

RED FOX AQUATIC CLUB



RFAC Spring Warm-up Short Course
Sunday, May 5, 2019

Teams Invited: All Metro Clubs in good standing. Any other teams that would like to be invited, please send request to rfacentries@hotmail.com

Sanction #190500

RFAC Spring Warm-up Short Course

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #190500
- 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:** Session 1: 1pm warmup, 2pm start
- 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 **Saturday**, 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 4 events. Entries will not be considered received and accepted without full payment of fees. Cuts will be advised by email.
- Entries will be accepted until the meet is full. In the event any sessions are oversubscribed, cuts will be made by the order in which they were received.
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:** The final entry deadline for this meet is April 25, 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 \$6.00 per individual event.
- 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 session 1 and 2 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 40 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 1-3 medals, 4-6 place/Ribbons. Relay events 1-3 place/Ribbons. NO awards will be given

for 13 & Over events.

- OFFICIALS:** **Meet Referee:** Ken Graham ksg@alumni.caltech.edu
Officials wishing to volunteer should contact Meet Referee by April 25, 2019.
- MEET DIRECTOR ADMIN:** [Lisa Simpfenderfer, 845---546-3077 or lsimpf@gmail.com](mailto:Lisa.Simpfenderfer@marist.edu)
[Lisa Simpfenderfer, 845---546-3077 or lsimpf@gmail.com](mailto:Lisa.Simpfenderfer@marist.edu)
- 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, locker rooms or behind the starting block's.**
"Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present."
- DECK CHANGE:** Deck changes are not permitted.
- ADMISSION:** [Daily admission for adults \\$5.00. Meet Program will be available for \\$3.00 per session.](#)
- MERCHANTS:** [Food concessions will be available at both sessions.](#)
- PARKING:** [On-site parking and spectator seating is available.](#)
- DIRECTIONS:** [Please visit the REDFOXAQUATICCLUB.COM website for directions.](#)

2019 RFAC Spring Warm-up

Sunday May 5, 2019

Session 1

Girls
EVENTS

Boys
EVENTS

SESSION 1

1PM Warm-up 2PM Start

1	10-U 100 Free	2
3	11-12 200 Free	4
5	13-14 200 Free	6
7	15-Over 200 Free	8
9	10-U 50 Breast	10
11	11-12 50 Breast	12
13	13-14 100 Breast	14
15	15-Over 100 Breast	16
17	10-Under 50 Fly	18
19	11-12 50 Fly	20
21	13-14 100 Fly	22
23	15-Over 100 Fly	24
25	10-Under 50 Back	26
27	11-12 50 Back	28
29	13-14 100 Back	30
31	15-Over 100 Back	32
33	10-Under 50 Free	34
35	11-12 50 Free	36
37	13-14 50 Free	38
39	15-Over 50 Free	40
41	10-Under 100 IM	42
43	11-12 200 IM	44
45	13-14 200 IM	46
47	15-Over 200 IM	48

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.-



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 _____