

BGC-N. Westchester Marlins Swim Team



Last Chance Meet

January 29-30, 2011

Sanction # 110103

Time Trials Sanction # 110151-T

BGNW Marlins Last Chance Meet

January 29-30, 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # **110103** - **Time Trials Sanction # 110151-T**
- LOCATION:** Boys & Girls Clubs of Northern Westchester – Trotta Millennium Pool
351 Main Street – Mount Kisco, NY 10549 – (914) 666-8069
- FACILITY:** 25 yard indoor pool with eight 7-foot lanes. Non turbulent lane-lines. Seating for 200 spectators.
Colorado electronic timing system, with an eight-line scoreboard.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Saturday afternoon: 13-14 and Open – warm-up 3:30pm – start 4:30pm
Sunday morning: 9-10 and 11-12 – warm-up 8:00am – start 9:00am
Sunday afternoon: 13-14 and Open – warm-up 1:00pm – start 2:00pm
- FORMAT:** All events will be 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 January 29, 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:** **Swimmers are limited to 4 events per session.** The meet will be run on computer using Hy-Tek's Meet Manager. **All sessions MAY be limited to 3 ½ hours before scratches,**
Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries. An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach.
Please contact Monique if you do not receive such a report within 2 days of your original email.
Telephone or faxed entries will not be accepted.
- U.S. Mail Entries/Payment to: BGNW Marlins Swim Team
attention Monique Grayson
351 Main Street
Mount Kisco, NY 10549
Email Entries/Confirm Entry Receipt: Email entries to: bgnwmarlins@aol.com
- Please sign the “signature waiver” on envelope for entries sent by Express Mail**
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **January 15, 2011.**
2: The final entry deadline for this meet is **January 22, 2011**
3: Metro entries received between **January 15, 2011** and **January 22, 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 \$3.00 per individual even must accompany the entries.
Make check payable to: **Boys & Girls Clubs of Northern Westchester.**
Payment must be received by **January 22, 2011** 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 40 minutes will be general warm-up. Lane assignment will be given at the meet.
Last 20 minutes: 2 or more lanes will be open for one-way sprint.
All other lanes will remain open for general warm-up.
- 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:** Individual events medals: medals: 1st-3rd; ribbons: 4th-8th.
- OFFICIALS:** **Meet Referee:** Bruce Brooks - bbrooks124@gmail.com
Officials wishing to volunteer should contact the Meet Referee by **January 15, 2011**
- MEET DIRECTOR:** Monique Grayson – mggrayson@aol.com
Questions: Dennis Munson – Aquatic Director/Head Coach – 914-666-8069 # 115
- 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.
All swimmers must wear footwear upon leaving the pool area.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against the Boys & Girls Clubs of Northern Westchester, The Marlins Swim Team, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** Adults: \$5.00 – Programs: \$2 per session
- MERCHANTS:** The Metro Swim Shop will be in attendance at the meet
Food will be available in designated area only – Food and glass bottles will not be allowed on deck or in the locker rooms.
- PARKING:** Parking is available at the Boys & Girls Club and may also be available across the street at Northern Westchester Hospital
- DIRECTIONS:** **DIRECTIONS:**
From I-684 North or South: Take exit 4 to route 172 west (towards Mt. Kisco). Drive approximately 2 miles. Take 117 North (keep right at traffic light). Go one block. Just before traffic light, turn right into B/G Club driveway. Enter pool from the main entrance.
From Long Island: Take Whitestone Bridge, to the Hutchinson Parkway North, to I-684 north, to exit 4 (then proceed as above).
From Saw Mill Parkway North: Take exit 33, Readers Digest Road. Cross railroad tracks and keep right. At traffic light, make a left turn on route 117 (it will become Main Street). Pass 2 traffic lights. Just before the third traffic light, turn right into B/G Club driveway.
From Taconic Parkway South:
Take exit for route 133, Mount Kisco. At traffic light, make a right turn. At next traffic light, turn right and follow signs for Mt. Kisco (on route 133 east). Drive approximately 4 miles. At the end of 133, turn right onto route 117 South (Main Street). Pass 2 traffic lights. Just after the third traffic light, make an immediate left turn into the B/G Club driveway.
PS: Additional parking may be available across the street in hospital parking lot.
- HOTELS:** The Holiday Inn in Mount Kisco (1 Holiday Inn Drive – Mount Kisco, NY 10549) will give a preferred rate if coaches mention that they are attending a meet at the Boys & Girls Club. 914-241-2600

BGC-N. WESTCHESTER MARLINS SWIM TEAM

LAST CHANCE MEET

Saturday & Sunday, January 29-30, 2011

Session 1: Saturday, January 29:

Warm-up: 3:30pm

Start: 4:30pm

GIRLS	AGE	EVENT		BOYS
1	Open	200 yd	IM	2
3	13-14	200 yd	IM	4
5	Open	100 yd	Free	6
7	13-14	100 yd	Free	8
9	Open	100 yd	Breast	10
11	13-14	100 yd	Breast	12
10-minutes warm-up/warm-down				
13	Open	100 yd	Back	14
15	13-14	100 yd	Back	16
17	Open	200 yd	Fly	18
19	13-14	200 yd	Fly	20

Session 2: Sunday, January 30:

Warm-up: 8:00am

Start: 9:00am

GIRLS	AGE	EVENT		BOYS
21	11-12	100 yd	Free	22
23	9-10	50 yd	Free	24
25	11-12	100 yd	Breast	26
27	9-10	50 yd	Breast	28
29	11-12	100 yd	Fly	30
31	9-10	100 yd	Fly	32
10-minutes warm-up/warm-down				
33	11-12	100 yd	Back	34
35	9-10	100 yd	Back	36
37	11-12	100 yd	I.M.	38
39	9-10	100 yd	I.M.	40

Session 3: Sunday, January 30:

Warm-up: 1:00pm

Start: 2:00pm

GIRLS	AGE	EVENT		BOYS
41	Open	200 yd	Free	42
43	13-14	200 yd	Free	44
45	Open	200 yd	Breast	46
47	13-14	200 yd	Breast	48
49	Open	100 yd	Fly	50
51	13-14	100 yd	Fly	52
10-minutes warm-up/warm-down				
53	Open	200 yd	Back	54
55	13-14	200 yd	Back	56
57	Open	50 yd	Free	58
59	13-14	50 yd	Free.	60