

FLUSHING YMCA JUNIOR SWIM CHAMPIONSHIPS
OCTOBER 16, 17, 2010
10-1007

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #10-1007
- LOCATION:** FLUSHING YMCA
- FACILITY:** SIX LANES, 25 YARDS, COLORADO TIMING, KEIFER LANES, PARAGON STARTING BLOCKS, SIX LANE SCOREBOARD
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** SATURDAY, OCT. 16 4:00 WU, 5:00 START, 1000 SEPARATE SESSION, SUNDAY, OCT. 17, 7AM WU, 8AM START, 1000 SEPARATE SESSION.
- FORMAT:** TIMED FINALS
DECK SEEDED
- 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 16, 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:**
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **SEPTEMBER 22nd**.
2: The final entry deadline for this meet is **OCTOBER 5th**.
3: Metro entries received between **SEPTEMBER 23rd** and **OCTOBER 5th** 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 PER INDIVIDUAL AND \$8 PER RELAY** entry must accompany the entries.
Make check payable to: **FLUSHING YMCA**.
Payment must be received by **OCTOBER 16TH** 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:** **METRO WARM UP GUIDELINES WILL BE FOLLOWED. ADJUSTMENTS MAY BE MADE TO ENSURE A SAFE AND PROPER 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 MEDALS 1ST – 3RD. RIBBONS 4TH – 6TH. RELAY RIBBONS 1ST – 3RD..
- OFFICIALS:** Meet Referee: KRIS SAWICZ krzysztofs0711@aol.com
Officials wishing to volunteer should contact Meet Referee by OCTOBER 5th.
- MEET DIRECTOR:**
- 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 the **FLUSHING YMCA, FLUSHING Y AQUATIC CLUB**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** ADMISSION \$3 FOR AGE 13 & OVER, PROGRAMS WILL BE AVAILABLE FOR PURCHASE
- MERCHANTS:** REFRESHMENTS WILL BE AVAILABLE FOR PURCHASE, SWIM VENDOR SHOULD BE AVAILABLE
- PARKING:** PARKING MAY BE AVAILABLE FOR CERTIFIED COACHES IN THE YMCA LOT. SPECTATORS AND SWIMMERS USE STREET PARKING OR THE MUNICIPAL LOT ACROSS THE STREET FROM THE REAR ENTRANCE TO THE Y.
- DIRECTIONS:** **SUGGESTED DIRECTIONS: From Eastern Long Island - L.I.E. to Cross Isl. Pkwy. North (follow towards Whitestone Expy). Exit at Linden Place. Make a left at the light (Linden Pl). Follow about 5 blocks to 35th Ave. Make left onto 35th Ave. Go 2 blocks to Union St. Make right onto Union St. Go 1 block to Northern Blvd. Make left onto Northern Blvd. The YMCA will be on your right.**
- From Triboro Bridge - Take Grand Central Pkwy to Northern Blvd/Shea Stadium exit. Follow signs to Northern Blvd. YMCA will be about one mile on the right.**
- From Whitestone Bridge - Stay to the right when coming off the bridge. Exit at Linden Place and follow as above.**

ADDITIONAL INFORMATION

FLUSHING YMCA JUNIOR SWIM CHAMPIONSHIPS

DATES: Oct. 16th and 17th, 2010
ENTRIES DEADLINE: Oct. 5th, 2010 METRO SANCTION # 10-1007

Priority entry will be given to Metro teams who enter before Sept. 22nd over teams from outside our LSC.

ANY CUTS NECESSARY WILL BE BASED ON DATE OF RECEIPT OF ENTRIES.

ENTRY FEE: \$3.00 per individual event
\$8.00 per relay

Session I Sat. Oct. 16th 4 P.M. Warm-up, 5 P.M. Start

<u>GIRLS</u>		<u>EVENT</u>	<u>BOYS</u>
1	13-14	50 Freestyle	2
3	11-12	50 Freestyle	4
5	13-14	200 Backstroke	6
7	11-12	50 Backstroke	8
9	13-14	100 Butterfly	10
11	11-12	50 Butterfly	12
13	13-14	100 Breaststroke	14
15	11-12	50 Breaststroke	16
17	13-14	200 Medley Relay	18
19	11-12	200 Medley Relay	20
Session II 10 minute Warm-Up			
21	13-14	1000 Freestyle	22

Session III Sun. Oct. 17th 7 A.M. Warm-up, 8 A.M. Start

23	15-18	50 Freestyle	24
25	10 & Under	50 Freestyle	26
27	15-18	200 Backstroke	28
29	10 & Under	50 Backstroke	30
31	15-18	100 Butterfly	32
33	10 & Under	50 Butterfly	34
35	15-18	100 Breaststroke	36
37	10 & Under	50 Breaststroke	38
39	15-18	200 Medley Relay	40
41	10 & Under	200 Medley Relay	42
Session IV 10 minute Warm-Up			
43	15-18	1000 Freestyle	44

SPECIAL NOTES

1000 Free is a separate session but may still be limited to the top 12 girls and boys in each age group.

Events 1 - 22 will be on Sat. Oct. 16th Warm-up 4:00 P.M.
23 - 44 will be on Sun. Oct. 17th Warm-up 7:00 A.M.

Swimmers with disabilities are encouraged to attend. Contact Richard Finkelstein if you need special consideration.

Use of alcohol or tobacco products anywhere in the YMCA is strictly prohibited. No glass of any kind on deck or in the balcony. Violation of the above may result in immediate removal from the facility.

The USA Swimming Code of Conduct is in effect for the duration of this meet.

FLUSHING YMCA
138-46 NORTHERN BLVD.
FLUSHING, N.Y. 11354
718-961-6880

GENERAL INFORMATION

1. Facilities: Six lane 42' X 75' indoor pool, Colorado electronic timing, Keifer lanes, Paragon starting blocks, Colorado beep start system, 6 lane scoreboard.
2. Seeding: All events will be seeded using the re-entry system.
3. Awards: A distinctive medal will be given to 1st, 2nd, and 3rd places. Ribbons will be given to 4th, 5th, and 6th places. Relay awards - Ribbons 1st - 3rd place. Coaches, please pick up awards after each session.
4. Entry Fees: \$3.00 per individual event, \$8.00 per relay except where noted. Make checks payable to "Flushing YMCA". If not enclosing check please enclose check request. Telephone inquiries will be accepted at 718-961-6880. No phone entries please.
5. Entry Format: If using Hy-Tek by mail, entries must be on disk with printout included. E Mail entries accepted at finkfly33@aol.com. Please return the form that certifies that all swimmers are current USA members along with your entries. Please include name, phone number, e mail and times to call contact person in case of any problems.
6. Rules: 2010 USA Rules will govern this meet. Metro safety and warm-up guidelines are in effect. Total warm-up will last 50 minutes and will be adjusted to ensure a safe and proper warm-up for all age groups. Time trials may be held if time permits.
7. Conditions: Entries may have to be limited in order to keep the sessions at 4 hours in duration. The method of cutting will be listed on the event entry blank.
8. Eligibility: All contestants must be USA registered. Age as of the first day of the meet will determine eligibility for age group events.
9. Parking may be available for certified coaches listed on the summary sheet in our lot on 37th Ave. If you are not listed, you will not have a spot. A municipal parking lot is available around the corner from the back entrance of the "Y" on Union St. between 37th and 38th Ave. in addition to street parking.
10. Refreshments available at reasonable rates. Food, smoking and glass of any kind are not permitted in the pool area or balcony.
11. Admission: \$3.00 for spectators over age 12. Programs will be available for purchase.
12. Supervision: Each club is requested to handle its own team and discipline problems. Anyone found guilty of vandalism or disorderly conduct will be ejected from the meet. No one is permitted above the 2nd floor of the building.
13. Coaches must show their current U.S.A. membership card to pick up meet packet. Only currently certified U.S.S. coaches will be permitted on the pool deck. U.S.A. cards must be worn on the pool deck or be available if requested.
14. Mail: SEND ALL ENTRIES TO: RICHARD FINKELSTEIN - SWIM COACH

FLUSHING YMCA 138-46 NORTHERN BLVD.
FLUSHING, N.Y. 11354

E Mail entries to Finkfly33@aol.com - hard copy must follow

A) In granting this sanction it is understood and agreed that USA Swimming Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Upon acceptance of entries, swimmers, coaches, parents and spectators waive their right to all claims against Metropolitan Swimming, the Metropolitan Swim Committee, Flushing Y Aquatic Club, Flushing YMCA, their agents and/or representatives for any injury or loss of property occurring as a result of this meet.

B) I HEREBY CERTIFY THAT ALL SWIMMERS THAT I AM ENTERING AT THE _____ ARE CURRENTLY REGISTERED WITH USA SWIMMING
name of meet

name of club

club code

E Mail

coach's name (print)

coach's signature

The following certified coaches will be attending this meet:

PLEASE RETURN THIS SHEET, SIGNED, ALONG WITH YOUR ENTRIES AND KEEP A COPY FOR YOUR RECORDS.

WARM-UP PROCEDURES - Metro guidelines will be followed. Adjustments may be made to ensure a safe & proper warm up.