



**Washingtonville Seahawks and Devilfish
Aquatics**

**Heats And Treats
October 28-30, 2011
111014**

Washingtonville Seahawks and Devilfish Aquatics Heat And Treats

October 28, 29 and 30

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **111014**
- LOCATION:** **Washingtonville High School, Washingtonville New York**
- FACILITY:** 25-yard pool with 6 lanes with bulkhead and non-turbulent lane lines. There is seating for 300 spectators. Colorado electronic timing system and the 6- line scoreboard will be used. The pool **has not been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1 Distance: 4:00 p.m. warm-up, 5:00 p.m. start, Friday, October 28**
Session 2: 8:00 a.m. warm-up, 9:00 a.m. start, Saturday, October 29
Session 3: 1:30 p.m. warm-up, 2:30 p.m. start, Saturday, October 29
Session 4: 8:00 a.m. warm-up, 9:00 a.m. start, Sunday, October 30
Session 5: 1:30 p.m. warm-up, 2:30 p.m. start, Sunday October 30
- FORMAT:** **This meet is a timed final event.**
The meet will be deck seeded.
The 1650 may be limited to two heats of girls and two heats of boys. The 12 – Under 500 Free and the OPEN 400 IM will be swum fastest to slowest. All swimmers in the Friday Distance Session must provide their own timers.
- ELIGIBILITY:** Open to all Invited 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 **October 28, 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:** **All athletes are limited to five (5) events per day.**
Deck entries will be accepted, space permitting.
NT entries will NOT be accepted.
Hy-Tek entries will be accepted. An entry summary with a signed waiver must be received by October 20, 2011
- U.S. Mail Entries/Payment to: **Washingtonville Seahawks**
c/o John Dwyer
PO Box 155
Washingtonville, NY 10992
- Email Entries/Confirm Entry Receipt: wsscmeetentry@gmail.com
If sending Express Mail, please sign the waiver on the front.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **10/14/2011**.
2: The final entry deadline for this meet is **10/20/2011**
3: Metro entries received between **10/14/2011** and **10/20/2011** 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 must accompany the entries.
Make check payable to: **Washingtonville Seahawks**
Payment must be received by **October 28, 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:** **General warm-up with assigned lanes for the first 40 minutes. Sprint lanes and general lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the scratch sheet for each session.**
- 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:** **Distance Session:**
OPEN 400 IM: 1 - 6 place awards will be given for each of the following age groups: 10 and under, 11 - 12, 13 - 14 and 15 - 18.
12 and under events (500 and 200 IM): 1 - 6 place awards will be given for each of the following age groups: 10 and under and 11 - 12.
OPEN 1650: 1 – 6 place awards will be given.
Regular Sessions:
Awards will be given in all events for 1st through 6th places.
- OFFICIALS:** **Meet Referee: Mark Amodio amodio@vassar.edu; 914-456-6791**
Officials wishing to volunteer should contact Meet Referee by October 20, 2011
- MEET DIRECTOR:** **Chris Joyce, stats@esslswim.com, 845-457-6027**
- 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"
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
Shallow End: 1.0 Meter = 3' 10" 5.0 Meters = 4' 1"
Deep End : 1.0 Meter = 12' 7" 5.0 Meters = 11' 10"
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Washingtonville School District, Washingtonville Seahawks Swim Club, Devilfish Aquatics Inc, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
- ADMISSION:** **\$5 per session / \$8 per day for adults. Kids free. Programs free.**
- MERCHANTS:** Swimsuits, bags, towels, goggles and apparel will be available on site. Hot and cold dishes, snacks, desserts, and beverages will be available for purchase.
- PARKING:** **There is ample free parking at the high school. The pool is located at the rear of the high school.**

DIRECTIONS: Washingtonville High School
54 West Main Street
Washingtonville, NY 10992-1411

DIRECTIONS:

From New York City:

Take the George Washington Bridge (Lower Level) to Route 4 (5 miles) to Route 17 North (17 miles) to New York State Thruway I-87 North to exit 16. Pay toll and stay on Route 17 West to exit 130 (3 miles). Exit 130 (Washingtonville/Monroe Route 208). Exit will split take the right side which is Route 208 North. Take Route 208 North approximately 8 miles to intersection of Route 94. (There is a Chase Banks on your left and a Library in front of you on the left). Make a left onto Route 94 and approximately ¼ mile on the right is the entrance to the high school (You will pass the middle school first the 2nd driveway after the middle school is the entrance). Make a right into the driveway and drive straight back and up the hill.

Washingtonville Seahawks and Devilfish Aquatics Heats And Treats October 28, 29, 30

ORDER OF EVENTS

October 28, 2011

Warm-ups: 4:00 PM

Start: 5:00 PM

<i>Session 1</i>		
<i>Friday PM</i>		
1	12 and under 500 Free – Fastest to slowest	2
3	Open 400 IM – Fastest to slowest	4
5	12 and Under 200 IM	6
7	20 Minute Warm Up before the 1650 Open 1650	8

Session 2

Saturday AM

October 29, 2011

Warm-ups: 8:00 AM

Start: 9:00 AM

9	10 and Under 100 Free	10
11	11 – 12 100 Free	12
13	10 and Under 50 Fly	14
15	11 – 12 100 Fly	16
17	10 and Under 50 Back	18
19	11 – 12 100 Breast	20
21	10 and Under 100 Breast	22
23	11 – 12 50 Back	24
25	10 and Under 100 IM	26
27	11 – 12 100 IM	28

Session 3

Saturday PM

October 29, 2011

Warm-ups: 1:30 PM

Start: 2:30 PM

29	Open 100 Free	30
31	Open 200 Back	32
33	Open 100 Fly	34
35	Open 200 Breast	36
37	Open 500 Free	38

Session 4

Sunday AM

October 30, 2011

Warm-ups: 8:00 AM

Start: 9:00 AM

39	12 and Under 200 Free	40
41	10 and Under 50 Breast	42
43	11 – 12 100 Back	44
45	10 and Under 100 Back	46
47	11 – 12 50 Free	48

49	10 and Under 50 Free	50
51	11 – 12 50 Breast	52
53	10 and Under 100 Fly	54
55	11 – 12 50 Fly	56

Session 5
Sunday PM
October 30, 2011
 Warm-ups: 1:30 PM
 Start: 2:30 PM

57	Open 200 Fly	58
59	Open 50 Free	60
61	Open 100 Breast	62
63	Open 200 IM	64
65	Open 100 Back	66
67	Open 200 Free	68

Washingtonville High School
October 28 - 30, 2011
Sanction #111014

Please fill in cut, paste and email with your entries

CLUB: _____ CLUB CODE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

COACH: _____

PHONE: _____ E-MAIL ADDRESS: _____

CLUB CONTACT: _____ PHONE: _____

Entrv Fees: Make check payable to: **Washingtonville Seahawks**

Total Individual Events _____ x \$3.00 = _____

TOTAL DUE _____

Mail to: Wahingtonville Seahawks, c/o John Dwyer, PO Box 155, Washingtonville, NY 10992

Email entries –wsscmeetentry@gmail.com. (Hytek entry event list will be available on the metro website –<http://www.metroswimming.org/Calendar/Calendar.html>)

Waiver: USA Swimming, Inc., Metropolitan Swimming, Inc., Devilfish Aquatics, Washingtonville Seahawks, Washingtonville High School, County of Orange or representatives shall be held free and harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (Club Official) _____

No entries will be processed without this signed waiver.