



Condors May Meters Matter Invitational

May 13 – 15, 2011

**Sanction # 110501
Time Trial # 110551-T**

Invited Teams: All Metropolitan LSC Teams and Cheshire C-Dogs, NJ Wave, MCSC-NJ, Bernal's Gators, Ridgefield Aquatic Club-CT, SONOCO, YMCA of the North Shore, SMST Rapids, Bluefish Swim Club

Any other teams who would like to be invited, please contact [**MeetEntries@CondorsSwimming.com**](mailto:MeetEntries@CondorsSwimming.com)

Condors May Meters Matter Invitational

May 13 – 15, 2011

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction # 110501, Time Trial #110551-T**

LOCATION: Felix Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994

FACILITY: 50 meter pool with 7-foot lanes and non-turbulent lane lines. Shallow end of pool will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators.
The pool has been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session 1: Friday PM – Warm-UP 4:30 PM, Start 5:30 PM
Session 2: Saturday AM – Warm-Up 7:00 AM, Start 8:00 AM
Session 3: Saturday Mid – Warm-Up 12:30 PM, Start 1:00 PM
Session 4: Saturday PM – Warm-Up 2:00 PM, Start 3:00 PM
Session 5: Sunday AM – Warm-Up 7:00 AM, Start 8:00 AM
Session 6: Sunday Mid – Warm-Up 12:30 PM, Start 1:00 PM
Session 7: Sunday PM – Warm-Up 2:00 PM, Start 3:00 PM

FORMAT: This is a time final event. Time Trials may be offered at the discretion of the meet director. This will be a deck seeded event. All scratch sheets are due back 30 minutes prior to the end or warm-ups.

ELIGIBILITY: Open to all Invited 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 May 13, 2011 will determine age for the entire meet.

DISABILITY SWIMMER: 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 compete in 3 individual events per day. NT's will not be accepted.

Invited teams will be given priority in acceptance of entries. Entries will be cut on a first come first serve basis for invited teams – if after all teams are accepted there needs to be additional cuts they will be cut by time, and teams will be informed of any cuts at least 2 weeks prior to the meet. The 400 Free and 400 IM will be limited to the fastest 5 heats of each gender. The host team reserves the right to keep its swimmers entered in the meet.

Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.

U.S. Mail Entries/Payment to:

**Condors Swim Club
115 North Main Street
New City, NY 10956**

Email Entries/Confirm Entry Receipt: MeetEntries@CondorsSwimming.com
Sign Express Mail Waiver allowing delivery without signature.

DEADLINE: Entries must be received by : April 28, 2011

An email confirming receipt of entries if you provide an email contact. Please contact the 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 must accompany the entries. Time trials will have a fee of \$5.00 per event.
Make check payable to: **Condors Swimming**

Payment must be received by May 1, 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: The host team reserves the right to assign lanes for warm-up based on the size of the meet. If lanes are not assigned, the first 40 minutes will be general warm-up. The last 20 minutes will have lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Other lanes may be assigned by meet director's discretion. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.

SCRATCH: 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.

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: Medals will be awarded to 1st – 3rd place in each event and ribbons for 4th – 8th place.

OFFICIALS: **Meet Referee:** Mike Natale, phone: 845-358-8799, email: mfnc45@optonline.net
Officials wishing to volunteer should contact Meet Referee by May 6, 2011.

MEET DIRECTOR: Jim Wargo, phone: 845-638-4381, email: Jim.Wargo@CondorsSwimming.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 the safety 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"

WATER DEPTH: USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
1.0 meter = 4 feet 6 inches, 5 meters = 13 feet

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Condors Swim Club**, 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

MERCHAN: Metro Swim Shop will be available with swimming merchandise throughout the meet.

PARKING: There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing.

HOTEL: A group rate has been reserved at the Comfort Inn & Suites for \$99.00 per night plus tax. The group block is reserved under "Condors Swim Club" and the deadline for the special rate is April 15, 2011. The hotel is 2.9 miles away from the pool and is roughly a 6 minute drive. The address of the hotel is:

Comfort Inn & Suites
425 E Route 59
Nanuet, NY 10954
(845) 623-6000

DIRECTION: From North of Rockland County: Take Palisades Interstate Parkway South to Exit 10. Make a left off the exit. Make a left at the first traffic light onto Middletown Road. Take a right at next traffic light onto Germonds Road...

From the George Washington Bridge: Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

From the Tappan Zee Bridge: Take the NYS Thruway (I-87 North) to Exit 13N (Palisades Interstate Parkway – North). Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

...follow Germonds Road through the intersection of Germonds Road and Route 304 (you will pass Albertus Magnus High School on your right). Make a left onto Parrott Road. The entrance for the pool is down the walkway at the end of the tennis courts



Friday PM Session

Warm-up: 4:30PM

Start: 5:30PM

Girls	Event	Boys
1	12 & Under 200 Free	2
3	Open 200 Free	4
5	12 & Under 100 Fly	6
7	Open 200 Back	8
9	12 & Under 200 IM	10
11	Open 200 IM	12

Saturday AM Session

Warm-up: 7:00AM

Start: 8:00AM

Girls	Event	Boys
13	11 - 12 50 Butterfly	14
15	Open 100 Butterfly	16
17	11 - 12 100 Freestyle	18
19	Open 100 Freestyle	20
21	11 - 12 50 Breaststroke	22
23	Open 200 Breaststroke	24
25	11 - 12 100 Backstroke	26

Saturday Mid-Day Session

Warm-up: 12:30PM

Start: 1:00PM

Girls	Event	Boys
27	Open 400 IM	28

***This event will be limited to 5 heats of girls and 5 heats of boys.**

Saturday PM Session

Warm-up: 2:00PM

Start: 3:00PM

Girls	Event	Boys
29	10 & Under 50 Butterfly	30
31	13 - 14 100 Butterfly	32
33	10 & Under 100 Freestyle	34
35	13 - 14 100 Freestyle	36
37	10 & Under 50 Breaststroke	38
39	13 - 14 200 Breaststroke	40
41	10 & Under 100 Backstroke	42

Sunday AM Session

Warm-up: 7:00AM

Start: 8:00AM

Girls	Event	Boys
43	Open 200 Butterfly	44
45	11 - 12 50 Backstroke	46
47	Open 100 Backstroke	48
49	11 - 12 100 Breaststroke	50
51	Open 100 Breaststroke	52
53	11 - 12 50 Freestyle	54
55	Open 50 Freestyle	56

Sunday Mid-Day Session

Warm-up: 12:30PM

Start: 1:00PM

Girls	Event	Boys
57	Open 400 Freestyle	58

***This event will be limited to 5 heats of girls and 5 heats of boys.**

Sunday PM Session

Warm-up: 2:00PM

Start: 3:00PM

Girls	Event	Boys
59	13-14 200 Butterfly	60
61	10 & Under 50 Backstroke	62
63	13 - 14 100 Backstroke	64
65	10 & Under 100 Breaststroke	66
67	13 - 14 100 Breaststroke	68
69	10 & Under 50 Freestyle	70
71	13 - 14 50 Freestyle	72