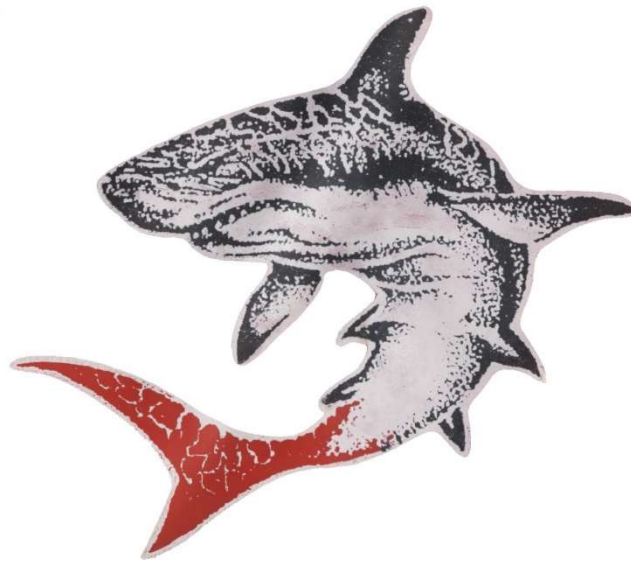


**Riverbank RedTails Swim Team
16th Annual International LC Invitational
June 15th & 16th, 2019
Lehman College APEX Center
250 Bedford Park Blvd. West
Bronx, NY 10468
212-960-1134
Metropolitan Swimming Sanction # 190600**



2019-MR RedTails International LC Invitational

June 15-16, 2019

Invited Teams: LaGuardia Aquatic Club, NuFinmen, NYC Aquatic Club, APEX, Kips Bay Makos, Rivertown Aquatics, WEST, Nile Crocodile, Flying Dolphins, Harbor Seals, Silver Streaks, Flushing Flyers, Cross Island Y, Central Queens Y, Deep End Aquatics, NYAC, Club Fit-JV, CAS Stingrays, Brooklyn Otters, Phoenix Aquatic Club, Queens Aquatic Club, Lion Swim Academy, NYC Parks Sailfish, Match Point, Vestal Area Swim Team, Nile Crocodile AC Manhattan Makos

**Other interested clubs should contact the meet director*

2019 MR-RedTails International LC Invitational

June 15-16, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **190600**
- LOCATION:** **Lehman College APEX Center;**
250 Bedford Park Blvd. West Bronx, NY 10468
- FACILITY:** Eight lanes 50 meters Olympic size indoor pool, **pool depth is 4ft to 13ft.** Electronic timing system and non-turbulent lane lines will be used.
The pool **has been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Saturday, June 15, 2019- Session I: 7:30am warm up- 8:30am Start**
Saturday, June 15, 2019- Session II: 2:00pm warm up- 3:00pm Start
Sunday, June 16, 2019 Session III: 7:30am warm up- 8:30am Start
Sunday, June 16, 2019- Session IV: 2:00pm warm up- 3:00pm Start
- FORMAT:** **All events are Timed Finals**
The meet will Deck Seeded
- 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.
No "Deck Registrations" will be accepted
Age on **June 15th** 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 are allowed only 3 individual events and 1 relay per day.
Entries will be cut by team in order to maintain Metro swimming guidelines.
HY-TEK entries w/ printout are preferred.
U.S. Mail Entries/Payment to: Riverbank State Park – Aquatics Complex:
679 Riverside Drive. New York, NY 10031
Email Entries/Confirm Entry Receipt: RedTailsswimming@gmail.com or
Luis.trinidad@parks.ny.gov
"[Click and Input if signature waiver required for Express Mailed Entries/Payment]"
- DEADLINE:** **Entries must be received by: June 1, 2019. Metro Teams may enter prior to May 19, 2019**

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 **\$7.00** per individual event and **\$10.00** per Relay event must accompany the entries.
Make check payable to: **RedTails "NHT"**
Payment must be received by **entry deadline** 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:** **Lane assignments will be posted, if necessary prior to each warm up 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:	A distinctive medal will be given to 1 st , 2 nd , and 3 rd places. Ribbons for places 4 through 8. High Point awards will be given to top three individuals in each age division and top three teams.
OFFICIALS:	Meet Referee: Elaine Ang eababy68@yahoo.com Officials wishing to volunteer should contact Meet Referee by June 9th
ADMIN. OFFICIAL:	Wendy Martinez bellamiamour@usa.net
MEET DIRECTOR:	Luis Trinidad RedTailsswimming@gmail.com or Luis.Trinidad@parks.ny.gov
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." pool depth is 4ft to 13ft.
DISCLAIMER:	DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against "Lehman College and The Riverbank RedTails" , 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.
DRONE OPERATION	Operation of a drone, or any other flying apparatus, is prohibited over the venue (Pools, athletic/ coach areas, spectator areas and open ceiling locker rooms) any time athletes, officials, coaches and or spectators are present.
DECK CHANGING:	Deck Changes are prohibited.
ADMISSION:	Spectators will be required to purchase tickets in advance on line for admission to each session. Programs may be available as well. Meet Mobile may also be available.
MERCHANTS:	Refreshments and food will be available
PARKING:	Street parking will be available.
PHOTOGRAPHY	Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming Sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing Activity. Forms are available on the Metropolitan Swimming website as Well as from the Meet Director.
DIRECTIONS:	IRT No. 4 or the IND "D" line to Bedford Park Boulevard. The campus is a three-minute walk to the west. For more information about subway service to the Lehman campus, call the New York City Transit Authority at (718) 330-1234. Metro North's Harlem line has a local stop at the Botanical Gardens station. The campus is about 12 blocks due west on Bedford Park Boulevard. Call Metro North for information about fares and schedules (212) 532-4900. By Bus Nine Bronx buses including the 2, 10, 22, and 28 have stops at Lehman College. Liberty

Lines BXM4 express buses from Manhattan stop near the campus, at Bedford Park Boulevard and the Grand Concourse. Good connections are available on Westchester 20 or 20X buses from White Plains, Hartsdale, Scarsdale, and Yonkers via Central Park Avenue. The No. 4 from Yonkers also stops near the campus. For more information about taking a bus to the Lehman campus, call (718) 330-1234 (Bronx buses) or (718) 652-8400 (Liberty Lines) or (914) 682-2020 (Westchester buses).

By Car From Manhattan - East Side Via East River Drive to Willis Avenue Bridge (or Triborough Bridge - Bronx spur) to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

From Manhattan - West Side Via West Side Highway north (it becomes Henry Hudson Parkway) to Mosholu Parkway exit. Follow directions from the Henry Hudson Parkway.

From Westchester

- ☐ **Via New York State Thruway (I-87) south (it becomes Major Deegan Expressway) to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.**
- ☐ **Via Saw Mill River Parkway south (it becomes Henry Hudson Parkway) to Mosholu Parkway exit. Follow directions from the Henry Hudson Parkway.**
- ☐ **Via Bronx River Parkway south to Gun Hill Road exit. Make a right from exit ramp and take Gun Hill Road West to Jerome Avenue. Turn left onto Jerome, following the elevated subway line above to W. 205 Street. Turn right, and proceed two short blocks to Goulden Avenue. Make a left onto Goulden Avenue and proceed one block. Campus is on the left.**

☐

From Queens and Eastern Long Island

- ☐ **Via Grand Central Parkway to Triborough Bridge - Bronx spur to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.**
- ☐ **Via Throgs Neck Bridge or Whitestone Bridge to Cross Bronx Expressway west to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.**

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From New Jersey Via George Washington Bridge to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

From the Major Deegan Expressway Exit at Van Cortlandt Park South. From the south, bear left along the fork of the exit ramp and make a left at the traffic light. From the north, make a left at the traffic light. Proceed up the winding hill for 4 traffic lights. Immediately after 4th traffic light, make a quick right onto Goulden Avenue. Proceed two long blocks to Bedford Park Boulevard West, where the campus begins. The parking lots are on your right.

From the Henry Hudson Parkway Exit at Mosholu Parkway. Proceed on long exit ramp. At the second traffic light, before subway underpass, turn right onto Paul Avenue for two long blocks. At Bedford Park Boulevard, turn right and then left onto Goulden Avenue. The parking lots are on your right.

IMPORTANT! IN CASE OF EMERGENCY:

Pool Office: 718-960-7123

Meet Desk: 718-960-1130



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.

Policy: Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

Notes:

The above policy will be published in meet announcements and programs.

It is the Meet Director's responsibility to have forms available at the meet.

The Meet Director should check the actual ID against entry on form, and keep a file of submitted forms.

The intent is to promote accountability and to give Meet Directors and Referees a tool for managing concerns about photographers. Teams should consider providing a lanyard indicating that the photographer is registered.

See form, below.



Metropolitan Swimming

Photographer Registration Form

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 _____

Riverbank RedTails Swim Team
16th Annual International Meet Event List

Session I

Saturday, June 15, 2019

7:30am Warm-up

8:30am Start time

Women			Men
1	15 & Over	200 Meter Individual Medley	2
3	11-12	200 Meter Freestyle	4
5	15 & Over	100 Meter Breaststroke	6
7	11-12	50 Meter Breaststroke	8
9	15 & Over	200 Meter Butterfly	10
11	11-12	100 Meter Butterfly	12
13	15 & Over	100 Meter Freestyle	14
15	11-12	50 Meter Freestyle	16
17	15 & Over	200 Meter Backstroke	18
19	11-12	100 Meter Backstroke	20
21	15 & Over	400 Meter Freestyle Relay	22
23	11-12	200 Meter Medley Relay	24

Session II

Saturday, June 15, 2019

2:00pm Warm-up

3:00pm Start time

Women			Men
25	13-14	200 Meter Individual Medley	26
27	10 & U	200 Meter Freestyle	28
29	13-14	100 Meter Breaststroke	30
31	10 & U	50 Meter Breaststroke	32
33	13-14	200 Meter Butterfly	34
35	10 & U	100 Meter Butterfly	36
37	13-14	100 Meter Freestyle	38
39	10 & U	50 Meter Freestyle	40
41	13-14	200 Meter Backstroke	42
43	10 & U	100 Meter Backstroke	44
45	13-14	400 Meter Freestyle Relay	46
47	10 & U	200 Meter Medley Relay	48

Riverbank RedTails Swim Team
16th Annual International Meet Event List

Session III

Sunday, June 16, 2019

7:30am Warm-up

8:30am Start time

Women			Men
49	15 & Over	200 Meter Freestyle	50
51	11-12	200 Meter Individual Medley	52
53	15 & Over	100 Meter Butterfly	54
55	11-12	50 Meter Butterfly	56
57	15 & Over	200 Meter Breaststroke	58
59	11-12	100 Meter Breaststroke	60
61	15 & Over	50 Meter Freestyle	62
63	11-12	100 Meter Freestyle	64
65	15 & Over	100 Meter Backstroke	66
67	11-12	50 Meter Backstroke	68
69	15 & Over	400 Meter Medley Relay	70
71	11-12	400 Meter Freestyle Relay	72

**** High Point Awards Presentations ****

Session IV

Sunday, June 16, 2019

2:00 pm Warm-up

3:00 pm Start time

Women			Men
73	13-14	200 Meter Freestyle	74
75	10 & U	200 Meter Individual Medley	76
77	13-14	100 Meter Butterfly	78
79	10 & U	50 Meter Butterfly	80
81	13-14	200 Meter Breaststroke	82
83	10 & U	100 Meter Breaststroke	84
85	13-14	50 Meter Freestyle	86
87	10 & U	100 Meter Freestyle	88
89	13-14	100 Meter Backstroke	90
91	10 & U	50 Meter Backstroke	92
93	13-14	400 Meter Medley Relay	94
95	10 & U	400 Meter Freestyle Relay	96

**** High Point Awards Presentations ****

****Team Trophy Presentations****

**Riverbank RedTails Swim Team
16th International LC Invitational
June 15th & 16th, 2019**

Meet Entry Summary & Waiver

Team Name _____ Team Code _____
Address _____ City _____ State _____ Zip _____

Head Coach's Name _____
Day Phone # _____
Evening phone # _____
E-Mail: _____

Fee Summary:

Female Individual Entries _____ x \$ 7.00 = _____

Male Individual Entries _____ x \$ 7.00 = _____

Female Relay Entries _____ x \$10.00 = _____

Male Relay Entries _____ x \$10.00 = _____

Total of entry fees = _____

***Make check payable to Riverbank RedTails NHT. Deadline: Friday, 6/1/19**

Event Waiver:

Upon acceptance of entries, swimmers, coaches, parents and spectators waive their right to all claims against New York State Office of Parks, Recreation and Historic Preservation, Riverbank State Park, Riverbank RedTails Swim Team, Lehman College, Metropolitan Swimming, their agents and representatives for any injury or loss of property occurring as a result of this meet.

I hereby certify that all swimmers that I am entering at the: 2019 MR- RedTails International LC Invitational Meet is currently registered with USA/FINA Swimming.

Print Name _____ Title _____
Signature _____ Date _____
(Team official/coach)

Certified Coaches and team officials attending this meet: _____

***Entries will not be accepted without this signed waiver**