



a better future starts at our door

**2011-MR-Abbe July Short Course Meter
Swim Meet Invitational**

July 3, 2011

@ Flushing Meadow Corona Park

Sanction # 110707

2011-MR-ABBE July Short Course Meter Swim Meet Invitational

Sunday, July 3, 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #-----
- LOCATION:** **Flushing Meadow Corona Park**
- FACILITY:** 10 lanes 25-meter course. **7 feet.6 inches Deep.**
The pool has been certified in accordance with Article.....
- SESSIONS:** **Only one Session on Sunday July 3rd, 2011 W-up 12:00Noon, Start 12:45pm.**
- FORMAT:** All events are **timed finals. Deck seeding** will be used.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered in USA swimming.
Age on **July 3rd** 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:** Swimmers may enter 4 Individual events per session, **NT's Are NOT Accepted**
Entries are accepted on a first come, first served basis. Entries received after the entry deadline will only be accepted if the meet is not full. Deck Entries are NOT permitted. All Entries must be sent as a Hy-Tek file. Manual Entries will NOT be accepted. Mail payment along with Hy-Tek Meet Entry Fee Report and detailed Meet Entry Report
Email Entries/Confirm Entry Receipt: magdyshokry@hotmail.com
Signature Waiver Required for Express Mailed Entries
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **June 25, 2011.**
2: The final entry deadline for this meet is **June 26, 2011**
3: Metro entries received between **June 25, 2011** and **June 27, 2011** 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 must accompany the entries. Make check payable to: **Family Swimming Center, Inc.**
Payment must be received with the entries one week before the meet.
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 in effect. Sprint lanes will be available 10 minutes prior to the end of warm up. Lanes 1 & 10 will remain General warm up during sprints.

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: Ribbons 1st–8th place in all age groups. Heat Winner Prizes for 12&Undere Events. All awards will be given only to a coach or team representative at the end of the meet. .

OFFICIALS: Meet Referee: Kris Sawicz, krzysztofs0711@aol.com, (917) 975-9816
Officials wishing to volunteer should contact Meet Referee by contacting Kris Sawicz.

MEET Director: Wendy Martinez-----

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.

The meet announcement shall include the following statement: "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

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.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **FAMILT SWIMMING CENTER INC**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: \$5.00 Admission fee, \$3.00 for Program (fees are set and collected by Family swimming center)

MERCHANTS: Refreshments will be available and must be consumed in the designated areas only. No food or glass bottles will be allowed on the pool deck or in the spectator area.

PARKING: Parking lot available close to the pool for free

DIRECTIONS:

- **By Car:** Grand Central Parkway (GCP) East to the Northern Blvd./Shea Stadium exit; bear right at bottom of ramp; continue right for park facilities.
- Grand Central Parkway (GCP) West to Exit 9P. Turn right for park facilities.
- Long Island Expressway (LIE) East to Exit 22 to GCP West Exit 9A. Turn right for park facilities.
- Long Island Expressway (LIE) West to Exit 21 to GCP West Exit 9A. Turn right for park facilities.
- Whitestone Expwy. South to Exit 13 Northern Blvd/Shea Stadium, follow road to Northern Blvd make first right, make first left and bear right at traffic circle for park facilities.

By Bus: Q48 to Roosevelt Avenue and Willets Point Station.

By Subway: 7 train to Willets Point/Shea Stadium; E, F, V, R trains to 71st Avenue, then take the Q65A bus.

**2011-MR- ABBE JULY SHORT COURSE METER INVITATIONAL SWIM
MEET**

JULY 3, 2011

GIRLS	EVENTS	BOYS
1	10&Under 200 Free Relay	2
3	11-12 200 Free Relay	4
5	13-14 200 Free Relay	6
7	15 & Over 200 Free Relay	8
9	12 & Under 100 Free	10
11	13 & Over 200 Free	12
13	12 & Under 100 Breast	14
15	13 & Over 200 Breast	16
17	12 & Under 100 Back	18
19	13 & Over 200 Back	20
21	12 & Under 100 Butterfly	22
23	13 & Over 200 Butterfly	24
25	10&Under 200 Medley Relay	26
27	11-12 200 Medley Relay	28
29	13-14 200 Medley Relay	30
31	15 & Over 200 Medley Relay	32