



## **2025 MR Condors June Summer Solstice**

**June 6th - 8th, 2025**

**Sanction # 250607**

**Time Trial # 250653-TT**

**Invited Teams: Aquaracers, ARMY, Asphalt Green Unified Aquatics, Badger Swim Club, BGC-N Westchester Marlins, Brooklyn Stingrays, Hudson Valley Dolphins, Monroe-Woodbury Devilfish Aquatics, New York Sharks, Newburgh Sharks, Northern Dutchess Aquatic Club, North Rockland Aquatic Club, Patriot Swim Club, Pine Bush Aquatic Club, Red Fox Aquatic Club, Rivertown Aquatics, Suffern Sea Lions, Trident Aquatic Club, Westchester Aquatic Club, YMCA of Middletown, Jersey Flyers Aquatic Club, Rebel Aquatics, Pocono Family YMCA, NJ Barracudas**

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

# 2025 MR Condors June Summer Solstice

June 6 – 8, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #250607, Time Trial #250653-TT**
- 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 5:40 PM, Start 6:45 PM **\*3 hour limit**  
Session 2: Saturday AM **12 & Under's** – Warm-Up 7:15 AM, Start 8:35 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 4:35 PM  
Session 5: Sunday AM **12 & Under's** – Warm-Up 7:15 AM, Start 8:35 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 4:35 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. **No Deck Registrations will be accepted.** Age on June 7, 2024, will determine the age for the entire meet. **There will be qualifying time for the distance events (11-12 BB times for all ages).**
- DISABILITY SWIMMER:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. 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. Teams swimming the entire meet will be given priority over teams only entering the distance sessions. 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 23rd, 2025**  
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 and **\$18.00** per distance event must accompany the entries. There is also **\$30.00** surcharge per swimmer (\$15.00 facility surcharge & \$15.00 admission surcharge - no charge for admission at the door)
- \*Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact the meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries\*
- Make check payable to: **Condors Swim Team of Clarkstown, Inc.**  
Payment must be received by **May 31st, 2025** 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.

|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>MAAPP:</b>                  | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>SAFETY:</b>                 | Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. 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. <b>"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."</b> Lifeguards will be posted around the pool deck during the meet. An AED is located at the center of the pool deck. |
| <b>WATER DEPTH:</b>            | 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."<br><b>1.0 meter = 4 feet 6 inches, 5 meters = 13 feet</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>DISCLAIMERS:</b>            | Upon acceptance of his/her entries, the participant waives all claims against <b>Clarkstown Central School District, Condors Swim Team, Metropolitan Swimming Inc., USA Swimming Inc.</b> , 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."                                                                                                                                                                                                                                                                                                                                               |
| <b>AUDIO/VISUAL STATEMENT:</b> | Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, or locker rooms. "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."                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>DECK CHANGING:</b>          | DECK CHANGES ARE <b>PROHIBITED</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>ADMISSION</b>               | There will be no charge for admission at the door, the fee is built into the surcharge. 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>MERCHANT:</b>               | A concession stand will be available throughout the meet. Ultimate Swim Shop will be available with swimming merchandise throughout the meet.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>PARKING:</b>                | There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing. <b>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. The small side lot near the softball field is no longer available.</b> 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           |

**\*3.0 hour limit**

**Saturday AM Session**

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

**Start: 8:35 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>Qual. Time</b> | <b>Event</b>        | <b>Qual. Time</b> | <b>Boys</b> |
|--------------|-------------------|---------------------|-------------------|-------------|
| 27           | 12:26.29          | Open 800 Freestyle  |                   |             |
|              |                   | Open 1500 Freestyle | 23:25.49          | 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: 4:35 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: 7:15 AM**

**Start: 8:35 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>Qual. Time</b> | <b>Event</b>        | <b>Qual. Time</b> | <b>Boys</b> |
|--------------|-------------------|---------------------|-------------------|-------------|
| 69           | 23:55.39          | Open 1500 Freestyle |                   |             |
|              |                   | Open 800 Freestyle  | 12:15.19          | 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: 4:35 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          |