



EMPIRE HOLIDAY INVITATIONAL

Metro Sanction # 231204

DECEMBER 15 – 17, 2023

Invited Teams: ALL METRO TEAMS

Any other teams that would like to be invited, please contact Ilan Noach at ilan@empireswimming.com

Empire Holiday Invitational

December 15 – 17, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 231204
- LOCATION:** Purchase College Pool, 735 Anderson Hill Road, Purchase, NY 10577
- FACILITY:** Purchase College pool is an indoor 6 lane 25-yard pool.
Colorado electronic timing system and scoreboard.
The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: Friday PM - 4:00 PM Warm Up, 5:00 PM Start
Session 2: Saturday AM – 8:00 AM Warm Up, 9:00 AM Start
Session 3: Saturday PM – 1:30 PM Warm Up, 2:30 PM Start
Session 4: Sunday AM – 8:00 AM Warm Up, 9:00 AM Start
Session 5: Sunday PM – 1:30 PM Warm Up, 2:30 PM Start
- FORMAT:** This is a timed final meet.
The meet will be 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 swimmer will be permitted to compete unless swimmer is a member of USA Swimming as provided in USA Swimming Rules & Regulations Article 302. No deck registrations will be accepted.
Age on **December 15, 2023** will determine age for the entire meet.
- DISABILITY SWIMMERS:** 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 session.
Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on a disk. A Master Sheet must accompany all entries.
- U.S. Mail Entries/Payments:
- Empire Swimming**
93 Hillair Circle
White Plains, NY 10605
- Email Entries/Confirm Entry Receipt: thelangez@hotmail.com
- Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** The final entry deadline for this meet is November 29, 2023 or until sessions are full. Entries will be accepted on a "first come-first served" basis until a session is full. Once a session is full, no further entries will be accepted for that session.
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 plus \$15.00 per athlete facility surcharge must accompany the entries. Make check payable to: **Empire Swimming**. Payment must be received by **November 29, 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. Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

- WARM-UP:** The host club reserves the right to assign lanes for warm up based on the size of the meet. If lanes are not assigned, the first 30 minutes will be general warm up. The last 10 minutes will have lanes 2 through 5 open for one-way sprints, lanes 1 and 6 for pace, and all other lanes may be assigned at the meet director's discretion. NO diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.
- 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:** Ribbons will be awarded for 1-6th place for all 12 & Under age divisions. No awards for 13-14 and Open divisions.
- OFFICIALS:** **Meet Referee:** Greg Bedell, Email: greg@bedellmail.com
Officials wishing to volunteer should contact Meet Referee by November 29, 2023.
- ADMIN. OFFICIAL:** **Administrative Official:** Mary Lange, email: thelangez@hotmail.com
- MEETDIRECTOR:** Mary Lange, email: thelangez@hotmail.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 Swimming Safety Guidelines and Warm-up procedures will be in effect at this meet. 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 without the use of a 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 on duty supervising the pool. An AED is located in the pool area.
- MAAPP POLICY:** 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 a condition of participation in the conduct of this competition.
- 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."
Shallow end (turn end) = 3 feet, 6 inches; Deep end (start end) = 8 feet.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against the State of NY, State University of NY, SUNY College at Purchase, Empire Swimming, Inc, The Empire Swim Team, Metropolitan Swimming Inc., USA Swimming Inc., their agents, or representatives for any injury occurring because 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.
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: There **WILL BE SPECTATORS ALLOWED** at this meet. There is no charge for admission to this meet.

MERCHANTS: A limited concession stand will be available throughout the duration of the meet.

PARKING: There is ample parking in the PE Building parking lot # E-6.

DIRECTIONS: **Directions to Purchase College:**

From New York City, Southern Westchester, and Long Island:

Take the Hutchinson River Parkway north to Exit 28 (Lincoln Avenue). Turn Left onto Lincoln Avenue and proceed approximately one mile to Anderson Hill Road (2nd traffic light). Turn right onto Anderson Hill Road. The campus is immediately on the left.

From Northern Westchester:

Take I-684 south to Exit 2 (Route 120), drive over the bridge and turn right onto Route 120 south (Purchase Street). Make the first left onto Route 120 south (Purchase Street). Follow Route 120 south 3.2 miles to Anderson Hill Road (1st traffic light) and turn left. Turn left at 2nd traffic light into campus

From Connecticut:

Take the Merritt Parkway south (which becomes the Hutchinson River Parkway in New York State) south to New York Exit 28, Lincoln Avenue (Note: Do not get off at Exit 28 in Connecticut). Turn right onto Lincoln Avenue and proceed approximately one mile to Anderson Hill Road (2nd traffic light). Turn right onto Anderson Hill Road. The campus is immediately on the left.

Directions to the Gymnasium at Purchase College:

When you enter the Campus from Anderson Hill Road, bear right. The Physical Education building is the first building on the right (approx. 1 mile in) and 1/10 of a mile past the building is the driveway for the "E6/E7/E8" parking lot on the right (It is across from E-5 parking). Park in any legal space (E6) or in the gravel lot (E7) next to the lower Tennis courts (Most of the spaces are there). You will enter the building at the basement level so just come up to the first floor. The pool is to the right of the large windows that face the parking lot. 1021-A is the pool office.

SESSION 1: Friday December 15th -- Warm-ups: 4:00 PM – 5:00 PM Start

Girls Evt. #	Age Group Event	Boys Evt. #
1	8 & Under 100 Freestyle	2
3	7 & Under 25 Freestyle	4
5	8 & Under 50 Backstroke	6
7	7 & Under 25 Backstroke	8
9	8 & Under 50 Breaststroke	10
11	7 & Under 25 Breaststroke	12
13	8 & Under 50 Butterfly	14
15	7 & Under 25 Butterfly	16
17	8 & Under 50 Freestyle	18

SESSION 2: Saturday December 16th -- Warm-ups: 8:00 AM – 9:00 AM Start

Girls Evt. #	Age Group Event	Boys Evt. #
19	13-14 200 Backstroke	20
21	10 & Under 100 Backstroke	22
23	13-14 50 Freestyle	24
25	10 & Under 50 Freestyle	26
27	13-14 100 Breaststroke	28
29	10 & Under 100 Breaststroke	30
31	13-14 200 Butterfly	32
33	10 & Under 50 Butterfly	34
35	13-14 200 Freestyle	36
37	10 & Under 100 IM	38

SESSION 3: Saturday December 16th -- Warm-ups: 1:30 PM – 2:30 PM Start

Girls Evt. #	Age Group Event	Boys Evt. #
39	11-12 100 Butterfly	40
41	Open 100 Butterfly	42
43	11-12 200 IM	44
45	Open 200 IM	46
47	11-12 100 Backstroke	48
49	Open 100 Backstroke	50
51	11-12 50 Breaststroke	52
53	Open 200 Breaststroke	54
55	11-12 50 Freestyle	56
57	Open 100 Freestyle	58

SESSION 4: Sunday December 17th -- Warm-ups: 8:00 AM – 9:00 AM Start

Girls Evt. #	Age Group Event	Boys Evt. #
59	10 & Under 100 Butterfly	60
61	13-14 100 Butterfly	62
63	10 & Under 200 IM	64
65	13-14 200 IM	66
67	10 & Under 50 Backstroke	68
69	13-14 100 Backstroke	70
71	10 & Under 50 Breaststroke	72
73	13-14 200 Breaststroke	74
75	10 & Under 100 Freestyle	76
77	13-14 100 Freestyle	78

SESSION 5: Sunday December 17th -- Warm-ups: 1:30 PM – 2:30 PM Start

Girls Evt. #	Age Group Event	Boys Evt. #
79	11-12 50 Backstroke	80
81	Open 200 Backstroke	82
83	11-12 100 Freestyle	84
85	Open 50 Freestyle	86
87	11-12 100 Breaststroke	88
89	Open 100 Breaststroke	90
91	11-12 50 Butterfly	92
93	Open 200 Butterfly	94
95	11-12 200 Freestyle	96
97	Open 200 Freestyle	98
99	11-12 100 IM	100



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 _____