

RED FOX AQUATIC CLUB



**2018 RFAC HOLIDAY INVITATIONAL
FRIDAY, SATURDAY, SUNDAY, DECEMBER 14-16, 2018**

ALL METRO TEAMS ARE INVITED TO ATTEND

Sanction # 181206

2018 RFAC HOLIDAY INVITATIONAL

FRIDAY, SATURDAY, SUNDAY, DECEMBER 14-16, 2018

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 181206
- 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, DECEMBER 13TH 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:** Entries must be received by : **December 4, 2018**
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 \$5.00 per individual event, \$10.00 per relay, \$5 swimmer surcharge
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: 10 & under swimmers: 1-3 place medals 4-6 place/Ribbons, 11-12 & 13-14 swimmers receive 1-6 place/Ribbons. Relay events 1-3 place/Ribbons. NO awards will be given for Open events.
- OFFICIALS:** **Meet Referee:** Ken Graham ksg@alumni.caltech.edu
Officials wishing to volunteer should contact Meet Referee by October 6th.
- MEET DIRECTOR:** [Lisa Simpfenderfer, 845-546-3077 or lsimpf@gmail.com.](mailto:lsimpf@gmail.com)
- ADMIN:** [Lisa Simpfenderfer, 845-546-3077 or lsimpf@gmail.com.](mailto:lsimpf@gmail.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, 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:** [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 REDFOXAQUATICCLUB.COM website for directions.](http://REDFOXAQUATICCLUB.COM)

2018 RFAC HOLIDAY INVITATIONAL

Friday, Saturday and Sunday, December 14, 15, and 16 2018

GIRLS EVENTS

BOYS EVENTS

GIRLS EVENTS

BOYS EVENTS

FRIDAY SESSION 1

1:00PM Warm-up 2:00PM start

1	Open 1600 Free	2
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FRIDAY SESSION 2

4PM Warm-up 5pm Start

3	10-U 200 Free	4
5	11-12 200 Free	6
7	13-14 200 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	9-10 100 Breast	18
19	11-12 100 Breast	20
21	Open 200 Back	22
23	9-10 50 Free	24
25	11-12 50 Free	26
27	9-10 50 Fly	28
29	11-12 100 Fly	30
31	9-10 100 Back	32
33	11-12 100 Back	34
35	Open 200 Fly	36
37	11-12 100 IM	38
39	9-10 200 Med Rly	40
41	11-12 200 Med Rly	42

SATURDAY PM SESSION 4

1PM Warm-up 2:30PM Start

43	8-Under 50 Breast	44
45	Open 100 Breast	46
47	13-14 100 Breast	48
49	8-Under 50 Free	50
51	Open 50 Free	52
53	13-14 50 Free	54
55	8-Under 50 Fly	56
57	Open 200 IM	58
59	13-14 200 IM	60
61	8-Under 100 Med Rly	62
63	Open 200 Med Rly	64
65	13-14 200 Med Rly	66

SUNDAY AM SESSION 5

7:30AM Warm-up 9AM Start

67	9-10 50 Breast	68
69	11-12 50 Breast	70
71	Open 200 Breast	72
73	9-10 100 Free	74
75	11-12 100 Free	76
77	9-10 50 Back	78
79	11-12 50 Back	80
81	9-10 100 Fly	82
83	11-12 50 Fly	84
85	9-10 100 IM	86
87	11-12 200 Free Rly	88
89	9-10 200 Free Rly	90
91	Open 400 IM	92

SUNDAY PM SESSION 6

1PM Warm-up 2:30PM Start

93	8-Under 100 Free	94
95	Open 100 Free	96
97	13-14 100 Free	98
99	8-Under 50 Back	100
101	Open 100 Back	102
103	13-14 100 Back	104
105	8-Under 100 IM	106
107	Open 100 Fly	108
109	13-14 100 Fly	110
111	8-Under 100 Free Rly	112
113	Open 200 Free Rly	114
115	13-14 200 Free Rly	116

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 _____