



NEW YORK SHARKS LAST CHANCE

At Felix Festa Middle School

**SATURDAY AND SUNDAY
July 14 & 15, 2012**

METRO SANCTION #120706

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #120706
- LOCATION:** Felix Festa Middle School, 30 Parrott Road, West Nyack, New York, 10994
- FACILITY:** Felix Festa is an indoor, 8 lane 50 meter pool with a bulkhead. The meet will in the 50 meter course starting in the deep end of the pool. There is seating for 700 spectators in the balcony. A Colorado fully automated timing system with an 8 lane read-out board will be used. The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Saturday 7/14/12, Session #1 – 7:30 AM Warm Up, 8:30 AM Start
Saturday, 7/14/12 – Session 2 – 12:45 PM Warm-up, 1:30 PM Start
Saturday, 7/14/12 - Session #3 – 2:30 PM Warm Up, 3:30 PM Start
Sunday, 7/15/12 Session #4– 7:30 AM Warm Up, 8:30 AM Start
Sunday, 7/15/12 –Session #5 – 12:45 PM Warm-up, 1:30 PM Start
Sunday, 7/15/12 Session #6– 2:30 PM Warm Up, 3:30 PM Start
- FORMAT:** This meet will be run as a timed final meet.
This meet will be deck seeded.
- 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 14, 2012** 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 and compete in three individual events per session. **No NT's will be accepted. The Host Club reserves the right to enter their swimmers with NT's. Sessions 2 and 5 will be limited to 6 heats in each event (3 girls & 3 boys) and will be run fastest to slowest. Top 24 in each event will be entered and Coaches/Team Reps will be notified two weeks prior to the meet. Swimmers must provide own timers.**
All entries will be accepted on a first come basis. All non- Metro LSC entries will be accepted in the order of receipt after the Metro Entry Deadline (June 15, 2012), unless the meet has already been closed.
TM HyTek entries are preferred.
U.S. Mail Entries/Payment to: NY Sharks Aquatics, C/O Denise Byrne, 32 Fitzgerald Court, Monroe, NY 10950
Email Entries/Confirm Entry Receipt: nysharksoffice@gmail.com
If you are not emailing your entries, then overnight or express mail is recommended, but waive the signature.
- DEADLINE:**
1. Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **June 15, 2012**
 2. The final entry deadline for this meet is **June 29, 2012**
 3. Metro entries received between **June 15, 2012** and **June 29, 2012** 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: **NYS Aquatics.**

Payment must be received by **June 29, 2012** 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:** Warm-ups will be run under Metropolitan Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm up lanes and sprint lanes.
All swimmers must enter the pool at the starting end of the pool.
Saturday and Sunday Morning Warm-ups will be a general warm-up in all lanes. There will be one way sprint lanes and will start 20 minutes before the end of warm-ups (8:10 AM) at the competition end of the pool.
Saturday and Sunday Afternoon Warm-ups will be general warm-up in all lanes. There will be one way sprint lanes and will start 20 minutes before the end of warm-ups (3:10 PM) at the competition end of the pool.
- 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 will be awarded for each age group in individual events for 1st through 3rd and ribbons for 4th through 8th places. .
- OFFICIALS:** Meet Referee: Mark Amodio – amodio@vassar.edu – Cell (914) 456-6791
Officials wishing to volunteer should contact Meet Referee by June 25, 2012.
- MEET DIRECTOR:** Denise Byrne, nysharksoffice@gmail.com, 845-548-4772
Mary Lange
Kathleen Cullinan
- 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 swimmers legal guardian to ensure compliance with this requirement.**
- WATER DEPTH:** USA 2011-202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3 ½" (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls" 1.0 meter= 4 feet 6 inches, 5 meters = 13 feet.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Felix Festa Middle School, NYS Aquatics, Inc**, New York Sharks Swim Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- AUDIO VISUAL:** The use of audio or visual recording devices, including a cell phone or tablet device is not permitted in changing areas, rest rooms or locker room.
- ADMISSION:** Admissions are \$5.00 per session. Programs are \$3.00
- MERCHANTS:** Metro Swim Shop
NY Sharks Concessions: There will be food concessions with beverages and hot and cold food.
- PARKING:** There is free parking around Felix Festa Middle School. Cars parking on Parrott Road will be

ticketed and towed. All cars must be parked in designated parking spaces or they will be ticketed by the Clarkstown Police Department.

DIRECTIONS: From Rockland County: NYS Thruway South to Exit 13N for Palisades Parkway North. Take Exit 10 from Palisades Parkway. Turn right at the end of ramp at light onto Germonds Road. Go straight to Parrott Road. Felix Festa Middle School is on the left. Pool entrance and parking is in the back of the school by the Tennis Courts and parking.

From Westchester County: Take Tappan Zee Bridge to the Palisades North (Exit 13N). Follow the directions above.

From New York City: Take George Washington Bridge to Palisades Parkway North to Exit 10.

SESSION #1: Saturday Morning 12 & Under Events – Warm-ups: 7:30 AM – 8:30 AM Start

Girls Evt. #	Age Group Event	Boys Evt. #
#1	11-12 - 200 meter Freestyle	#2
#3	10 & Under 200 meter Freestyle	#4
#5	11-12 - 100 meter Breaststroke	#6
#7	10 & Under - 100 meter Breaststroke	#8
#9	11-12 - 50 meter Backstroke	#10
#11	10 & Under- 50 meter Backstroke	#12
#13	11-12 - 100 meter Butterfly	#14
#15	10 & Under - 100 meter Butterfly	#16
#17	11-12 - 50 meter Freestyle	#18
#19	10 & Under 50 meter Freestyle	#20
#21	11-12 – 200 meter Backstroke	#22

SESSION #2 Saturday, Mid-Afternoon 12 & Under & 13 and Over – Warm-up 12:45 PM, 1:30 PM Start

Girls Evt. #	Age Group Event	Boys Evt. #
#23	12 & Under 400 meter Ind. Medley (limited to 3 heats each girls & boys) Fastest to Slowest – Must provide timer	#24
#25	13 & Over 400 meter Ind. Medley (limited to 3 heats each girls & boys) Fastest to Slowest – Must provide timer	#26

SESSION #3: Saturday Afternoon, 13-14 and 15 & Over – Warm-ups 2:30 PM, 3:30 PM Start

Girls Evt. #	Age Group Event	Boys Evt. #
#27	13-14 - 200 meter Freestyle	#28
#29	15 & Over 200 meter Freestyle	#30
#31	13-14 - 100 meter Breaststroke	#32
#33	15 & Over 100 meter Breaststroke	#34
#35	13-14 - 200 meter Backstroke	#36
#37	15 & Over 200 meter Backstroke	#38
#39	13-14 -100 meter Butterfly	#40
#41	15 & Over 100 meter Butterfly	#42
#43	13-14 - 50 meter Freestyle	#44
#45	15 & Over 50 meter Freestyle	#46

SESSION #4: Sunday Morning, 12 and Under Events – Warm-ups 7:30 AM, 8:30 AM Start

Girls Evt. #	Age Group Event	Boys Evt. #
#47	11-12 - 200 Meter Ind. Medley	#48
#49	10 & Under 200 meter Ind. Medley	#50
#51	11-12 - 50 meter Breaststroke	#52
#53	10 & Under - 50 meter Breaststroke	#54
#55	11-12 - 100 meter Backstroke	#56
#57	10 & Under - 100 meter Backstroke	#58
#59	11-12 - 50 meter Butterfly	#60
#61	10 & Under - 50 meter Butterfly	#62
#63	11-12 - 100 meter Freestyle	#64
#65	10 & Under – 100 meter Freestyle	#66
#67	11-12 – 200 meter Breaststroke	#68

SESSION #5: Sunday Mid-Afternoon – 13 & Over Boys 1500 Freestyle – 1:00 PM Warm-Up – 1:30 PM Start

Girls Evt. #	Age Group Event	Boys Evt. #
#69	12 & Under 400 Meter Freestyle (limited to 3 heats each girls & boys) Fastest to Slowest – Must provide timer	#70
#71	15 & Over 400 Meter Freestyle (limited to 3 heats each girls & boys) Fastest to Slowest – Must provide timer	#72

SESSION #6: Sunday Afternoon, 13-14 and 15 & Over Events – Warm-ups 2:30 PM, 3:30 PM Start

Girls Evt#	Age Group Event	Boys Evt #
#73	13-14 – 200 meter Ind. Medley	#74
#75	15 & Over - 200 meter Ind. Medley	#76
#77	13-14 200 Meter Breaststroke	#78
#79	15 & Over 200 meter Breaststroke	#80
#81	13-14 - 100 meter Backstroke	#82
#83	15 & Over 100 meter Backstroke	#84
#85	13-14 - 200 meter Butterfly	#86
#87	15 & Over 200 meter Butterfly	#88
#89	13-14- 100 meter Freestyle	#90
#91	15 & Over 100 meter Freestyle	#92