



Badger 2010 Winter Holiday **Meter** Meet
December 12, 2010
Sanction # 101212

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 101212

LOCATION: **Lehman College APEX Aquatic Center**
250 Bedford Park Boulevard West
Bronx, New York 10468

FACILITY: The competitive course is 7-13 feet deep. Two-25 yard warm-up/warm-down lanes will be available in the shallow end of the pool throughout the meet. (Coaches must monitor their swimmers in the warm-up lanes). The pool has been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session I - 10 & Under's 8:00 am warmup, 8:45 am start
Session II – 11/12, 13/14 11:00am warmup, 11:45am start
Session III Open 2:00pm warmup 3:00pm start

FORMAT: **Short Course METERS** 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 December 12, 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 1 10&Under (3) Individual events
Session 2 11/12, 13/14 (3) three Individual events
Session 3 Open (3) three individual events and 1 relay
NT times will not be accepted due to the short sessions convert all times to SC Meters
Entries MUST be sent on a **Hy-Tek** disk. Be sure to enclose a Master Entry Sheet or Hy-Tek Spreadsheet. Entries received after the deadline will not be accepted. Deck entries will not be permitted.

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

Email Entries/Confirm Entry Receipt
badgerswimclub@gmail.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 11/24/10.
2: The final entry deadline is 12/5/10
3: Metro entries received between 11/25/09 and 12/1/09 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 and \$8.00 per relay entry must accompany the entries.
Make check payable to: Badger Swim Club
Payment must be received by 12/5/09 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: First 30 minutes will be general warm-up. Lane assignments will be given at meet.
Last 15 minutes: lanes 2 thru 7 will be open for one-way sprint. Lanes 1 and 8 will be general warm-up.

SCRATCHES: Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than

25 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 3rd places, Ribbons for 4th through 8th places.
Relay Events: Medals for 1st through 3rd, and ribbons for 4th -8th places..

OFFICIALS: **Meet Referee: Steven Kessler, email: stevenkessler@msn.com**
Officials wishing to volunteer should contact Meet Referee by 12/1/09.

MEET DIRECTOR: . Mike Morrissey mmfmorr@verizon.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 Lehman College, Badger Swim Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: **Adults** \$5.00 **Children** \$2.00 per session **Session Programs:** \$3.00

The stands must be cleared after each session

MERCHANTS: **Parent Food Concession**

PARKING: **Parking: Free** all-day parking at College Supervised Lot, (100 yards from APEX).

DIRECTIONS:**DIRECTIONS TO LEHMAN COLLEGE APEX****Bedford Park Boulevard 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 WESTCHESTER: (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.

IMPORTANT! IN CASE OF EMERGENCY:

Pool Office: 718-960-7123 Meet Desk: 718-960-1134

Session I 8 &U, 9, 10 – 8:00 am warmup, 8:45 am start
SHORT COURSE METRS

Girls #	Event	Boys #
		2
1	8 & Under 25 Back	4
3	9 Yr old 50 Breast	
5	10 Yr old 50 Fly	6
7	8 & Under 25 Breast	8
9	9 Yr Old 50 Fly	10
11	10 Yr Old 50 Back	12
13	8 & Under 100 IM	14
15	9 Yr Old 100 IM	16
17	10 Yr Old 100 IM	18
19	8& Under 25 Fly	20
21	9 yr Old 100 Free	22
23	10 Yr Old 50 Breast	24
25	8 & Under 25Free	26
27	9 Yr Old 50 Back	28
29	10 Yr Old 100 Fr	30

Session 2 11/12 & 13/14 METERS 11:00am Warmup 11:45 Start

31	11&12 100 Back	32
33	13 & 14 200 Free	34
35	11 & 12 100 Breast	36
37	13 & 14 100 Breast	38
39	11 &12 100 Fly	40
41	13 & 14 200 Back	42
43	11 & 12 100 Free	44
45	13 & 14 100 Fly	46
47	11 & 12 200 IM	49
49	13 & 14 200 IM	50

Session III Open - 2:00 pm warmup, 3:00 pm start METERS

Girls #	Event	Boys #
51	Open 200 Back	52
53	Open 200 Fly	54
55	Open 50 Free	56
57	Open 200 Brst	58
59	Open 100 IM	60
61	Open 400 Free	62