

MINISINK VALLEY AQUATICS, INC.
P.O. Box 103
Slate Hill, NY 10973
845-421-0866

Hello Coaches and Team Representatives,

We would like to invite you all to attend Minisink Valley Aquatics,

IMR IMX



CHALLENGE

The Meet will take place between February 11-13, 2011, at the Minisink Valley Natatorium.

The Minisink Valley Natatorium is located in Orange County, New York, just east of Pennsylvania and North of New Jersey in the Minisink Valley School District.

All times will qualify as eligible time for USA Swimming and Championship Meets.

Only IMX/IMR participants will be eligible for high point awards.

Trophies will be given out for High Points Scorers 1-6, in each age group. Awards will also be given to heat winners.

If you have any questions please feel free to email our Entry Coordinator, Melissa Freehill, coachmel@hvc.rr.com. We look forward to seeing you there!

Sincerely,

Minisink Valley Aquatics

Minisink Valley Aquatics

IMR

IMX



CHALLENGE

Minisink Valley Aquatics
IMR IMX
CHALLENGE
February 11-13, 2011
[#110208](#)

Minisink Valley Aquatics
IMR IMX
CHALLENGE

February 11-13, 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #110208
- LOCATION:** **Minisink Valley High School Pool**
2320 Route 6
Slate Hill, NY 10973
- FACILITY:** 8 lane, 25 yard pool with non-turbulent lane lines.
Daktronic electronic timing system and an 8-line scoreboard display.
Spectator seating available.
The pool has not been certified in accordance with Article 104.2.2C (4).
- SESSIONS:** Session 1: Friday Distance - Warm-Up 5:45 PM, Start 6:30 PM
Session 2: Saturday Afternoon – Warm-Up 3:30 PM, Start 4:30 PM
Session 3: Sunday Morning – Warm-Up 8:00 AM, Start 9:00 AM
Session 4: Sunday Afternoon – Warm-Up 1:00 PM, Start 2:00 PM
- FORMAT:** **IMX Challenge: Session 1 and Session 4:**
In order to compete for IMX awards all swimmers must compete in all 6 events in these sessions.
Only events in these 2 sessions will be scored for IMX competition.
- IMR Challenge: Session 2 and Session 3**
In order to compete for IMR awards all swimmers must compete in all 5 events in these sessions.
Only events in these 2 sessions will be scored for IMR competition.
- SEEDING:** This meet will be Deck Seeded. Seeding will be done at the beginning of each session using a scratch sheet procedure.
- 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 **2/11/11** 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:** All athletes are limited to enter 5 events per session.
NT entries will be accepted.
Distance events (500 Free and 400 IM) may be limited to 4 heats
Entries will be entered on a first come/ first serve basis. Entries must be sent via Hy-tek file either by disk or e-mail. However, payment must be received by entry deadline for entries to be recognized.
Please include a printout - Include phone #, E-mail address and name of contact
U.S. Mail Entries/Payment to: **Minisink Valley Aquatics**
Email Entries/Confirm Entry Receipt: **coachmel@hvc.rr.com**
Please sign the signature waiver 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 28, 2011**.
2: The final entry deadline for this meet is **February 4, 2011**
3: Metro entries received between **January 28** and **February 4** 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 even must accompany the entries.
Make check payable to: [Minisink Valley Aquatics \(MVA\)](#).
Payment must be received by **February 4, 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 first 30-40 minutes will be general warm-up. The last 15-20 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.
- 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:** **Trophies** will be given out for **High Points Scorers 1-6**, in **each age group for IMX and IMR**.

In order to compete for **IMX awards**, swimmers must compete in **all 5 (12 & under) or 6 (13 & older) age-group events during sessions 1 and 4**. Only events in these 2 sessions will be scored for IMX competition.

In order to compete for **IMR awards**, swimmers must compete in **all 5 age-group events during sessions 2 and 3**. Only events in these 2 sessions will be scored for IMR competition.
- *PRIZES AWARDED FOR HEAT WINNERS***
- OFFICIALS:** **Meet Referee: Tina Ficcarrelli**
[Email: MVA_IMR_IMX@yahoo.com](mailto:MVA_IMR_IMX@yahoo.com)
Officials wishing to volunteer should contact Meet Referee by **January 28, 2011**.
- MEET DIRECTOR:** **Meet Director: Chris Joyce**
[Email: MVA_IMR_IMX@yahoo.com](mailto:MVA_IMR_IMX@yahoo.com)
Entry Coordinator: Melissa Freehill
[Email: Coachmel@hvc.rr.com](mailto:Coachmel@hvc.rr.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 [Minisink Valley School District](#), [Minisink Valley Aquatics](#), Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** Admission is **\$3 per person** and Programs are **\$2 per program**.
- MERCHANTS:** [Metro Swim Shop](#) will be present 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.
- DIRECTIONS:** From the NYS Thruway North take Exit 16 to Route 17 West. Follow Route 17 West to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. The

Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field.

From the NYS Thruway South exit at Route 84 West. Follow Route 84 West to Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field.

From Route 84 take Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field.

FRIDAY PM Session 1
WARM UP 5:45 PM, START 6:30 PM

IMX-1

Girls	Event	Boys
1	Open 500 Free	2
3	13-14 500 Free	4
5	11-12 500 free	6
7	10 & under 200 Free	8
9	Open 200 Back	10
11	13-14 200 Back	12
13	11-12 100 Back	14
15	10 & under 100 Back	16
17	Open 200 IM	18
19	13-14 200 IM	20

SATURDAY PM Session 2
WARM UP 3:30 PM, START 4:30 PM

IMR-1

21	10 & Under 100 Free	22
23	11-12 200 Free	24
25	13-14 200 Free	26
27	Open 200 Free	28
29	10 & Under 50 Back	30
31	11-12 50 Back	32
33	13-14 100 Back	34
35	Open 100 Back	36
37	10 & Under 50 Fly	38
39	11-12 50 Fly	40
41	13-14 100 Fly	42
43	Open 100 Fly	44

SUNDAY AM Session 3
WARM UP 8:00 AM, START 9:00 AM

IMR-2

45	10 & Under 100 IM	46
47	11-12 100 IM	48
49	13-14 200 IM	50
51	Open 200 IM	52
53	10 & Under 50 Breast	54
55	11-12 50 Breast	56
57	13-14 100 Breast	58
59	Open 100 Breast	60

SUNDAY PM Session 4
WARM UP 1:00 PM, START 2:00 PM

IMX-2

61	10 & Under 200 IM	62
63	11-12 200 IM	64
65	13-14 400 IM	66
67	Open 400 IM	68
69	10 & Under 100 Breast	70
71	11-12 100 Breast	72
73	13-14 200 Breast	74
75	Open 200 Breast	76
77	10 & Under 100 Fly	78
79	11-12 100 Fly	80
81	13-14 200 Fly	82
83	Open 200 Fly	84