



Washingtonville Seahawks and Devilfish Aquatics

**Sink or Swim Invite February 7-8, 2015
Invited are all teams in Metro, Bergen Co.
Barracudas, New Paltz Hawks, JFAC Jersey
Flyers, Club Fit NJ, Kingston Swim Club
Sanction # 150205**



Washingtonville Seahawks and Devilfish Aquatics Sink or Swim February 7-8, 2015

- Sanction:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #*****
- Location:** **Washingtonville High School, Washingtonville, New York**
- FACILITY:** 25-yard pool with 6 lanes with bulkhead and non-turbulent lane lines. There is seating for 300 spectators. Colorado electronic timing system and the 6 - line scoreboard will be used. the pool **has not been** certified in accordance with Article 104.2.2c (4)
- SESSIONS:** **Session 1: 9:00 a.m. warm-up, 10:00 a.m start, Saturday, February 7, 2015**
Session 2: 2:30 p.m. warm-up 3:30 p.m. start, Saturday, February 7, 2015
Session 3: 8:00 a.m. warm-up, 9:00 a.m start, Saturday, February 8, 2015
Session 4: 1:30 p.m. warm-up 2:30 p.m. start, Saturday, February 8, 2015
- Format:** **This meet is a timed final event.**
The meet will be deck seeded.
- 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 February, February 8, 2012 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 meet referee of any disability prior to the competition.
- Entries:** **All athletes are limited to five (5) events per day.**
Deck entries will be accepted, space permitting.
NT entries will not be accepted.
Hy-Tek entries will be accepted. An entry summary with a signed waiver must be received by January 9, 2015
- U.S. mail Entries/Payment to: Washingtonville Seahawks
c/o John Dwyer
PO Box 155
Washingtonville, NY 10992
- Email Entries/Confirm Entry Receipt: wsscmeentry@gmail.com
if sending Express Mail, please sign the waiver on the front.
- DEADLINE:** 1: The final entry deadline for this meet is January 26, 2015
2: **All Metro and Invited team Entries will be entered in the order they were received, as space allows until 1/09/15 and all entries from other LSC's will be entered in the order they were received, as space allows.**
3: Metro and all invited entries received between 1/10/15 and 1/26/15 and all other 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 wsscmeentry@gmail.com 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 must accompany the entries.
Make check payable to: **Washingtonville Seahawks**
Payment must be received by 2/6/15 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:** **General warm-up with assigned lanes for the first 30 minutes. Sprints will be done within the 30 minutes. Lane assignments will be distributed along with the scratch sheet for each session. Coaches are responsible for enforcing feet first entry during warmup.**

- DECK:
CHANGING** **Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and prohibited.**
- 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:** **Regular Sessions:**
Awards will be given in all events for 1st through 6th places.
- OFFICIALS:** **Meet Referee: Ron sommer@2sommer.com 908.307.4996**
Officials wishing to volunteer should contact Meet Referee by **February 3, 2015**
Admin Official: Deb Migliorato
- MEET
DIRECTORS:** **Ethan Fergus 845.222.0814, Deb Migliorato, 845.863.5472 and John Dwyer 914.649.2358**
- 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 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls.”
Shallow End: 1.0 Meter = 3’10” 5.0 Meters = 4’ 1”
Deep End : 1.0 meter = 12’7” 5.0 Meters= 11’10”
- DISCLAIMER:** Disclaimer: Upon acceptance of his/her entries, the participant waives all claims against Washingtonville School District, Washingtonville Seahawks Swim Club, Devilfish Aquatics Inc., 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.”
Use of Audio or Visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms - 202.3 and 202.4.
- ADMISSION:** **\$4 per session / \$8 per day for adults. Kids Free. Programs \$3.00**
- MERCHANTS:** Swimsuits, bags, towels, goggles and apparel will be available on site. Hot and Cold dishes, snacks, desserts, and beverages will be available for purchase.
- PARKING:** **There is ample free parking at the high school. The pool is located at the rear of the high school.**
- DIRECTIONS:** Washingtonville High School
54 West Main Street
Washingtonville, NY 10992-1411
- From New York City:
Take the George Washington Bridge (Lower Level) to Route 4 (5 miles) to Route 17 North (17 miles) to

New York State Thruway I-87 North to exit 16. Pay toll and stay on Route 17 west to exit 130 (Washingtonville/Monroe Route 208). Exit will split take the right side which is Route 208 North. Take Route 208 North Approximately 8 miles to intersection of Route 94. (There is a Chase Bank on your left and a Library in front of you on the left). Make a left onto route 94 and approximately 1/4 mile on the right is the

entrance to the high school)you will pass the middle school first. The 2nd driveway after the middle school is the entrance). make a right into the driveway and drive straight back and up the hill.

Washingtonville Seahawks and Devilfish Aquatics

Sink or Swim Distance

February 7-8, 2015

ORDER OF EVENTS

Session 1
Saturday AM
February 7, 2015
 Warm-ups: 9:00 AM
 Start: 10:00 AM

Session 2
Saturday PM
February 7, 2015
 Warm-ups: 2:30 PM
 Start: 3:30 PM

Girls Event#	Age Group Event	Boys Event#
1	13 - 14 - 200 yd. Freestyle	2
3	10 & Under - 50 yd. Freestyle	4
5	13 - 14 - 100 yd. Backstroke	6
7	10 & Under - 100 yd. Backstroke	8
9	13 - 14 - 200 yd. Breaststroke	10
11	10 & Under - 100 yd. Breaststroke	12
13	13 - 14 200 yd Butterfly	14
15	10 & Under - 50 yd. Butterfly	16
17	13 - 14 - 50 yd. Freestyle	18
19	10 & Under - 200 yd. Med Relay	20
21	13 - 14 - 200 yd. Med Relay	22

Girls Event#	Age Group Event	Boys Event#
23	Open 200 yd. Freestyle	24
25	11 - 12 200 yd. Freestyle	26
27	Open 100 yd. Backstroke	28
29	11 - 12 100 yd. Backstroke	30
31	Open 200 yd. Breaststroke	32
33	11 - 12 100 yd. Breaststroke	34
35	Open 200 yd. Butterfly	36
37	11 - 12 50 yd. Butterfly	38
39	Open 50 yd. Freestyle	40
41	11 - 12 50 yd. Freestyle	42
43	Open 200 yd. Med Relay	44
45	11 - 12 200 yd. Med Relay	46

Session 3
Sunday AM
February 8, 2015
 Warm-ups: 8:00 AM
 Start: 9:00 AM

Girls Event #	Age group Event	Boys Event #
47	13 - 14 100 yd. Freestyle	48
49	10 & Under 100 yd. Freestyle	50
51	13 -14 100 yd. Breaststroke	52
53	10 & Under 50 yd. Breaststroke	54
55	13 - 14 200 yd. Backstroke	56
57	10 & Under 50 yd. Backstroke	58
59	13 - 14 100 yd. Butterfly	60
61	10 & under 100 yd. Butterfly	62
63	13 - 14 200 yd. Ind. Medley	64
65	10 & Under 100 yd. Ind. Medley	66
67	13 - 14 200 yd. Freestyle Relay	68
69	10 & Under 200 yd. Freestyle Relay	70

Session 4
Sunday PM
February 8, 2015
 Warm-ups: 1:30 PM
 Start: 2:30 PM

Girls Event #	Age Group Event	Boys Event #
71	Open 100 yd. Freestyle	72
73	11 - 12 100 yd. Freestyle	74
75	Open 100 yd. Breaststroke	76
77	11 - 12 50 yd. Breaststroke	78
79	Open 200 yd. Backstroke	80
81	11 - 12 50 yd. Backstroke	82
83	Open 100 yd. Butterfly	84
85	11 - 12 100 yd. Butterfly	86
87	Open 200 yd. Ind. Medley	88
89	11 - 12 100 yd. Ind. Medley	90
91	Open 200 yd. Freestyle Relay	92
93	11 - 12 200 yd. Freestyle Relay	94