



**2011-MR-Patriot May Long Course Meet
May 7, 2011 @Lehman College**

Sanction #110503

2011-MR-Patriot May Long Course Meet

May 7, 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 110503
- LOCATION:** Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468
- FACILITY:** 8 Lane 50 Meter Pool utilizing Daktronic Timing System and Scoreboard
The pool Has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** 10&Under 8:00am W-up 8:45 Start, 11-12 12:00pm W-up 12:45 Start, 13&Older 4pm W-up 4:45 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 **May 7, 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 3 Individual events per session. **NT's Are NOT Accepted**
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 **April 28, 2011**.
2: The final entry deadline for this meet is **April 29, 2011**
3: Metro entries received between **April 28, 2011** and **April 29, 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 **\$4.00** per individual even must accompany the entries.
Make check payable to: **Patriot Aquatics**.
Payment must be received by **April 29, 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 10 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 for 12 & Under Events. Heat Winner Prizes for 12 & Under Events.
- OFFICIALS:** Meet Referee: (E-mail: mommiefic@yahoo.com) (845-268-9136)
Officials wishing to volunteer should contact Meet Referee by April 25th.
- MEET DIRECTOR:** Robert Vializ, patriotentries@gmail.com 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. [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](#)
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all liabilities and claims for damages against **Lehman College, Patriot Swim Team**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for injuries to anyone during the conduct of the meet.
- ADMISSION:** \$5 Admission Fee, \$3 for Programs (Fees are set and collected by Lehman College)
- MERCHANTS:** 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 May 7, 2010 Warm-up 8:00am Start 8:45am

GIRLS	EVENT	BOYS
1	10 & Under 200 IM	2
3	10 & Under 100 Freestyle	4
5	10 & Under 100 Breaststroke	6
7	10 & Under 100 Butterfly	8
9	10 & Under 50 Backstroke	10
11	10 & Under 200 Freestyle	12
13	10 & Under 50 Breaststroke	14
15	10 & Under 100 Backstroke	16
17	10 & Under 50 Butterfly	18
19	10 & Under 50 Freestyle	20

Saturday May 7, 2011 Warm-up 12:00pm Start 12:45pm

GIRLS	EVENTS	BOYS
21	11-12 200 IM	22
23	11-12 100 Freestyle	24
25	11-12 100 Breaststroke	26
27	11-12 100 Butterfly	28
29	11-12 50 Backstroke	30
31	11-12 200 Freestyle	32
33	11-12 50 Breaststroke	34
35	11-12 100 Backstroke	36
37	11-12 50 Butterfly	38
39	11-12 50 Freestyle	40

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Saturday May 7, 2011 Warm-up 4:00pm Start 4:45pm

GIRLS	EVENTS	BOYS
41	13 & Older 200 IM	42
43	13 & Older 100 Freestyle	44
45	13 & Older 100 Breaststroke	46
47	13 & Older 200 Backstroke	48
49	13 & Older 100 Butterfly	50
51	13 & Older 50 Freestyle	52
53	13 & Older 100 Backstroke	54
55	13 & Older 200 Breaststroke	56
57	13 & Older 200 Butterfly	58
59	13 & Older 400 Free (3heat limit)	60