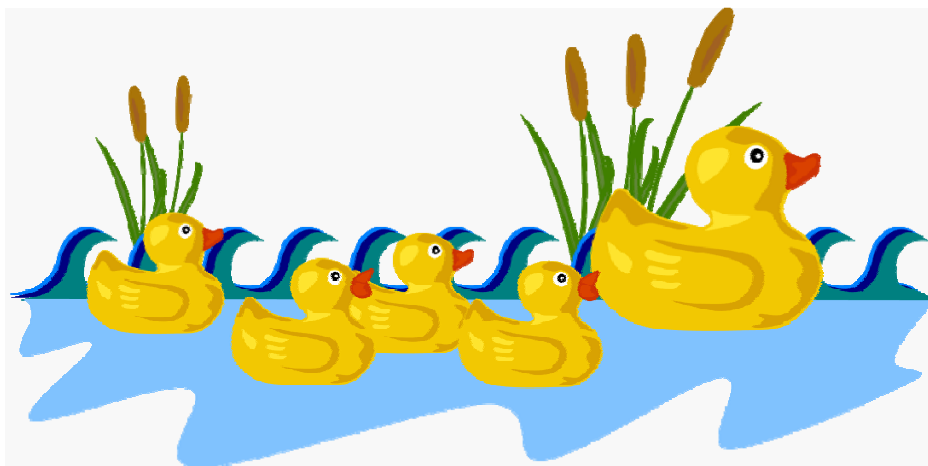




**Wolverine Spring SC Meters Quack Splash  
April 10, 2011**

**Sanction #: 110405**



# Wolverine Spring SC Meters Quack Splash

**April 10, 2011**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 110405.
- LOCATION:** Lehman College APEX Aquatic Center  
250 Bedford Park Boulevard West  
Bronx, New York, 10468
- FACILITY:** The competitive course is 7-13 feet deep. The shallow end of the pool will be available for warm-up, warm-down, throughout the meet. (Coaches must monitor their swimmers in the warm-up lanes). The pool has been certified in accordance with Article 104.2.2C (4)  
**NO SMOKING ALLOWED IN THE BUILDING.** Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. Offenders will be ejected from the facility.
- SESSIONS:** **Session I: 11&Us – Warm-up 8:00 am Meet: 9:00am**  
**Session II: 12&Overs – Warm-up 1:30 pm Meet: 2:30 pm**
- FORMAT:** All events are 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 **April 10, 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 are limited to 4 events per session.** The meet will be run on computer using Hy-Tek's Meet Manager. Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries. An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach. Please contact Carle Fierro if you do not receive such a report within 2 days of your original email.  
Telephone or faxed entries will not be accepted.
- U.S. Mail Entries/Payment to:  
Carle Fierro  
5 White Birch Road South  
Pound Ridge, New York 10576
- Email Entries/Confirm Entry Receipt: Email entries to: [Carleswim@aol.com](mailto:Carleswim@aol.com)  
**Please sign the "signature waiver" on envelope 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 **March 20, 2011**.  
2: The final entry deadline for this meet is **March 25, 2011**.  
3: Metro entries received between **March 20, 2011** and **March 25, 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 event and \$ 8.00 per relay event** must accompany the entries. Make check payable to: **Carle Fierro**.  
Payment must be received by **March 25, 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:** First 40 minutes will be general warm-up. Lane assignment will be given at the meet.  
Last 20 minutes: 2 or more lanes will be open for one-way sprint.  
All other lanes will remain open for general 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:** **Ducks will be awarded to all heat winners.** Individual events medals: medals: 1st-3rd; ribbons: 4th-8th.
- OFFICIALS:** **Meet Referee: Steven Kessler, email: [stevenkessler@msn.com](mailto:stevenkessler@msn.com)**  
**Officials wishing to volunteer should contact Meet Referee by 4/1/11.**
- MEET DIRECTOR:** **Carle Fierro, email: [Carleswim@aol.com](mailto:Carleswim@aol.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.  
**"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 claims against Lehman College, Westchester Aquatic Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** **Adults \$5.00 Children \$2.00 per session Session Programs: \$3.00**  
The stands must be cleared after each session.
- MERCHANTS:** **Parent Food Concession.**

**PARKING:**        **Free** all-day parking at College Supervised Lot, (100 yards from APEX).

**DIRECTIONS:    DIRECTIONS TO LEHMAN COLLEGE APEX**

**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.

**IMPORTANT! IN CASE OF EMERGENCY:**

Pool Office: 718-960-7123 Meet Desk: 718-960-1134

**Session I - 11 & Under's – 8:00 am warmup, 9:00 am start**

| <b><u>Girls #</u></b> | <b><u>Event</u></b>         | <b><u>Boys #</u></b> |
|-----------------------|-----------------------------|----------------------|
| 1                     | 8 & Under 100 Free Relay    | 2                    |
| 3                     | 9-10 200 Free Relay         | 4                    |
| 5                     | 11 Year Old 200 Free Relay  | 6                    |
| 7                     | 8-9 Year Old 100 IM         | 8                    |
| 9                     | 10-11 Year Old 100 IM       | 10                   |
| 11                    | 7 & Under 25 Free           | 12                   |
| 13                    | 8-9 Year Old 50 Free        | 14                   |
| 15                    | 10-11 Year Old 100 Free     | 16                   |
| 17                    | 7 & Under 25 Back           | 18                   |
| 19                    | 8-9 Year Old 50 Back        | 20                   |
| 21                    | 10-11 Year Old 50 Back      | 22                   |
| 23                    | 7 & Under 25 Fly            | 24                   |
| 25                    | 8-9 Year Old 50 Fly         | 26                   |
| 27                    | 10-11 Year Old 100 Fly      | 28                   |
| 29                    | 7 & Under 25 Breast         | 30                   |
| 31                    | 8-9 Year Old 50 Breast      | 32                   |
| 33                    | 10-11 Year Old 50 Breast    | 34                   |
| 35                    | 11 & Under 200 Medley Relay | 36                   |

**Session II - 12 & Over's – 1:30 pm warmup, 2:30 pm start**

| <b><u>Girls #</u></b> | <b><u>Event</u></b>       | <b><u>Boys #</u></b> |
|-----------------------|---------------------------|----------------------|
| 37                    | Open 200 Free Relay       | 38                   |
| 39                    | 12-13 Year Old 200 IM     | 40                   |
| 41                    | Open 200 IM               | 42                   |
| 43                    | 12-13 Year Old 50 Free    | 44                   |
| 45                    | Open 200 Free             | 46                   |
| 47                    | 12-13 Year Old 100 Back   | 48                   |
| 49                    | Open 100 Back             | 50                   |
| 51                    | 12-13 Year Old 100 Fly    | 52                   |
| 53                    | Open 100 Fly              | 54                   |
| 55                    | 12-13 Year Old 100 Breast | 56                   |
| 57                    | Open 200 Breast           | 58                   |