



Condors Age Group IMX Invitational

November 19th – 21st, 2010

Sanction #101109
Time Trial Sanction #101051-T

Invited Teams: All teams within the Metro LSC and Bluefish Swim Club, Cheshire YMCA, NJ Wave, Bergen Barracudas, Greenwich Dolphins, Ridgefield Aquatic Club, Morris County Swim Club, West Hartford Aquatic Club and Wyckoff YMCA

Any other teams who would like to be invited, please contact MeetEntries@CondorsSwimming.com

Condors Age Group IMX Invitational

November 19 - 21, 2010

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #101109, Time Trial: 101051-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 not been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session 1: Friday Afternoon - Warm-Up 4:30 PM, Start 5:30 PM
Session 2: Saturday Morning – Warm-Up 7:00 AM, Start 8:00 AM
Session 3: Saturday Afternoon – Warm-Up 1:00 PM, Start 2:00 PM
Session 4: Sunday Morning – Warm-Up 7:00 AM, Start 8:00 AM
Session 5: Sunday Afternoon – Warm-Up 1:00 PM, Start 2:00 PM

FORMAT: This will be a timed finals event.
This is a deck seeded meet.

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 **November 19, 2010** 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 be entered in 3 individual events per day. Swimmers must participate in all of the IMX or IMR events to be eligible for awards. **No NT's will 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 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 : **November 3, 2010**

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: **Condors Swim Club.**

Payment must be received by **November 5, 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:** The first 40 minutes will be general warm-up. The last 20 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Lanes 3 & 6 will be assigned as necessary. 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.
- 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:** T-Shirts will be awarded to the Top 8 finishers by IMX or IMR power points for each age group. Swimmers must participate in every event in the IMX or IMR program to be eligible for an award.
- IMX Program of Events**
10 & Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
11 – 12: 500 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
13 & Over: 500 Free, 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM
- IMR Program of Events**
10 & Under: 100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
11- 12: 200 Free, 50 Back, 50 Breast, 50 Fly, 100 IM
13 & Over: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM
- OFFICIALS:** **Meet Referee:** Mike Natale
Officials wishing to volunteer should contact Meet Referee by email mfnc45@optonline.net
- MEET DIRECTOR:** Don Wagner, contact information phone: 845-638-4381,
email Don.Wagner@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.
- 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:** A vendor 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.

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	10 & Under 200 Free	IMX	2
3	11 - 12 500 Free	IMX	4
5	13 & Over 400 IM	IMX	6

Saturday AM Session**Warm-up: 7:00AM****Start: 8:00AM**

Girls	Event		Boys
7	10 & Under 100 Free	IMR	8
9	13 - 14 200 Free	IMR	10
11	10 & Under 50 Back	IMR	12
13	13 - 14 200 Back	IMX	14
15	10 & Under 100 Breast	IMX	16
17	13 - 14 100 Breast	IMR	18
19	10 & Under 50 Fly	IMR	20
21	13 - 14 200 Fly	IMX	22
23	10 & Under 200 IM	IMX	24

Saturday PM Session**Warm-up: 1:00PM****Start: 2:00PM**

Girls	Event		Boys
25	15 - 18 200 Breast	IMX	26
27	11 - 12 100 Breast	IMX	28
29	15 - 18 100 Back	IMR	30
31	11 - 12 50 Back	IMR	32
33	15 - 18 100 200 IM	IMX&IMR	34
35	11 - 12 200 IM	IMX	36
37	15-18 100 Fly	IMR	38
39	11 - 12 50 Fly	IMR	40
41	15 - 18 500 Free	IMX	42

Sunday AM Session

Warm-up: 7:00AM

Start: 8:00AM

Girls	Event		Boys
43	13 - 14 100 Back	IMR	44
45	10 & Under 100 Back	IMX	46
47	13-14 200 IM	IMX&IMR	48
49	10 & Under 100 IM	IMR	50
51	13 - 14 200 Breast	IMX	52
53	10 & Under 50 Breast	IMR	54
55	13 - 14 100 Fly	IMR	56
57	10 & Under 100 Fly	IMX	58
59	13 - 14 500 Free	IMX	60

Sunday PM Session

Warm-up: 1:00PM

Start: 2:00PM

Girls	Event		Boys
61	11 - 12 200 Free	IMR	62
63	15 - 18 200 Free	IMR	64
65	11 - 12 100 Fly	IMX	66
67	15 - 18 200 Fly	IMX	68
69	11 - 12 50 Breast	IMR	70
71	15 - 18 100 Breast	IMR	72
73	11 - 12 100 Back	IMX	74
75	15 - 18 200 Back	IMX	76
77	11 - 12 100 IM	IMR	78