



FASTSWIMTEAMNY.COM



FAST 6th Annual Hispanic Heritage Invitational
October 8-9th, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #
- LOCATION:** **Theodore D. Young Community Center,**
32 Manhattan Avenue
White Plains New York 10607
- FACILITY:** **The Pool is a 6 lane, 25 yard pool. Daktronics timing system.**
The pool **has** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:**
- | | | |
|----------------------------|--------------------|---------------|
| Session 1: 10 & Under | - 7:00 AM Warm-Up | 8:00 AM Start |
| Session 2: 11 & Over, Open | - 12:30 PM Warm-Up | 1:30 PM Start |
| Session 3: 10 & Under | - 7:00 AM Warm-Up | 8:00 AM Start |
| Session 4: 11 & Over, Open | - 12:30 PM Warm-Up | 1:30 PM Start |
- FORMAT:** **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 **October 8, 2016** 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 will be limited to (4) individual events and (1) relay per session.**
Entries are accepted on a first come/first serve basis.
All entries must be in Hy-Tek format.
- Email Entries/Confirm Entry Receipt mtidir@fastswimteamny.com
- U.S. Mail Entries/Payment to:**
FAST
Attn: SANDRA LOCKHART
PO Box 428
White Plains 10603
(914) 557-9146
- DEADLINE:**
- 1: Metro LSC teams will be given priority on a first come/first served basis.
Metro teams entries must be received by **Saturday, September 24, 2016**
 - 2: The final entry deadline for this meet is **Saturday, October 1, 2016**
 - 3: Metro entries received between **September 25 and October 1, 2016** 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 \$6 per individual event and \$12 per relay must accompany the entries.
Make check payable to: **Fast Parent Association.**
Payment must be received by **October 7, 2016** 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-up Lanes will be assignment. Assignment sheet will be at the computer table.
- 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 1st-3rd place and 4th-6th ribbons place in all age groups. Awards will be given only to a coach or team representative at the end of each session. All awards for each team must be picked up. No awards will be mailed, except in case of computer failure.
- OFFICIALS:** **Meet Referee:** Jacky Spierer, email: musi0939@aol.com
Officials wishing to volunteer should contact Meet Referee.
- ADMIN. OFFICIAL:** **Administrative Official:** Christian Delgado/Tandrea Lockhart
mtdir@fastswimteamny.com
- MEET DIRECTOR:** Christian Delgado (914) 620-3600/Tandrea Lockhart (646)279-7688
Email: mtdir@fastswimteamny.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:** **All swimmers must wear footwear upon leaving the pool area.** 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 water depth is 3 feet 7 inches at the shallow end and 8 feet 10 inches at the diving end.
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Theodore D. Young Community Center and The FAST SWIM TEAM**, 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."
- AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.**
- DECK CHANGING:** **Deck changes are prohibited.**

ADMISSION: Admission: Adult (18 and over) \$5.00 per person, Children: \$1.00
Full Programs: \$10.00 for weekend/Meet Mobile \$3.00

MERCHANTS: A concession stand will be available throughout the duration of the meet.
Starting with a fresh and healthy breakfast at warm Up. (Coffee, bagels, fruit, etc)

PARKING: There is ample on site parking and next to the building.

LODGING: La Quinta Inn in Elmsford and the Marriott in Tarrytown are FAST affiliated hotels.
To inquire about booking accommodations, please contact:
Sandra Lockhart at president@fastswimteamny.com

DIRECTIONS: For updates check www.fastswimteamny.com

Important in case of Emergency call:
POOL OFFICE (914) 989-3600 or (914) 989-3645

Theodore D. Young Community Center:

From Manhattan:

Major Deegan Expressway to 87 North (NYS Thruway). Exit 8 to 287 East, to Exit 4.
Turn right on Route 100A, make left at second traffic light, down ramp to Route 119 to second traffic light. Turn left on Manhattan Avenue, to first left.

From Queens and Whitestone Bridge:

Van Wyck Expressway (Route 687N) to Whitestone Bridge. From bridge to Hutchinson River Pkwy to Exit 26 (White Plains - 287 West). Follow 287 West to Exit 5. Left on Route 100S to traffic light. Make right on Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

From Connecticut:

95 South (Connecticut Turnpike). Use Tappan Zee Bridge/White Plains exit to 287 West to Exit 5. Left on Route 100S to traffic light. Make right onto Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

From Peekskill:

Route 9 South/Briarcliff thru Elmsford. Turn left at traffic light onto Route 119 East. Go 1 ½ miles to Crossroads Shopping Center. Turn left at traffic light onto Manhattan Avenue, to first left.

From Suffern & Tappan Zee Bridge:

Route 87 South (NYS Thruway) to Tappan Zee Bridge to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Make left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

From New Jersey (Patterson & Jersey City):

Route 80 East to George Washington Bridge to 87 North, NYS Thruway (Upstate New York) to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Turn left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

Session 1- Saturday October 8, 2016
Warm Up: 7:00 AM / Start: 8:00 AM
12 & Under and OPEN Session

Girls Event No.	Events	Boys Events No.
1.	OPEN 1000 Free	2.
3.	12 & Under 200 Free	4.
5.	OPEN 400 IM	6.
7.	12 & Under 200 Breast	8.
9.	OPEN 200 Fly	10.

Session 2- Saturday October 8, 2016
Warm Up: 12:30 PM / Start: 1:30 PM
12 & Under and Open Session

Girls Event No.	Events	Boys Events No.
11.	8 & Under 25 Free	12.
13.	9-10 50 Free	14.
15.	11-12 50 Free	16.
17.	OPEN 50 Free	18.
19.	8 & Under 25 Back	20.
21.	9-10 50 Back	22.
23.	11-12 50 Back	24.
25.	Open 100 Back	26.
27.	8 & Under 25 Breast	28.
29.	9-10 50 Breast	30.
31.	11-12 50 Breast	32.
33.	Open 100 Breast	34.
35.	8 & Under 25 Fly	36.
37.	9-10 50 Fly	38.
39.	11-12 50 Fly	40.
41.	Open 100 Fly	42.
43.	8 & Under 100 IM Relay	44.
45.	9-10 200 IM Relay	46.
47.	11-12 200 IM Relay	48.
49.	Open 200 IM Relay	50.

Session 3- Sunday October 9, 2016**Warm Up: 7:00 AM / Start: 8:00 AM****12 & Under and OPEN Session**

Girls Event No.	Events	Boys Events No.
51	OPEN 1650 Free	52.
53.	13 & Over 500 Free	54.
55.	12 & Under 500 Free	56.
57.	13 & Over 200 IM	58.
59.	12 & Under 200 IM	60.

Session 4- Sunday October 9, 2016**Warm Up: 12:30 PM / Start: 1:30 PM****12 & Under, 13-14 and Open Session**

Girls Event No.	Events	Boys Events No.
61.	8 & U 100 Free	62.
63.	9-10 100 Free	64.
65.	11-12 100 Free	66.
67.	13-14 100 Free	68.
69.	OPEN 200 Free	70.
71.	8 & U 50 Back	72.
73.	9-10 100 Back	74.
75.	11-12 100 Back	76.
77.	13-14 100 Back	78.
79.	8 & U 50 Breast	80.
81.	9-10 100 Breast	82.
83.	11-12 100 Breast	84.
85.	13-14 100 Breast	86.
87.	OPEN 200 Breast	88.
89.	8 & U 50 Fly	90.
91.	9-10 100 Fly	92.
93.	11-12 100 Fly	94.
95.	13-14 100 Fly	96.
97.	Open 200 Fly	98.
99.	8 & U 100 Free Relay	100.
101.	9-10 100 Free Relay	102.
103.	11-12 200 Free Relay	104.
105.	OPEN 200 Free Relay	106.



Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name _____

Phone Number _____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____