



Metro 8 & Under Championships

Hosted by Condors Swimming

March 6th - 8th, 2015

Sanction #150300

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #150300
- 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. Shallow end of pool will be used for continuous warm up and warm downs. 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:** Session 1: Friday Evening (**100 Yard Events**) - Warm-Up 4:30 PM, 5:15 PM
Session 2: Saturday Morning (**Girls**) – Warm-Up 9:00 AM, Start 10:00 AM
Saturday is "Parade Day." Parade will start at approx 8:15am. A line-up order will be provided.
Session 3: Saturday Afternoon (**Boys**) – Warm-Up 3:30 PM, Start 4:30 PM
Saturday is "Parade Day." Parade will start at approx 2:30pm. A line-up order will be provided.
Session 4: Sunday Morning (**Girls**) – Warm-Up 8:00 AM, Start 9:00 AM
Session 5: Sunday Afternoon (**Boys**) – Warm-Up 1:30 PM, Start 2:30 PM
- FORMAT:** This will be a timed finals event. This is a deck seeded meet.
- ELIGIBILITY:** Open to all Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on **March 6, 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 2 individual events on Friday and 3 individual events Saturday & Sunday. All entries must be in yards and NT will not be accepted. Swimmers can be entered in 2 relays per day.

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 : February 20, 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 **\$4.00** per individual event and **\$10.00** per relay event must accompany the entries. **\$1.00** Athlete surcharge
Make check payable to: **Condors Swim Club.**
Payment must be received by **February 20, 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:** No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach. The Meet Director WILL be assigning warm-up times and lanes to ensure safety.
- 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: **Individual Events:** Medals for 1st through 8th places, Ribbons for 9th through 16th places.
Relay Events: Medals for 1st through 3rd places, Ribbons for 4th through 8th places.

Team Spirit Award: There will be an award presented to the team who demonstrates the most Team Spirit. The winner will be determined by a vote held by the coaches representing all the teams attending the meet. Each team will receive one vote.

High Point Awards: Top three individual high point scorers in each age group will win a high point award. The top 6 fastest swims for each swimmer will be used to calculate points for the high point award.

There are NO team scores calculated for this meet.

OFFICIALS: **Meet Referee:** Mike Natale
Officials wishing to volunteer should contact Meet Referee by email mfnc45@optonline.net
Admin Referee: Mike Natale

MEET DIRECTOR: Laurie Lawson, Laurie@condorsswimming.com. 267-237-4876, Julie Schatz, office@condorsswimming.com, 845-638-4381

ADMIN OFFICIAL: Laurie Lawson, Laurie@condorsswimming.com. 267-237-4876, Julie Schatz, office@condorsswimming.com, 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 2012 - 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: 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.

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
\$3.00 Program/session ***includes free wifi access***

MERCHANT: A concession stand will be available throughout the duration of the meet. Kastaway Swimwear will be available with swimming merchandise throughout the meet. T-shirt vendor also on site.

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

DIRECTIONS: 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...

...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.



Session 1 – 100 Yard Event
 Friday PM, March 6
 Warm-up 4:30 PM / Start 5:15 PM

Event #	Event	Event #
1	8 Year Old 100 Freestyle	2
3	7 & Under 100 Freestyle	4
5	8 Year Old 100 Indiv. Medley	6
7	7 & Under 100 Indiv. Medley	8

Saturday is "Parade Day." Parade will start at approx 8:15am. A line-up order will be provided.

Session 2 – Girls
 Saturday AM, March 7
 Warm-up 9:00 AM / Start 10:00 AM

Event #	Event
9	Girls 8 & Under 100 Medley Relay
10	Girls 7 & Under 100 Medley Relay
11	Girls 6 & Under 50 Freestyle
12	Girls 8 Year Old 25 Backstroke
13	Girls 6 & Under 25 Backstroke
14	Girls 7 Year Old 25 Backstroke
15	Girls 8 Year Old 25 Butterfly
16	Girls 6 & Under 25 Butterfly
17	Girls 7 Year Old 25 Butterfly
18	Girls 8 Year Old 50 Breaststroke
19	Girls 7 & Under 50 Breaststroke
20	Girls 8 Year Old 25 Freestyle
21	Girls 7 Year Old 25 Freestyle
22	Girls 8 & Under 200 Freestyle Relay
23	Girls 7 & Under 200 Freestyle Relay

Saturday is "Parade Day." Parade will start at approx 2:30pm. A line-up order will be provided.

Session 2 – Boys
Saturday PM, March 7
Warm-up 3:30pm / Start 4:30pm

Event #	Event
24	Boys 8 & Under 100 Medley Relay
25	Boys 7 & Under 100 Medley Relay
26	Boys 6 & Under 50 Freestyle
27	Boys 8 Year Old 25 Backstroke
28	Boys 6 & Under 25 Backstroke
29	Boys 7 Year Old 25 Backstroke
30	Boys 8 Year Old 25 Butterfly
31	Boys 6 & Under 25 Butterfly
32	Boys 7 Year Old 25 Butterfly
33	Boys 8 Year Old 50 Breaststroke
34	Boys 7 & Under 50 Breaststroke
35	Boys 8 Year Old 25 Freestyle
36	Boys 7 Year Old 25 Freestyle
37	Boys 8 & Under 200 Freestyle Relay
38	Boys 7 & Under 200 Freestyle Relay

Session 4 – Girls
Sunday AM, March 8
Warm-up 8:00 AM / Start 9:00 AM

Event #	Event
39	Girls 8 & Under 100 Freestyle Relay
40	Girls 7 & Under 100 Freestyle Relay
41	Girls 6 & Under 25 Freestyle
42	Girls 8 Year Old 50 Backstroke
43	Girls 6 & Under 50 Backstroke
44	Girls 7 Year Old 50 Backstroke
45	Girls 8 Year Old 25 Breaststroke
46	Girls 6 & Under 25 Breaststroke
47	Girls 7 Year Old 25 Breaststroke
48	Girls 8 Year Old 50 Butterfly
49	Girls 7 & Under 50 Butterfly
50	Girls 8 Year Old 50 Freestyle
51	Girls 7 & Under 50 Freestyle
52	Girls 8 & Under 200 Medley Relay
53	Girls 7 & Under 200 Medley Relay

Session 5 – Boys
Sunday PM, March 8
Warm-up 1:30 PM / Start 2:30 PM

Event #	Event
54	Boys 8 & Under 100 Freestyle Relay
55	Boys 7 & Under 100 Freestyle Relay
56	Boys 6 & Under 25 Freestyle
57	Boys 8 Year Old 50 Backstroke
58	Boys 6 & Under 50 Backstroke
59	Boys 7 Year Old 50 Backstroke
60	Boys 8 Year Old 25 Breaststroke
61	Boys 6 & Under 25 Breaststroke
62	Boys 7 Year Old 25 Breaststroke
63	Boys 8 Year Old 50 Butterfly
64	Boys 7 & Under 50 Butterfly
65	Boys 8 Year Old 50 Freestyle
66	Boys 7 & Under 50 Freestyle
67	Boys 8 & Under 200 Medley Relay
68	Boys 7 & Under 200 Medley Relay