



Age Group Championship – North, Hosted by Patriot Swim Team
April 1st – 3rd, 2011
Sanction # 110403

Age Group North Teams: Aqua Gems, Boys and Girls Club of Northern Westchester Marlins, Club Fit (Briarcliff & Jefferson Valley), Condors, Cornwall Sea Dragons, Dutchess Devilfish, Empire Swimming, Hudson Valley Dolphins, Middletown Recreation Center Swim Team, Marist Swim Club, Minisink Valley Aquatics, Monroe-Woodbury Marlins, New Rochelle YMCA, New York Sharks Aquatics, Newburgh Sharks, Northern Dutchess Aquatic Club, Ossining Spartans, Patriot Swim Club, Pine Bush Aquatic Club, Rivertown Aquatics, Saw Mill River Club, Suffern Sea Lions, Viking Aquatic Club, Washingtonville Seahawks, and Westchester Wolverines

Age Group Championship North

April 1-3, 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #**110403**
- LOCATION:** **Yonkers Montessori Academy, Mark Twain Pool**
160 Woodlawn Avenue
Yonkers, NY 10704
- FACILITY:** **25 Yard pool with 8 ft lanes and non-turbulent lane lines.**
Colorado electronic timing system and 1-line scoreboard. Seating for 400 spectators.
The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:**
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| Session 1: Friday, April 1 | Warm-ups 4:00 PM Session Starts at 4:45 PM |
| Session 2: Saturday, April 2 | Warm-ups 8:30 AM Session Starts at 9:30 AM |
| Session 3: Saturday, April 2 | Warm-ups 2:30 PM Session Starts at 3:30 PM |
| Session 4: Sunday, April 3 | Warm-ups 8:30 AM Session Starts at 9:30 AM |
| Session 5: Sunday, April 3 | Warm-ups 2:30 PM Session Starts at 3:30 PM |
- FORMAT:** **This is a Timed Final Event**
The meet will be Deck Seeded. All scratch sheets are due back 30 minutes prior to the end of warm-ups.
- ELIGIBILITY:** Open to all 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 **April 1, 2011** 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:** **All athletes are limited to enter 5 events per session. 8 & under swimmers are not permitted to Compete in this meet. Entry times cannot be faster than Silvers times as specified by Metropolitan Swimming 2011 time standards. NT's entries are not permitted. Events must have been swum at least once before. Meet entries recon from SWIMS will be performed before the meet.**
- Entry times must have been achieved between January 1, 2010 and the meet entry deadline, March 25, 2011.**
- Hy-Tek Email entries will be accepted. A confirmation report will be emailed back as receipt of entry.**
- An Entry Summary, Hy-Tek file, and payment must be received by our office for entries to be considered accepted by March 25, 2011.**
- U.S. Mail Entries/Payment to: **Patriot Aquatics, 3 Beecher Lane #2c, Peekskill NY 10566**
Email Entries/Confirm Entry Receipt: **PatriotEntries@gmail.com**
Sign Express mail Waiver allowing delivery without signature.
- DEADLINE:**
- 1: The Metro LSC North teams are eligible to attend.
 - 2: The final entry deadline for this meet is **March 25, 2011**

if you do not receive email confirmation of your entries within 2 days contact the Meet Director.

ENTRY FEE: **\$3:00 Per Event plus \$1 Per Swimmer Metro Championship Surcharge.**

Make check payable to: **Patriot Aquatics.**

Payment must be received by **March 25, 2011** for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

WARM-UP: **Warm up lane assignments and instructions will be posted and provided to each team. All swimmers must be supervised by a coach.**

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 must clearly indicate individual events scratches and which swimmers will not be participating in the session.

Metropolitan Scratch Procedure for Timed Final Meets is as follows;

Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner;

1. Go to the Referee, before the event and state you do not wish to swim.
2. Stand BEHIND your assigned block until the swimmers in your heat has been sent off by the starter.
3. The swimmer is then disqualified from THAT EVENT for the delay of the meet.
4. This counts as an event against the total-per-day allowance.

If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet.

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 medals for 1st through 8th place, ribbons 9th through 16th place for swimmers below the "Silver" minimum standard. Special awards will be awarded to swimmers who swim Silver, JO and Zone Qualifying times in an event for the first time at this meet. Awards must be picked up at the end of the meet. No awards will be mailed.**

OFFICIALS: **Meet Referee: Tina Ficarelli, phone: 845-268-9136, mommiefic@yahoo.com**
Officials wishing to volunteer should contact Meet Referee by **March 25, 2011.**

MEET DIRECTOR: **Bob Vializ, phone: 914-497-4716, patriotentries@gmail.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 safety & facility 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.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Yonkers School District, Patriot Swim Team**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: **\$5.00 Adults / Session**
\$3.00 Program / Session

MERCHANTS: Swim New Jersey will be available throughout the meet for equipment and clothing. A Food concession stand run will be available throughout the majority of the meet.

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: From North

A: 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.

B: 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.

EVENT SPONSORSHIP OPPORTUNITY: Families, friends and Businesses can sponsor the events in this meet. The sponsor message will appear on the Meet Program, at the top of the event you have chosen and Include 1 “sponsor:” line and up to 3 message lines. The cost is \$10 for family and friends and \$20 for businesses. To view a list of available events to sponsor, go to patriotswimteam.org, click news and select the news item “Age Group North Championship Event Sponsorship.” Events can be reserved by calling 914 497 4716. Checks should be made out to Patriot Aquatics and must be received within 48 hours of your reservation. Content may be accepted/edited for appropriateness and to ensure it will fit in the space allotted. Such acceptance and editing will be at the sole discretion of the Patriot Swim Team.

Sample Sponsorships: 36 Characters per line limit (including spaces)

Event 1 Women 100 Yard Freestyle Sponsor: The Smith Family Have a Great Swim Katie 1:00.29 11-12 ZQ 1:01.79 11-12 JO 1:10.39 11-12 SILV 58.19 13-14 ZQ 58.49 13-14 JO 1:05.09 13-14 SILV	Event 2 Men 100 Yard Freestyle Sponsor: Internet Design Concepts Best of Luck to all Swimmers Custom design web sites www.IDP.tst 59.59 11-12 ZQ 1:02.19 11-12 JO 1:10.59 11-12 SILV 54.59 13-14 ZQ 54.99 13-14 JO 1:01.59 13-14 SILV
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Age Group Championship – North

Friday, April 1-3, 2011

Session 1 (All age groups)

Friday PM – 4:00 PM warm-up / 4:45 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
1	2:36.00	910 200 Free	2:34.00	2
3	6:04.00	1112 500 Free	6:04.00	4
5	5:07.00	1314 400 IM	4:55.00	6
7	5:05.00	1518 400 IM	4:45.20	8
9	2:56.00	910 200 IM	2:56.00	10
11	2:31.50	1112 200 IM	2:32.60	12
13	5:36.00	1314 500 Free	5:25.00	14
15	5:32.00	1518 500 Free	5:17.00	16

Session 2 (9-10 and 13-14)

Saturday AM – 8:30 AM warm-up / 9:30 AM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
17	2:08.00	1314 200 Free	2:01.00	18
19	43.00	910 50 Breast	44.00	20
21	1:16.50	1314 100 Breast	1:12.00	22
23	32.10	910 50 Free	32.00	24
25	58.50	1314 100 Free	55.00	26
27	1:22.20	910 100 Back	1:22.20	28
29	2:22.60	1314 200 Back	2:17.00	30
31	1:27.10	910 100 Fly	1:27.99	32
33	1:05.70	1314 100 Fly	1:01.60	34

Session 3 (11-12 and 15-18)

Saturday PM – 2:30 PM warm-up / 3:30 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
35	2:14.00	1112 200 Free	2:15.50	36
37	2:04.50	1518 200 Free	1:55.00	38
39	1:11.10	1112 100 Back	1:11.60	40
41	1:06.50	1518 100 Back	1:00.50	42
43	28.60	1112 50 Free	28.30	44
45	57.80	1518 100 Free	52.30	46
47	1:20.50	1112 100 Breast	1:21.60	48
49	2:43.00	1518 200 Breast	2:30.10	50
51	31.60	1112 50 Fly	32.10	52
53	2:30.00	1518 200 Fly	2:13.00	54

Session 4 (9-10 and 13-14)
Sunday AM – 8:30 AM warm-up / 9:30 AM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
55	2:23.50	1314 200 IM	2:15.00	56
57	1:11.50	910 100 Free	1:11.60	58
59	27.00	1314 50 Free	25.30	60
61	37.50	910 50 Back	38.00	62
63	1:06.60	1314 100 Back	1:03.00	64
65	1:34.00	910 100 Breast	1:36.00	66
67	2:43.00	1314 200 Breast	2:39.00	68
69	36.60	910 50 Fly	36.80	70
71	2:31.00	1314 200 Fly	2:25.00	72
73	1:21.00	910 100 IM	1:22.00	74

Session 5 (11-12 and 15-18)
Sunday PM – 2:30 PM warm-up / 3:30 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
75	1:11.30	1112 100 IM	1:12.30	76
77	2:22.10	1518 200 IM	2:08.00	78
79	1:01.80	1112 100 Free	1:02.20	80
81	26.60	1518 50 Free	23.80	82
83	33.30	1112 50 Back	33.30	84
85	2:23.00	1518 200 Back	2:11.00	86
87	37.20	1112 50 Breast	37.60	88
89	1:15.20	1518 100 Breast	1:06.50	90
91	1:12.10	1112 100 Fly	1:13.50	92
93	1:05.50	1518 100 Fly	58.00	94