



**Patriot Winters Frost Meet
January 15 & 16, 2011 @Lehman College**

Sanction #110106

Patriot Winters Frost Meet

January 15 & 16, 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #110106
- LOCATION:** Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468
- FACILITY:** 8 Lane 25 Yard Pool utilizing Daktronic Timing System and Scoreboard
The pool **Has** been certified in accordance with Article 104.2.2C (4) Warm up and cool down lanes available throughout the meet.
- SESSIONS:** Sat & Sun 8:00am Warm up 9:00am Start 2:00pm Warm up 3:00pm Start
- FORMAT:** 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 **Jan 15, 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 may enter 5 Individual events per session. 500 Free & 400 IM events will be limited to 4 heats each. Participants will be selected by time, fastest to slowest.
Entries are accepted on a first come, first served basis. Entries received after the entry deadline will only be accepted if the meet is not full. Deck Entries are NOT permitted. All Entries must be sent as a Hy-Tek file. Manual Entries will NOT be accepted. Mail payment along with Hy-Tek Meet Entry Fee Report and detailed Meet Entry Report.
- U.S. Mail Entries/Payment to: **Patriot Aquatics, 3 Beecher Lane #2C, Peekskill NY 10566**
Email Entries/Confirm Entry Receipt: **patriotentries@gmail.com**
Signature Waiver Required for Express Mailed Entries
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 27, 2010**.
2: The final entry deadline for this meet is **January 5, 2011**
3: Metro entries received between **Dec 27, 2010** and **Jan 5, 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: **Patriot Aquatics**.
Payment must be received by **Jan 5, 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:** General Warm up in effect. Sprint lanes will be available 20 minutes prior to the end of each warm up. Lanes 1 & 8 will remain General warm up during sprints.
- 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:** **Medals 1-3, Ribbons 4-8. Heat Winner Prizes for 10 & Under Events. Awards for 10 & Under events will be given as follows: 9-10 and 8 & under categories.**
- OFFICIALS:** **Meet Referee: (E-mail: mommiefic@yahoo.com) (845-268-9136)**
Officials wishing to volunteer should contact Meet Referee by **January 5th.**
- MEET DIRECTOR:** **914 497 4716**
- 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 **Lehman College, Patriot Swim Team**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** **\$5 Adm, \$3 for Programs. Fees are set and collected by Lehman College & are subject to change**
- MERCHANTS:** **New Jersey Swim Shop. Food and Beverage Concessions**
- PARKING:** **Parking is Free in The North Lot (alongside the reservoir) There is also ample free and metered street parking however be sure to read all signs to avoid costly parking tickets.**
- DIRECTIONS:** **Bedford Park Boulevard between Goulden and Paul Aves.**
BY SUBWAY: Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street.
BY BUS: FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.
BY CAR: Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right.
Via Saw Mill River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.

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Saturday Jan 15, 2011 Warm-up 8:00am Start 9:00am

GIRLS	EVENT	BOYS
1	10 & Under 200 IM	2
3	13-14 200 IM	4
5	10 & Under 50 Breast	6
7	13-14 100 Breast	8
9	10 & Under 100 Back	10
11	13-14 200 Back	12
13	10 & Under 50 Free	14
15	13-14 100 Free	16
17	10 & Under 100 Fly	18
19	13-14 200 Fly	20
21	10 & Under 500 Free	22
23	13-14 500 Free	24

Saturday Jan 15, 2011 Warm-up 2:00pm Start 3:00pm

GIRLS	EVENTS	BOYS
25	11-12 200 IM	26
27	Open 200 IM	28
29	11-12 100 Breast	30
31	Open 100Breast	32
33	11-12 100 Back	34
35	Open 200 Back	36
37	11-12 100 Free	38
39	Open 100 Free	40
41	11-12 50 Fly	42
43	Open 200 Fly	44
45	11-12 500 Free	46
47	Open 500 Free	48

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Sunday Jan 16, 2011 Warm-up 8:00am Start 9:00am

GIRLS	EVENTS	BOYS
49	10 & Under 200 Free	50
51	13-14 200 Free	52
53	10 & Under 50 Back	54
55	13-14 100 Back	56
57	10 & Under 50 Fly	58
59	13-14 100 Fly	60
61	10 & Under 100 Breast	62
63	13-14 200 Breast	64
65	10 & Under 100 Free	66
67	13-14 50 Free	68
69	10 & Under 400 IM	70
71	13-14 400 IM	72

Sunday Jan 16, 2011 Warm-up 2:00pm Start 3:00pm

GIRLS	EVENTS	BOYS
73	11-12 200 Free	74
75	Open 200 Free	76
77	11-12 50 Back	78
79	Open 100 Back	80
81	11-12 100 Fly	82
83	Open 100 Fly	84
85	11-12 50 Breast	86
87	Open 200 Breast	88
89	11-12 50 Free	90
91	Open 50 Free	92
93	11-12 400 IM	94
95	Open 400 IM	96