



**2023 MR Condors June Summer  
Solstice**

June 2nd - 4th, 2023

Sanction #230606

Time Trial #230654-T

**Invited Teams: New York Sharks, Asphalt Green Unified Aquatics, BGC-N Westchester Marlins, 92nd Street Y, Badger, Huson Valley Dolphins, Rivertown Rays, Middies, Suffern Sea Lions, Trident, Y Barracudas, Freedom Aquatics, Match Point NYC, Westchester Aquatic Club, Monroe-Woodbury Devilfish Aquatics, Northern Dutchess Aquatic Club, Red Fox Aquatics, Club Fit Jefferson Valley, Brooklyn Stingrays, Staten Island Aquatic Club, Newburg Sharks**

Any other teams who would like to be invited, please contact [Nevill@SwimCondors.org](mailto:Nevill@SwimCondors.org)

# 2023 MR Condors June Summer Solstice

June 2 – 4, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #230606, Time Trial #230654-T**
- LOCATION:** Felix Festa Middle School Pool  
30 Parrott Road  
West Nyack, NY 10994
- FACILITY:** 8 lane 50-meter pool with 7-foot lanes and non-turbulent lane lines. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators. The competition course has not been certified in accordance with 104.2.2C(4).
- SESSIONS:** Session 1: Friday Afternoon - Warm-Up 5:45 PM, Start 6:30 PM  
**\*Session 2: Saturday AM 12 & Under's – Warm-Up 7:00 AM, Start 8:00 AM**  
Session 3: Saturday MID **Open** Distance– Warm-Up 12:45 PM, Start 1:15 PM  
**\*Session 4: Saturday PM 13 & Over's – Warm-Up 3:15 PM, Start 4:15 PM**  
**\*Session 5: Sunday AM 12 & Under's – Warm-Up 7:00 AM, Start 8:00 AM**  
Session 6: Sunday MID **Open** Distance– Warm-Up 12:45 PM, Start 1:15 PM  
**\*Session 7: Sunday PM 13 & Over's – Warm-Up 3:15 PM, Start 4:15 PM**  
**Session times may be adjusted once the meet is closed. Teams will be notified of any adjustments in session times once entries have closed, but no later than 1 week prior to the start of the meet.**
- FORMAT:** This will be a timed finals event. This will be a deck seeded event.
- 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 swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Age on **June 2, 2023**, will determine the age for the entire meet. There are no cuts for this meet.
- DISABILITY SWIMMER:** 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 may be entered in 4 individual events per day; only 3 individual events in any AM or PM Session and 1 in any MID session on Saturday and Sunday. Swimmers may be entered in 1 individual event on Friday. **No NT's will be accepted. Please estimate times so we can get accurate timelines out.**
- Invited teams will be given priority in the acceptance of entries. The host team reserves the right to refuse entries from teams that have a history of late or non-payment of entry fees. Entries will be accepted on a first come, first served basis for invited teams.
- The 800 Free will be limited to the 5 fastest heats of each gender and the 1500 Free will be limited to the fastest 3 heats of each gender (The host team reserves the right to keep its swimmers entered in the meet). If an athlete positively checks in for a middle session event and then is a NO SHOW they will be penalized for their first event of the next session. The MID sessions are only open to teams that are participating in other sessions as well. We want to accommodate as many swimmers in these middle sessions as possible but have a two-hour limit. Swimmers must provide their own timer and counter. Events will be run fastest to slowest, alternating events.***

Emailed Hy-Tek entry file is required.  
**NO DECK ENTRIES WILL BE ALLOWED.**

U.S. Mail Entries/Payment to:

**Condors Swim Team  
P.O. Box 550  
New City, NY 10956**

Email Entries/Confirm Entry Receipt: **Nevill@SwimCondors.org**  
Sign Express Mail Waiver allowing delivery without signature.

- DEADLINE:** **Final entries for all teams, MR/Outside LSC, must be received by: May 19th, 2023**  
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 **\$10.00** per individual event must accompany the entries. **\$15.00/swimmer facility surcharge.**
- \*Swimmers who qualify for Outreach membership are eligible to have fees waived.
- Make check payable to: **Condors Swim Team of Clarkstown, Inc.**  
Payment must be received by **May 19th, 2023** 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:** The host team reserves the right to assign lanes for warm-up based on the size of the meet. Other lanes may be assigned by meet director's discretion. Starts can be done at the discretion of the coach during their assigned warmup. All swimmers must be supervised by a coach.
- SCRATCH:** 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:** Ribbons will be awarded for places 1<sup>st</sup> – 8<sup>th</sup> for 12 & Under swimmers in all events.
- OFFICIALS:** **Meet Referee:** Mike Natale  
Officials wishing to volunteer should contact Meet Referee by email [mike4swimming@gmail.com](mailto:mike4swimming@gmail.com)  
**Admin Official:** Nevill Kishinevskiy, [Nevill@swimcondors.org](mailto:Nevill@swimcondors.org)
- MEET DIRECTOR:** Nevill Kishinevskiy, Email [Nevill@swimcondors.org](mailto:Nevill@swimcondors.org)
- 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.

- MAAPP:** All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is condition of participation in the conduct of this competition.
- SAFETY:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warmups 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 without the use of the backstroke ledge. 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.”** Lifeguards will be posted around the pool deck during the meet. An AED is located at the center of the pool deck.
- 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."  
**1.0 meter = 4 feet 6 inches, 5 meters = 13 feet**
- DISCLAIMERS:** Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Condors 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.”
- An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.
- USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.
- BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [INSERT THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION THEREWITH.**
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms, or behind the starting blocks. “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 CHANGING:** DECK CHANGES ARE **PROHIBITED**.

**ADMISSION**

\$10.00 Adults/session. All spectators are encouraged to use the Meet Mobile App in conjunction with the free wifi provided by the facility. Electronic Heat Sheets will be made available for free on the Meet Mobile app.

**MERCHANT:**

A concession stand will be available throughout the meet. Ultimate Swim Shop will be available with swimming merchandise throughout the meet.

**PARKING:**

There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing. **Attendees should NOT park on the grass, on any residential streets, or in handicapped spots unless permitted or they will be towed by the town.** Security will be patrolling the parking lot.

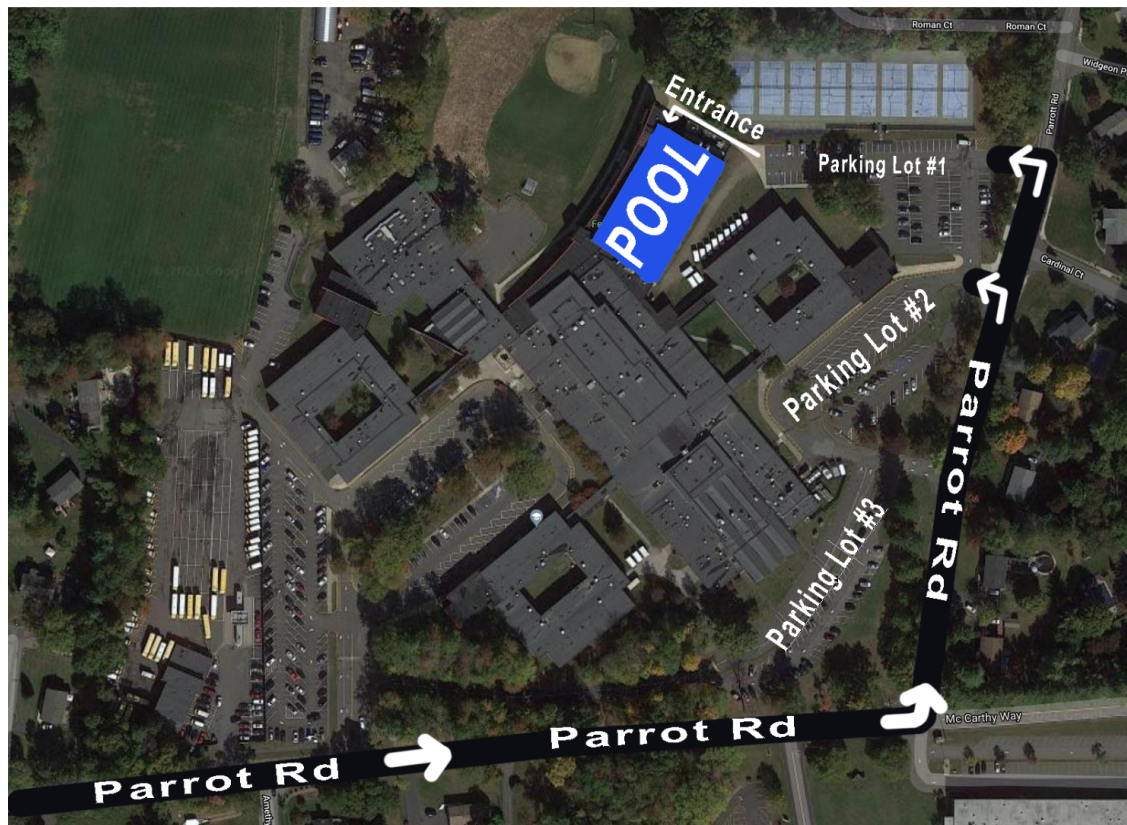
**DIRECTIONS:**

**From North of Rockland County:** Take Palisades Interstate Parkway South to Exit 10. Make a left off the exit. Make a left at the first traffic light onto Middletown Road. Take the next right at the traffic light onto Germonds Road...

**From the George Washington Bridge:** Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

**From the Tappan Zee Bridge:** Take the NYS Thruway (I-87 North) to Exit 13N (Palisades Interstate Parkway – North). Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

...follow Germonds Road through the intersection of Germonds Road and Route 304 (you will pass Albertus Magnus High School on your right). Make a left onto Parrott Road. The entrance for the pool is down the walkway at the end of the tennis courts.





## 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 \_\_\_\_\_

**\*Friday PM Session**

**Warm-up: 5:45 PM**

**Start: 6:30 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	Open 400 Freestyle	2
3	Open 400 IM	4

\*3.5 hour limit

**Saturday AM Session**

**Warm-up: 7:15 AM**

**Start: 8:30 AM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
5	12 & Under 200 IM	6
7	11 - 12 50 Butterfly	8
9	10 & Under 50 Butterfly	10
11	12 & Under 200 Breaststroke	12
13	10 & Under 100 Breaststroke	14
15	11 – 12 100 Backstroke	16
17	10 & Under 100 Backstroke	18
19	11 – 12 50 Freestyle	20
21	10 & Under 50 Freestyle	22
23	11 -12 50 Breaststroke	24
25	12 & Under 200 Butterfly	26

**\*\*Saturday Mid-Day Session**

**Warm-up: 12:45 PM**

**Start: 1:15 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
27	Open 800 Freestyle	
	Open 1500 Freestyle	28

**\*\*Swimmers must provide their own timer and counter. Events will be run fastest to slowest, alternating heats**

### Saturday PM Session

Warm-up: 3:15 PM

Start: 4:30 PM

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
29	13 - 14 200 IM	30
31	15 & Over 200 IM	32
33	13 -14 100 Freestyle	34
35	15 & Over 100 Freestyle	36
37	13 -14 200 Backstroke	38
39	15 & Over 200 Backstroke	40
41	13 -14 100 Breaststroke	42
43	15 & Over 100 Breaststroke	44
45	13 – 14 200 Butterfly	46
47	15 & Over 200 Butterfly	48

### Sunday AM Session

Warm-up: 7:30 AM

Start: 8:30 AM

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
49	12 & Under 200 Freestyle	50
51	11 -12 50 Backstroke	52
53	10 & Under 50 Backstroke	54
55	11 – 12 100 Butterfly	56
57	10 & Under 100 Butterfly	58
59	11 – 12 100 Freestyle	60
61	10 & Under 100 Freestyle	62
63	11 -12 100 Breaststroke	64
65	10 & Under 50 Breaststroke	66
67	12 & Under 200 Backstroke	68



**\*\*Sunday Mid-Day Session**

**Warm-up: 12:45 PM**

**Start: 1:15 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
69	Open 1500 Freestyle	
	Open 800 Freestyle	70

**\*\*Swimmers must provide their own timer and counter. Events will be run fastest to slowest, alternating heats**

**Sunday PM Session**

**Warm-up: 3:15 PM**

**Start: 4:30 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
71	13 – 14 50 Freestyle	72
73	15 & Over 50 Freestyle	74
75	13 – 14 200 Breaststroke	76
77	15 & Over 200 Breaststroke	78
79	13 – 14 100 Butterfly	80
81	15 & Over 100 Butterfly	82
83	13 - 14 200 Freestyle	84
85	15 & Over 200 Freestyle	86
87	13 – 14 100 Backstroke	88
89	15 & Over 100 Backstroke	90