



Middies
"Going the Distance"
Meet

Monday, January 17, 2011

**Sanction #
110116**

**eliminating racism
empowering women**

ywca

white plains & central westchester

Middies “Going the Distance” Meet

January 17, 2011

- Sanction:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #110116
- Location:** White Plains YWCA, 515 North Street, White Plains, NY 10605
- Facility:** 25 yard pool: 6 X 7’ lanes. Non-turbulent lane lines. Colorado electronic timing system with 6 line scoreboard. This pool has been certified in accordance with Article 104.2.2C (4)
- Sessions:** Session 1: Monday, January 17th 9:00 AM warm-up, 10:00 AM start
Session 2: Monday, January 17th 1:30 PM warm-up, 2:30 PM start
- Format:** All events will be 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 up date is on **January 17, 2011** for entire meet.
- Disabled 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 is preferred. If sent by mail, entries should be sent on disk and accompanied by a Master Sheet.
An email confirming receipt of entries along with a meet manager report will be returned to the coach. If this report is not received within 2 days, contact Matt Hall (mhall@ywcaawpcw.org).
- US Mail Entries/Payment to:
YWCA Middies
515 North St.
White Plains, NY 10605
- Email Entries/Confirm Entry Receipt: mhall@ywcaawpcw.org
- 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 serve basis. Metro teams entries must be received by **8 PM, January 3, 2011.**
2: The final entry deadline for this meet is **January 10, 2011.**
3: Metro entries received between **January 3, 2011** and **January 10, 2011** and all entries from other LSC’s will be entered in the order they are received, as space allows.
An email confirming receipt of entries will come with a provided email. Please contact the Meet Director if you do NOT receive such a report within 2 days of your original email.

- Entry Fees:** An entry fee of \$3.00 per individual event must accompany the entries.
Make check payable to: **YWCA MIDDIES**
Payment must be received by **January 10th** 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 40 minutes will be general warm-up and lane assignment will be given at meet if necessary. During the last 20 minutes, 2 or more lanes will be open for one-way sprints and pace while the remaining lanes will stay 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 event 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:** Ribbons will be awarded to 1st – 8th place
- Officials:** **Meet Referee:**
Officials willing to volunteer should contact the Meet Referee by January 3, 2011.
- Meet Director:** Matt Hall – mhall@ywcawpcw.org (914) 949-6227 ext. 151
Questions: refer to above
- 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. Marshalls will be present throughout warm-ups and competition and have the authority to remove, with the concurrent 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 **the YWCA of White Plains**, Metropolitan Swimming, Inc., USA Swimming, Inc., their agents or representatives for any injury occurring as a result of the meet.
- Admission:** Adults: \$5.00, Programs: \$2.00 per session
- Merchants:** Vendor will be there to sell merchandise.
- Parking:** Parking is available in the back lot of the YWCA. No cars to be parked in the front lot.
- Directions:** **The YWCA is located at 515 North St., White Plains, NY opposite White Plain High School. Bryant Ave. is the nearest intersection.**

From Hutchinson River Pkwy, North and South:
Take Exit 25 (Route 127, North St.) west toward White Plains. YWCA is on the left 1.5 miles.

From Cross Westchester Express (I-287):

Heading East (from Tappan Zee Bridge) take Exit 9A. Bear right and continue to the 3rd intersection, Bryant Ave. Turn right and continue to North St. Turn left and drive one block. YWCA is on right.

Heading West (from Port Chester or Connecticut):

Take Exit 9S. After light bear right onto the Hutchinson River Pkwy South. Take Exit 25W as above.

From I-684:

Follow to end which merges with the Hutchinson River Pkwy. Take Exit 25W as above.

By Bus:

Bee Line Bus #5 (from bus terminal at Metro-North White Plains or Harrison Station.) For a bus schedule call: (914) 949-2020.

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Session 1: Warm up 9AM, Meet Start 10 AM			
Girls	Age Group	Event	Boys
1	11-12	500 Free	2
3	10 and under	500 Free	4
5	11-12	200 Fly	6
7	10 and under	200 IM	8
9	11-12	200 Back	10
11	10 and under	200 Free	12
13	11-12	200 Breast	14
12 and unders may compete in 3 events			

Session 1: Warm up 9AM, Meet Start 10 AM			
Girls	Age Group	Event	Boys
15	13-14	400 IM	16
17	OPEN	400 IM	18
19	13-14	1000 Free	20
21	OPEN	1650 Free	22
12 and unders may compete in 3 events			