015
Sanction #150108

Any other teams who would like to be invited, please contact MeetEntries@CondorsSwimming.com

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #150108
- LOCATION:** Mark Twain Pool
160 Woodlawn Ave
Yonkers, NY 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 not** been certified in accordance with Article 104.2.2C (4).
- SESSIONS:** Session 1: Sunday – Warm-up: 1:30pm, Start: 2:30pm
- FORMAT:** This will be a timed finals event.
This is a deck seeded meet.
- 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 **January 11, 2015** will determine age for the entire meet.
- DISABILITY SWIMMER:** 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 be entered in 1 individual events. **No NT's will be accepted.**
- The 1650 Free will run fastest to slowest alternating boys and girls. Swimmers will need to provide their own timers for the 1650 Free.
- Invited teams will be given priority in acceptance of entries.
- Entries will be accepted on a first come, first served basis. The host team reserves the right to keep its swimmers entered in the meet.
- Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.
- U.S. Mail Entries/Payment to:
- Condors Swim Club**
115 North Main Street
New City, NY 10956
- Email Entries/Confirm Entry Receipt: MeetEntries@CondorsSwimming.com
Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** **Entries must be received by : December 27, 2014**
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 even must accompany the entries.
Make check payable to: **Condors Swim Club**.
Payment must be received by **December 27, 2014** 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:** The first 40 minutes will be general warm-up. The last 15 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Lanes 3 & 6 will be assigned as necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach. The meet director reserves the right to assign warm-up lanes.

- SCRATCH:** 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:** Ribbons will be awarded to 1st – 8th places.
- OFFICIALS:** **Meet Referee:** Mike Natale
Officials wishing to volunteer should contact Meet Referee by email mfnc45@optonline.net
- MEET DIRECTOR:** Laurie Lawson, contact information phone: 267-237-4876,
Email Laurie@CondorsSwimming.com or Julie Schatz office@CondorsSwimming.com
- ADMIN OFFICIAL:** Laurie Lawson, contact information phone: 267-237-4876,
Email Laurie@CondorsSwimming.com or Julie Schatz office@CondorsSwimming.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:** 10 feet in deep end, 4 feet in shallow end.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against City of Yonkers, Condors Swim Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- 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 strongly discouraged
- ADMISSION** \$5.00 Adults/session , no programs
- MERCHANT:** Concession stand.
- 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.

Sunday, January 11, 2015
Warm-up 1:30 PM, Meet Start 2:30 PM

Girls	Event	Boys
1	1650 Freestyle	2

The 1650 Free will run fastest to slowest alternating boys and girls. Swimmers will need to provide their own timers for the 1650 Free.

A warm-up/cool-down sessions will be scheduled .