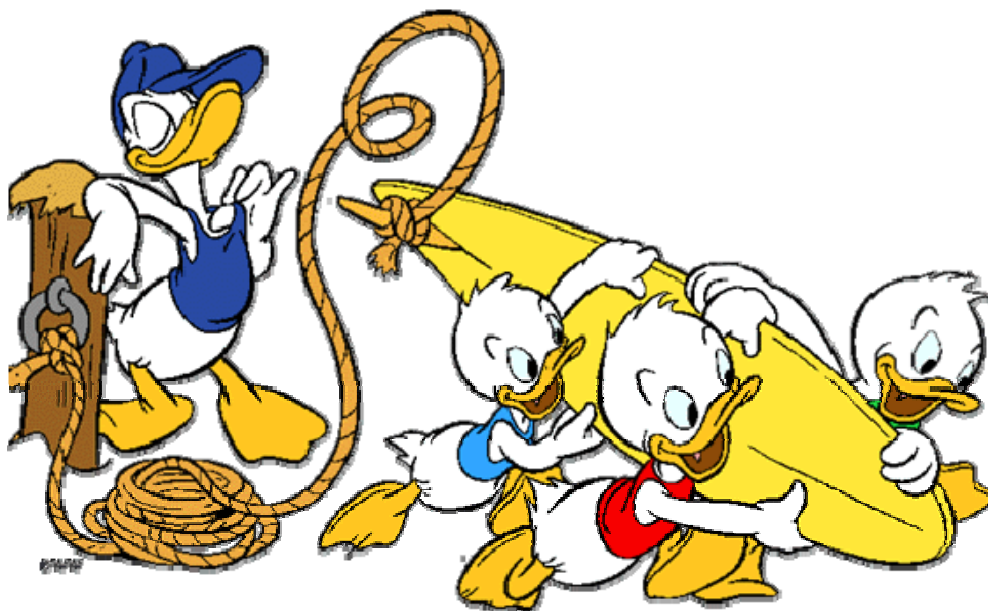




**Wolverine Summer LC Meters Quack Splash
July 16th-17th, 2011**

Sanction #: 110709



Wolverine Summer LC Meters Quack Splash

July 16th & 17th, 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 110709.
- 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 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: All Age Groups – Warm-up 4:30 pm Meet: 5:30 pm**
 Session II: All Age Groups – 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 **July 16, 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 3 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
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 **July 1, 2011**.
2: The final entry deadline for this meet is **July 7, 2011**.
3: Metro entries received between **July 1, 2011** and **July 7, 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 event** must accompany the entries.
Make check payable to: **Carle Fierro**.
Payment must be received by **July 7, 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 for ages 12&Under.
- OFFICIALS:** **Meet Referee: Tina Ficarelli, email: mommiefic@yahoo.com. Officials wishing to volunteer should contact Meet Referee by 7/7/11.**
- MEET DIRECTOR:** **Carle Fierro, email: 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

Saturday, July 16th - Session I – 4:30 pm warmup, 5:30 pm start

<u>Girls #</u>	<u>Event</u>	<u>Boys #</u>
1	10&U 50 Free *	2
3	Open 50 Free	4
5	11-12 50 Free	6
7	10&U 50 Breast *	8
9	11-12 50 Breast	10
11	Open 100 Breast	12
13	10&U 100 Fly	14
15	11-12 100 Fly	16
17	Open 200 Fly	18
19	10&U 50 Back *	20
21	11-12 50 Back	22
23	Open 200 Back	24
25	12&U 200 Free **	26
27	Open 200 Free **	28

* There will be Separate Awards for 8&Us

** 200 Free & 400 Free may be limited to 4 heats based upon timeline.

Sunday, July 17th - Session II – 1:30 pm warmup, 2:30 pm start

29	Open	200 IM **	30
31	12&U	200 IM **	32
33	Open	100 Free	34
35	10&U	100 Free *	36
37	11-12	100 Free	38
39	Open	100 Fly	40
41	10&U	50 Fly *	42
43	11-12	50 Fly	44
45	Open	100 Back	46
47	10&U	100 Back	48
49	11-12	100 Back	50
51	Open	200 Breast	52
53	Open	400 Free **	54
55	Open	400 IM **	56

* There will be Separate Awards for 8&Us

** 200 Free & 400 Free may be limited to 4 heats based upon timeline.