

RED FOX AQUATIC CLUB



**2016 ELIZABETH R. MILLER MEMORIAL
FRIDAY, SATURDAY, SUNDAY, OCTOBER 14, 15, 16TH, 2016**

This meet is open to all Metro Clubs in good standing and other LSC's. Metro LSC clubs will be given priority on a first come/first serve basis. After the Metro deadline, all clubs will be entered on a first come/first serve basis.

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 161013
- LOCATION:** James McCann Center, Marist College, Poughkeepsie, NY 12601
- FACILITY:** The James McCann Natatorium is a six lane 25yd competition pool with separate diving well. The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Friday afternoon session 1: Warm-up 1pm. start 2pm. Friday evening session 2: Warm-up 4pm, start 5pm. Saturday & Sunday sessions 3 & 5: Warm-up 7:30am, start 9am. Saturday & Sunday sessions 4 & 6: Warm-up 1pm, start 2:30pm.
- FORMAT:** All events will be swum as timed finals. Deck seeded with Scratch Sheets collected 40 minutes prior to the start of each session. Heat sheets will be distributed and posted.
- 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 FRIDAY, OCTOBER 14th 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 enter 3 events Friday and 4 events per day on Saturday and Sunday. NO TIME entries will not be accepted, except for RFAC swimmers. Distance freestyle events may be limited to 3 heats. Receipt of entries will be confirmed by email. Entries will not be considered received and accepted without full payment of fees. Cuts will be advised by email.
- U.S. Mail Entries/Payment to: Larry VanWagner, Director of Swimming, Marist College, James McCann Center, Poughkeepsie, NY 12601.
Email Entries/Confirm Entry Receipt: Please submit email entries via Hy-Tek to rfacentries@hotmail.com.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by September 30th.
2: The final entry deadline for this meet is October 7th.
3: Metro entries received between Sept. 30th and Oct. 7th 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 event, \$8.00 per relay and \$5.00 per swimmer surcharge must accompany the entries.
Make check payable to: **RED FOX AQUATIC CLUB**. 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 will begin 60 minutes prior to start of each session and 25yd. sprint lanes designated 30 minutes prior to start of 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:** Individual events 1-6 place/Ribbons, 4-6 place/Ribbons. Relay events 1-3 place/Ribbons. NO awards will be given for Open events.
- OFFICIALS:** **Meet Referee:** Arden Thomas, ardenthomas@verizon.net
- Officials wishing to volunteer should contact Meet Referee by October 7th .
- MEET DIRECTOR:** [Lisa Simpfenderfer, 845-546-3077 or lsimpf@gmail.com.](mailto:Lisa.Simpfenderfer@usa-swimming.com)
[Gillian Smith, gillianr@earthlink.net](mailto:Gillian.Smith@earthlink.net)
- ADMIN:** [Lisa Simpfenderfer, 845-546-3077 or lsimpf@gmail.com.](mailto:Lisa.Simpfenderfer@usa-swimming.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:** 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."
[The competition pool ranges from 5.5ft. at the start end to 4.0ft. at the turn end.](#)
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Marist College, Red Fox Aquatic Club, 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 or locker rooms.**
- DECK CHANGES:** Deck Changes are not prohibited.
- ADMISSION:** [Daily admission for adults \\$5.00. Meet Program will be available for \\$3.00 per session.](#)
- MERCHANTS:** [The Metro Swim Shop and food concessions will be available at all sessions.](#)
- PARKING:** [On-site parking and spectator seating is available.](#)
- DIRECTIONS:** [Please check the REDFOX AQUATIC CLUB.COM website for directions.](#)

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Friday, Saturday and Sunday, October 14, 15 and 16, 2016

GIRLS EVENTS

BOYS EVENTS

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BOYS EVENTS

FRIDAY SESSION 1

1PM Warm-up 2PM start

1 Open 1000 Free 2

FRIDAY SESSION 2

4PM Warm-up 5pm Start

3 11-12 200 Free 4
5 13-14 200 Free 6
7 10-U 200 Free 8
9 Open 200 Free 10
11 11-12 200 IM 12
13 13-14 500 Free 14
15 Open 500 Free 16

SATURDAY AM SESSION 3

7:30AM Warm-up 9AM Start

17 11-12 100 Breast 18
19 9-10 50 Breast 20
21 11-12 50 Free 22
23 9-10 50 Free 24
25 Open 200 Back 26
27 11-12 100 Fly 28
29 9-10 50 Fly 30
31 11-12 50 Back 32
33 9-10 100 Back 34
35 11-12 100 IM 36
37 9-10 200 Med Rly 38
39 11-12 200 Med Rly 40
41 13-14 400 IM 42
43 Open 400 IM 44

SATURDAY PM SESSION 4

1PM Warm-up 2:30PM Start

45 8-Under 50 Breast 46
47 Open 100 Breast 48
49 13-14 100 Breast 50
51 8-Under 50 Free 52
53 Open 50 Free 54
55 13-14 50 Free 56
57 8-Under 50 Fly 58
59 Open 100 Fly 60
61 13-14 100 Fly 62
63 8-Under 100 Med Rly 64
65 Open 200 Med Rly 66
67 13-14 200 Med Rly 68

SUNDAY AM SESSION 5

7:30AM Warm-up 9AM Start

69 Open 200 Breast 70
71 11-12 50 Breast 72
73 9-10 100 Breast 74
75 11-12 100 Free 76
77 9-10 100 Free 78
79 11-12 100 Back 80
81 9-10 50 Back 82
83 Open 200 Fly 84
85 9-10 100 Fly 86
87 11-12 50 Fly 88
89 9-10 100 IM 90
91 11-12 200 Free Rly 92
93 9-10 200 Free Rly 94

SUNDAY PM SESSION 6

1PM Warm-up 2:30PM Start

95 8-Under 100 Free 96
97 Open 100 Free 98
99 13-14 100 Free 100
101 8-Under 50 Back 102
103 Open 100 Back 104
105 13-14 100 Back 106
107 8-Under 100 IM 108
109 Open 200 IM 110
111 13-14 200 IM 112
113 8-Under 100 Free Rly 114
115 Open 200 Free Rly 116
117 13-14 200 Free Rly 118

NOTES: There will be NO DIVING during warm-ups. All lanes will be circular swimming until 1/2 hour before start, then lanes 2 & 5 will be one-way sprint lanes.

