



Middies
"Shriek or Swim"
Meet

Friday, October 29 – Sunday, October 31 2010

**Sanction #
101014**

**eliminating racism
empowering women**

ywca

white plains & central westchester



Middies “Shriek or Swim” Meet

Friday, October 29th – Sunday, October 31st, 2010

- Sanction:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 101014
- 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: Friday, October 29th 4:30 PM warm-up, 5:30 PM start (11-12, 13 & Over distance events)
Session 2: Saturday, October 30th 7:00 AM warm-up, 8:00 AM start (8 & Under, 9-10)
Session 3: Saturday, October 30th not before 12:00 PM warm-up, not before 1:00 PM start (13-14, 15 & Over)
Session 4: Sunday, October 31st 7:00 AM warm-up, 8:00 AM start (9-10, 11-12, 13 & Over)
- 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 **October 29, 2010** 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@ywcawpcw.org).
- US Mail Entries/Payment to:
YWCA Middies
515 North St.
White Plains, NY 10605
- Email Entries/Confirm Entry Receipt: mhall@ywcawpcw.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, Monday, October 11, 2010.**
2: The final entry deadline for this meet is **October 18, 2010**
3: Metro entries received between **October 11, 2010** and **October 18, 2010** 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 **October 18** 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 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 October 22nd.
- 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.

Middies “Shriek or Swim” Meet

Friday, October 29th – Sunday, October 31st, 2010

SESSION 1			
Warm ups 4:30 PM, Start 5:30 PM			
Friday, October 29			
GIRLS	AGE	EVENT	BOYS
1	11-12	200 Free	2
3	13 & Over	500 Free	4
5	11-12	200 IM	6
7	13 & Over	400 IM	8

SESSION 2			
Warm ups 7AM, Start 8AM			
Saturday, October 30			
GIRLS	AGE	EVENT	BOYS
9	9-10	100 Free	10
11	8	50 Free	12
13	7 & Under	25 Free	14
15	9-10	100 Back	16
17	8	50 Back	18
19	7 & Under	25 Back	20
21	9-10	100 Breast	22
23	8	50 Breast	24
25	7 & Under	25 Breast	26
27	9-10	100 Fly	28
29	8	50 Fly	30
31	7 & Under	25 Fly	32
33	9-10	50 Free	34

SESSION 3			
Warm ups not before 12PM, Start not before 1PM			
Saturday, October 30			
GIRLS	AGE	EVENT	BOYS
35	11-12	100 IM	36
37	13-14	200 Free	38
39	15 & Over	200 Free	40
41	11-12	50 Free	42
43	13-14	200 Back	44
45	15 & Over	200 Back	46
47	11-12	50 Back	48
49	13-14	100 Breast	50
51	15 & Over	100 Breast	52
53	11-12	100 Breast	54
55	13-14	200 Fly	56
57	15 & Over	200 Fly	58
59	11-12	50 Fly	60
61	13-14	50 Free	62
63	15 & Over	50 Free	64

SESSION 4			
Warm ups 7AM, Start 8AM			
Sunday, October 31			
GIRLS	AGE	EVENT	BOYS
65	13 & Over	100 Free	66
67	9-10	200 Free	68
69	11-12	100 Free	70
71	13 & Over	200 IM	72
73	9-10	50 Back	74
75	11-12	100 Back	76
77	13 & Over	100 Back	78
79	9-10	100 Breast	80
81	11-12	50 Breast	82
83	13 & Over	200 Breast	84
85	9-10	50 Fly	86
87	11-12	100 Fly	88
89	13 & Over	100 Fly	90