



# **Condor's Summer Solstice Invitational**

June 5-7, 2015

**Sanction #150601**

**Time Trial #150650-T**

**Invited Teams: All teams within the Metro LSC (and unattached MR swimmers) and Morris County, Jersey Flyers, Somerset Valley, Cheshire Y/Sea Dog, Scarlet Aquatic, Eagle Aquatic, Garfield YMCA Sharks, Shelton Monroe, West Hartford Aquatic Team, Bel Air Athletic, Deep End Aquatics, Pocono Family YMCA, NJ Waverunners, Blue Dolphin Aquatics, Cougar Aquatic, Lehigh valley Aquatic, Grenwich Marlins & Metro Area Lifetime Swimming**

Any other teams who would like to be invited, please contact [Laurie@CondorsSwimming.com](mailto:Laurie@CondorsSwimming.com)

# Condors Summer Solstice Invitational

June 5 - 7, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #150601, Time Trial # 150650-T**
- LOCATION:** Felix Festa Middle School Pool  
30 Parrott Road  
West Nyack, NY 10994
- FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lane lines. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators.  
The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** *Please note session times, they are not consistent each day – we are working around community swim schedules.*  
Session 1: Friday Afternoon - Warm-Up 4:30 PM, Start 5:30 PM  
Session 2: Saturday Morning – Warm-Up 7:00 AM, Start 8:20 AM  
Session 3: Saturday Afternoon – Warm-Up 12:45 PM, Start 2:10 PM  
Session 4: Sunday Morning – Warm-Up 6:30 AM, Start 7:45 AM  
Session 5: Sunday Afternoon – Warm-Up 4:30 PM, Start 5:50 PM
- FORMAT:** This will be a timed finals event.  
This will be a deck-seeded event.
- 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 **June 5, 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 3 individual events per day. Swimmers may be entered in 1 individual event on Friday. **No NT's will be accepted.** Entries will be accepted on a first come, first served basis. The meet will be closed once the timeline can no longer support additional entries.
- The 1500 freestyle event will be cut-off to accommodate the 4-hour timeline. The host team reserves the right to keep its swimmers entered in the meet. Swimmers must provide their own timers and lap counters for the 1500 freestyle event.
- 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: **Laurie@CondorsSwimming.com**  
Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** **Entries must be received by: May 22, 2015**  
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 **\$5.00** per individual event must accompany the entries.  
Make check payable to: Condors Swimming
- Payment must be received by May 22, 2015 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 host team reserves the right to assign lanes for warm-up based on the size of the meet. If lane assignments become necessary, there will be 3, 20-minute sessions on Friday evening and 3 25-minute sessions on Saturday and Sunday. Each session will have one-way starts at the discretion of the teams in each lane. No diving will be allowed except in designated sprint lanes. A coach must supervise all swimmers.
- 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 for places 1<sup>st</sup> – 8<sup>th</sup>  
Awards will be scored for 10 & Unders and 11-12's for the 12 & Under 400 Freestyle.
- OFFICIALS:** **Meet Referee:** Mike Natale  
Officials wishing to volunteer should contact Meet Referee by email [mfnc45@optonline.net](mailto:mfnc45@optonline.net)
- MEET DIRECTOR:** Laurie Lawson, contact information phone: 845-274-6010,  
email [Laurie@CondorsSwimming.com](mailto:Laurie@CondorsSwimming.com) or Julie Schatz, 845-638-4381
- ADMIN OFFICIAL:** Laurie Lawson, contact information phone: 845-274-6010,  
email [Laurie@CondorsSwimming.com](mailto:Laurie@CondorsSwimming.com) or Julie Schatz, 845-638-4381
- 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:** **All swimmers must wear footwear upon leaving the pool area.**  
  
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."  
**1.0 meter = 4 feet 6 inches, 5 meters = 13 feet**
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Condors Swim 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:** Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited
- ADMISSION** \$5.00 Adults/session fee wi-fi access  
\$3.00 Program/session
- MERCHANT:** A concession stand will be available throughout the meet. Kast-A-Way Swimwear will be available with swimming merchandise on Saturday and Sunday.

**PARKING:** There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing.

From North of Rockland County: Take Palisades Interstate Parkway South to Exit 10. Make a left off the exit. Make a left at the first traffic light onto Middletown Road. Take a right at next traffic light onto Germonds Road...

From the George Washington Bridge: Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

From the Tappan Zee Bridge: Take the NYS Thruway (I-87 North) to Exit 13N (Palisades Interstate Parkway – North). Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

**DIRECTIONS:**

...follow Germonds Road through the intersection of Germonds Road and Route 304 (you will pass Albertus Magnus High School on your right). Make a left onto Parrott Road. The entrance for the pool is down the walkway at the end of the tennis courts.



**Friday PM Session**

**Warm-up: 4:30 pm**

**Start: 5:30 pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	12 & Under 400 Freestyle	2
3	Open 1500 Freestyle	4

*\*\*swimmers in the 1500 freestyle must provide their own timers and lap-counters*

**Saturday AM Session**

**Warm-up: 7:00 AM**

**Start: 8:20 AM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
5	11-12 100 Freestyle	6
7	10 & Under 100 Freestyle	8
9	11-12 100 Butterfly	10
11	10 & Under 100 Butterfly	12
13	11-12 50 Backstroke	14
15	10 & Under 50 Backstroke	16
17	11-12 50 Breaststroke	18
19	10 & Under 50 Breaststroke	20

**Saturday PM Session**

**Warm-up: 12:45 PM**

**Start: 2:10 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
21	13-14 50 Freestyle	22
23	15 & Over 50 Freestyle	24
25	13-14 200 Breaststroke	26
27	15 & Over 200 Breaststroke	28
29	13-14 100 Butterfly	30
31	15 & Over 100 Butterfly	32
33	13-14 200 Freestyle	34
35	15 & Over 200 Freestyle	36
37	13-14 100 Backstroke	38
39	15 & Over 100 Backstroke	40

**Sunday AM Session**

**Warm-up: 6:30 AM**

**Start: 7:45 AM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
41	11-12 100 Backstroke	42
43	10 & Under 100 Backstroke	44
45	11-12 100 Breaststroke	46
47	10 & Under 100 Breaststroke	48
49	11-12 50 Butterfly	50
51	10 & Under 50 Butterfly	52
53	11-12 50 Freestyle	54
55	10 & Under 50 Freestyle	56

**Sunday PM Session**

**Warm-up: 4:30 PM**

**Start: 5:50 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
57	13-14 100 Freestyle	58
59	15 & Over 100 Freestyle	60
61	13-14 200 Backstroke	62
63	15 & Over 200 Backstroke	64
65	13-14 100 Breaststroke	66
67	15 & Over 100 Breaststroke	68
69	13-14 200 Butterfly	70
71	15 & Over 200 Butterfly	72
73	13-14 200 Individual Medley	74
75	15 & Over 200 Individual Medley	76