

Badger Swim Club
Little Sprint Big Distance Meet
October 17, 2010
Sanction 101017
@
Lehman College



SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, # 101017□

LOCATION: Lehman College APEX Aquatic Center 250
Bedford Park Boulevard
West Bronx, NY 10468 Emergency Phone # 718-960-1134

FACILITY: 8 Lane 50 Meter Pool (the competition pool will be 25 yards with a minimum depth of 7ft)
Daktronic Timing System and Scoreboard
The pool been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session I 7:30am Warmup 8:30am start 12 & Under (9yo and 10 yo will "swim their age")
Session II 1pm Warmup - 2pm start Open (500 freestyle and 400IM will be limited to five (5) heat
Required time 400 I M # 25 5:17.79 # 26 5:00.49
500 free # 31 5:52.99 # 32 5:35.19

FORMAT: Timed Finals
Deck Seeding

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 October 17, 2010 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: **Session I - swimmers may enter three (3) individual events**
Session II - swimmers may enter three (3) individual events

Entries will be accepted on a first come first serve basis. Entries received after the deadline will only be accepted if the meet is not full. Deck entries will not be 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.

U.S. Mail Entries/Payment to:
Badger Swim Club
119 Rockland Avenue
Larchmont, NY 10538

Email Entries/Confirm Entry Receipt: badgerswimclub@gmail.com

Signature Waiver Required for Express Mailed Entries

DEADLINE: 1: Metro LSC team entries must be received by October 1, 2010.
2: The final entry deadline for this meet is October 3, 2010
3: Metro entries received between October 1 and October 3 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 \$3.00 per individual even must accompany the entries.
Make check payable to: Badger Swim Club.
Payment must be received by October 9, 2010 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 will be in effect. Sprint lanes will be available 20 minutes prior to the end of each warm up. Lanes 1 and 8 will remain general warm up lanes 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:** Medals 1-3; Ribbons 4-8; Heat Winner Prizes for 10 & Under Events.
- OFFICIALS:** **Meet Referee:** Mr. Steven Kessler stevenkessler@msn.com
Officials wishing to volunteer should contact Meet Referee by Oct 3 .
- MEET DIRECTOR:** Michael Morrissey mmfmorr@verion.net
- 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.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against, 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 Programs (Fees are set and collected by Lehman College)
- MERCHANTS:** Surf n' Swim. Parent Food Concession
- PARKING:** Park in the North Lot (along side the reservoir); it is the college supervised lot. There is also ample street parking.
- DIRECTIONS:** **250 Bedford Park Boulevard West (between Goulden and Paul Aves).**
- BY SUBWAY:** Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street.
- BY BUS: FROM WEST CHESTER:** (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.
- BY CAR:** Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right.
- Via Saw Mill River Parkway South** (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.

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Session One

Girls	Event	Boys
1	8 & Under 25 Freestyle	2
3	9s 50 Backstroke	4
5	10s 50 Breaststroke	6
7	11&12 50 Butterfly	8
9	8 & Under 100 IM	10
11	9s 50 Freestyle	12
13	10s 50 Backstroke	14
15	11&12 50 Breaststroke	16
17	8 & Under 25 Butterfly	18
19	9s 100 IM	20
21	10s 50 Freestyle	22
23	11&12 50 Backstroke	24

Session Two

Girls	Events	Boys
25	400IM	26
27	50 Freestyle	28
29	100 Breaststroke	30
31	500 Freestyle	32