



Christmas Invitational

December 3-5th, 2021

Sanction #211204

Invited Teams: ALL METRO TEAMS, Lifetime New Jersey, Bergen Barracudas, Sussex County YMCA & CPAC

Any other teams that would like to be invited, please contact Mary Lange at Pacentries@gmail.com

Christmas Invitational

December 3-5th, 2021

SANCTION: Held under the sanction of USA Swimming/Metropolitan, Inc. #211204
LOCATION Felix Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994

FACILITY: 50-meter pool with 7-foot lanes and non-turbulent lanes lines. Shallow end of pool will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators. The pool has not been certified in accordance with Article 104.2.2C(4)

SESSIONS: **PLEASE NOTE: THE BUILDING DOORS WILL NOT OPEN UNTIL 5:30** – you may not enter the building prior.

Session times may be adjusted once the meet is seeded

Session 1: Friday Evening - Warm-up 6:00 PM, Start 6:30 PM *****3 Hour Time Limit*****
Session 2: Saturday Morning - Warm-up 9:30 AM, Start 10:00 AM - due to varsity practice
Session 3: Saturday Afternoon – Warm-up 12:30 PM, Start 1:00 PM
Session 4: Saturday Afternoon - Warm-up 3:30 PM, Start 4:00 PM
Session 5: Saturday Afternoon – Warm-up 6:30 PM, Start 7:00 PM
Session 6: Sunday Morning – Warm-up 7:30 AM, Start 8:00 AM
Session 7: Sunday Morning – Warm-up 10:30 AM, Start 11:00 AM
Session 8: Sunday Afternoon - Warm-up 1:30 PM, Start 2:00 PM
Session 9: Sunday Afternoon - Warm-up 4:30 PM, Start 5:00 PM

FORMAT: This will be a timed finals event.
This meet will be pre-seeded

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 December 3rd, 2021 will determine the age for the entire 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 responsible for notifying the meet referee of any disability prior to the competition.

ENTRIES: Swimmers will be capped at 150 swimmers per session.

Swimmers may be entered in 2 events on Friday evening and 3 individual events **Saturday and Sunday. No NT's will be accepted.**

Invited teams will be given priority in acceptance of entries. 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 until the meet is determined to be full. The host team reserves the right to keep its swimmers

entered in the meet.

The 500 Free (women) will be limited to the fastest 5 heats; the 500 Free (men) will be limited to the fastest 6 heats. Host team retains the right to keep its swimmers entered in these events.

Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.

U.S. Mail Entries/Payments:

**Phoenix Aquatic Club
10 Sparrow Lane
Pearl River, NY 10965**

Email Entries/Confirm Entry Receipt: pacentries@gmail.com

Sign Express Mail Waiver allowing delivery without signature.

DEADLINE: ENTRIES MUST BE RECEIVED BY: November 22nd, 2021

An email confirming receipt of entries will be sent if you provide an email contact. Please contact the 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 plus **\$15.00/athlete** surcharge must accompany the entries.

*Swimmers who qualify for Outreach membership are eligible to have fees waived.

All athletes must provide proof of Covid Vaccine, or a negative COVID Rapid Test or PCR test (must be FDA approved test, not an at home test) within 72 hours of entering the facility to be eligible to swim.

Make check payable to: **Phoenix Aquatic Club**

Payment must be received by **November 30th, 2021** for email entries. Payments 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. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach. The meet director reserves the right to assign warm-up lanes.

**SCRATCH
PROCEDURES:** N/A

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. DECK PASS LIVE may be used to verify a coach's registration.

AWARDS: Ribbons will be awarded for 1-8th place in the 8&U, 9-10 and 11-12 age divisions for all 12&U under events. No awards for 13&O.

OFFICIALS: **Meet Referee:** Phil Paspalas
Officials wishing to volunteer should contact Meet Referee by email:
paspalas@optonline.net

**MEET
DIRECTOR:** Mary Lange, contact information phone 845-323-9118
Email thelangez@hotmail.com

**ADMIN
OFFICIALS:** Mary Lange thelangez@hotmail.com
Helen Shaw fiveshawsnow@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.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Phoenix Aquatic Club, Metropolitan Swimming Inc., USA Swimming Inc.**, their agents or representatives for any injury occurring as a result of the meet.

By attending or participating in this competition, you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless, Clarkstown Central School District, Phoenix Aquatic Club LLC, Metropolitan Swimming Inc., USA Swimming Inc., their agents 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 with exposure, infection, and/or spread of Covid a9 related to participation in this competition.

**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 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:

\$5.00 Adults/session

Spectator Area - Limited to 233 spectators, 1 spectator per athlete - All spectators must provide proof of Covid Vaccine, or a negative COVID Rapid Test or PCR test (must be FDA approved test, not an at home test) within 72 hours of entering the facility to be eligible for entry. The stands will be cleared after each session.

MERCHANT:

There will be no merchant at this 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 or on any residential street or the town will tow them. There will be security guards directing parking – please be respectful.

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 of 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”

MAAPP

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.

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 a right a right at next 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 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 c

Friday Evening – Session 1
Warm-up 6:00PM/Start 6:30 PM

Girls	Event	Boys
1	10 & Under 200 Free	2
3	11-12 200 Free	4
5	Open 400 IM	6
7	Open 500 Free	8

*****3 HOUR LIMIT FOR THIS SESSION*****

Saturday Morning – Session 2 – 10&U
Warm-up 9:30am/Start 10:00am **Due to Varsity Practice

Girls	Event	Boys
9	10 & Under 100 IM	10
11	10 & Under 50 Back	12
13	10 & Under 100 Breast	14
15	10 & Under 100 Free	16
17	10 & Under 50 Fly	18

Saturday Afternoon – Session 3 – 11/12
Warm-up 12:30pm/Start 1:00pm

Girls	Event	Boys
19	11-12 100 IM	20
21	11-12 50 Back	22
23	11-12 100 Breast	24
25	11-12 100 Free	26
27	11-12 50 Fly	28

Saturday Afternoon – Session 4 – 13-14
Warm-up 3:30pm/Start 4:00pm

Girls	Event	Boys
29	13-14 200 IM	30
31	13-14 100 Back	32
33	13-14 200 Breast	34
35	13-14 100 Free	36
37	13-14 200 Fly	38

Saturday Afternoon – Session 5 – 15&O
Warm-up 6:30pm/Start 7:00pm

Girls	Event	Boys
39	15 & Over 200 IM	40
41	15 & Over 100 Back	42
43	15 & Over 200 Breast	44
45	15 & Over 100 Free	46
47	15 & Over 200 Fly	48

Sunday Morning – Session 6 – 10&U
Warm-up 7:30am/Start 8:00am

Girls	Event	Boys
49	10 & Under 50 Free	50
51	10 & Under 200 IM	52
53	10 & Under 50 Breast	54
55	10 & Under 100 Back	56
57	10 & Under 100 Fly	58

Sunday Morning – Session 7 – 11/12
Warm-up 10:30am/Start 11:00am

Girls	Event	Boys
59	11-12 50 Free	60
61	11-12 200 IM	62
63	11-12 50 Breast	64
65	11-12 100 Back	66
67	11-12 100 Fly	68

Sunday Afternoon – Session 8 – 13/14
Warm-up 1:30pm/Start 2:00pm

Girls	Event	Boys
69	13-14 50 Free	70
71	13-14 200 Back	72
73	13-14 100 Breast	74
75	13-14 200 Free	76
77	13-14 100 Fly	78

Sunday Afternoon – Session 9 – 15&O
Warm-up 4:30pm/Start 5:00pm

Girls	Event	Boys
79	15 & Over 50 Free	80
81	15 & Over 200 Back	82
83	15 & Over 100 Breast	84
85	15 & Over 200 Free	86
87	15 & Over 100 Fly	88
89	15 & Over 200 Free Relay	90



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.

Policy: Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

Notes:

The above policy will be published in meet announcements and programs.

It is the Meet Director's responsibility to have forms available at the meet.

The Meet Director should check the actual ID against entry on form, and keep a file of submitted forms.

The intent is to promote accountability and to give Meet Directors and Referees a tool for managing concerns about photographers. Teams should consider providing a lanyard indicating that the photographer is registered.

See form, below.



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_____