



**RED FOX AQUATIC CLUB
ELIZABETH R. MILLER HOLIDAY INVITATIONAL
TRIALS / FINALS**

December 12-14, 2025
[Sanction # 251200]

Invited Teams: The following teams are invited until the session has met the maximum either via timeline or capacity as required by Marist College / NYS Regulations:

All Metro Teams

Other Teams: Please contact Frank Seldin at rfacentries@yahoo.com for an invite based on availability.

RED FOX AQUATIC CLUB
2025 ELIZABETH R. MILLER TRIALS / FINALS INVITATIONAL

December 12-14, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # **251200**
- 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 competition course **has not been** certified in accordance with Article 104.2.2C (4).

There is a diving well area available during the meet for warm-up and cool-down under coaching supervision
- SESSIONS:** **Friday evening session 1: Warm-up 4 pm, start 5 pm.**
Friday evening session will be limited to 3 hours; Meet Director / Meet Referee will inform coaches in advance if any heats need to be eliminated to meet timeline.

Saturday & Sunday Prelims: Sessions 2 & 4: Warm-up 7:00 am, start 8:30 am.
Saturday & Sunday 10&Unders: Sessions 3 & 5: Warm-up 1:00 pm, start 2:00 pm.
Saturday & Sunday Finals: Session 6 & 7: Warm-up 5PM, start 6pm
Session warm-up/start times subject to change at discretion of Meet Director and Meet Referee
- FORMAT:** **Sessions 1, 3, 5 are timed final events (distance, 8 & under, and 9-10 events). Sessions 2 and 4 are prelim events (11-12, 13-14, and 15-18 events excluding distance), with fastest 3 heats circle-seeded. Session 6 and 7 are finals from Sessions 2 & 4. 12 swimmers in each event from session 2 and 4 will swim in finals in Sessions 6 & 7:**
 - **For 11-12, Finals will be two heats of 6 swimmers, the first will be 11 year olds and the second 12 year olds**
 - **For 13-14, Finals will be two heats of 6 swimmers, the first will be 13 year olds and the second 14 year olds**
 - **For 15-18, Finals will be two heats of 6 swimmers (B & A Finals) without regard for age**
 - **200 Fly & 200 Breast will be swum as 11-18 prelims, and then 3 heats of 6 in finals – one heat of 6 for 11-12, one heat of 6 for 13-14, and one heat of 6 for 15-18**
- 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 **December 12, 2025** 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:** All athletes are limited to enter 3 events Friday, 3 individual events for prelims and finals each day, and 5 individual events per day on Saturday and Sunday for timed finals. NO TIME (NT) entries will be accepted, except for distance events. 1000 Freestyle events will be limited to 6 total 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: **Red Fox Aquatics 99 Gabriels Path, Poughquag, NY 12570**
Email Entries/Confirm Entry Receipt: **Frank Seldin – Meet Director** rfacentries@yahoo.com
(use Hy-Tek formatted entry files)
- DEADLINE:** 1: Invited teams will be given priority on a first come/first served basis. Metro teams entries must be received by November 15, 2025 to be given priority
2: The final entry deadline for this meet is December 11, 2025
3: Metro entries received between November 15, 2025 and December 12, 2025 and all entries from other LSC's during that time period will be entered in the order they were received, as space allows.
4: An email confirming receipt of entries will be sent when the entries are processed. 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 \$15.00 per individual Trial/Final event, \$10 per individual timed finals event, and \$10 per swimmer must accompany the entries. Make check payable to: RED FOX AQUATICS. Zelle can be used for payment as well. Ask the Meet Director for details. Payment must be received by December 11, 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. 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.
WARM-UP:	The host team will assign warm up lanes and time slots to each team for each session. That information will be distributed a few days prior to the meet. Starts can be done at the discretion of the coach during their assigned warm-up. All swimmers must be supervised by a coach during warm-ups. Diving well area available during the meet for warm-up and cool-down under coaching supervision
TIMERS:	Swimmers in the 1000Free and 500Free events (Session 1) will need to provide their own timer AND counter. Swimmers in the 400IM events (Session 1) will need to provide their own timer.
SCRATCHES:	Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 45 minutes prior to the start of each timed final or prelim session. Scratches are due 45 minutes before the start of the session. Coaches are asked to indicate clearly individual event scratches and which swimmers will not be participating in the session. Swimmers have 30 minutes from the announcement of trials results, to declare intent to scratch from finals. Finals no shows will be scratched from the remainder of that finals 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 Awards will be given for 1st 6 places for all timed finals. Awards will be given for 1st 6 places in trials/finals events in sync with “Format” above (e.g., 1st-6th for 11 year olds, 1st-6th for 12 year old, etc, 1st-6th for 15-18 age group)
OFFICIALS:	Meet Referee: Ken Graham, ksg@alumni.caltech.edu , 845-444-4678 Officials wishing to volunteer should contact the Meet Referee.
ADMIN. OFFICIAL:	Administrative Official: Frank Seldin, rfacentries@yahoo.com, 201-314-2073 (cell)
MEET DIRECTOR:	Frank Seldin, rfacentries@yahoo.com, 201-314-2073 (cell)
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. Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specifications may be worn in any USA Swimming sanctioned or approved competition. “Tech suits” are not permitted at this meet for 12 & under swimmers, as defined by Rule 102.8.
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 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.

**Lifeguard(s) will be posted on the pool deck during all warm-ups and meet sessions.
AED is located in the adjacent hallway near the public restrooms.**

- 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 - 2023.7 "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. No visual recordings are permitted from 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:** Admission is \$10 per session payable at the door by Cash.
No admission fee for children under 10.
Admission for Finals session (6&7) will be free for those with a wrist band from that day's Prelim Session; those without a wrist band will be charged \$10 admission fee

Heat sheets will be available through Meet Mobile
- MERCHANTS:** **A limited variety of drinks and snacks will be available for sale for swimmers and spectators**
- PARKING:** **On site parking is available in front of the McCann Center. Please abide by all marked traffic and parking rules to avoid citation or possibly being towed**
- DIRECTIONS:** **Using any mapping / GPS program, enter "McCann Center, Marist College"**
Marist College is located approx. 2 miles north of the Mid-Hudson Bridge on US Route 9

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Session 1 – TIMED FINALS **Friday Dec 12 2025** **Warm-up 4:00PM Events 5:00PM**

Girls	Event Description	Boys
1	Open 1000 Free	2
3	Open 500 Free	4
5	Open 400 IM	6

Session 2 -- PRELIMS **Saturday Dec 13, 2025** **Warm-up 7:30AM Events 9:00AM**

Girls	Event Description	Boys
7	11-12 200 Free	8
9	13-14 200 Free	10
11	15-18 200 Free	12
13	11-12 50 Fly	14
15	13-14 100 Back	16
17	11-12 100 Back	18
19	15-18 100 Back	20
21	11-12 50 Free	22
23	13-14 50 Free	24
25	15-18 50 Free	26
27	11-12 100 Breast	28
29	13-14 100 Breast	30
31	15-18 100 Breast	32
33	11-12 100 IM	34
35	11-18 200 Fly	36

Session 3 – TIMED FINALS **Saturday Dec 13 2025** **Warm-up 1:00PM Events 2:00PM**

Girls	Event Description	Boys
37	10&Under 200 Free	38
39	8&Under 25 Breast	40
41	9-10 100 Back	42
43	8&Under 100 Back	44
45	9-10 100 IM	46
47	8&Under 100 IM	48
49	9-10 100 Breast	50
51	8&Under 100 Breast	52
53	8&Under 25 Back	54
55	9-10 50 Fly	56
57	8&Under 50 Fly	58
59	9-10 50 Free	60
61	8&Under 50 Free	62

Session 6 -- FINALS
Saturday Dec 13 2025
Warm-up 5:00PM Events 6:00PM

Girls	Event Description	Boys
7	11-12 200 Free	8
9	13-14 200 Free	10
11	15-18 200 Free	12
13	11-12 50 Fly	14
15	13-14 100 Back	16
17	11-12 100 Back	18
19	15-18 100 Back	20
21	11-12 50 Free	22
23	13-14 50 Free	24
25	15-18 50 Free	26
27	11-12 100 Breast	28
29	13-14 100 Breast	30
31	15-18 100 Breast	32
33	11-12 100 IM	34
35	11-18 200 Fly	36

Session 4 -- PRELIMS
Sunday Dec 14 2025
Warm-up 7:30AM Events 9:00AM

Girls	Event Description	Boys
63	11-12 200 Back	64
65	13-14 200 Back	66
67	15-18 200 Back	68
69	11-12 100 Fly	70
71	13-14 100 Fly	72
73	15-18 100 Fly	74
75	11-12 50 Breast	76
77	13-14 200 IM	78
79	11-12 200 IM	80
81	15-18 200 IM	82
83	11-12 50 Back	84
85	13-14 100 Free	86
87	11-12 100 Free	88
89	15-18 100 Free	90
91	11-18 200 Breast	92

Session 5 – TIMED FINALS
Sunday Dec 14 2025
Warm-up 1:00PM Events 2:00PM

Girls	Event Description	Boys
93	10&Under 200 IM	94
95	8&Under 25 Fly	96
97	9-10 50 Breast	98
99	8&Under 50 Breast	100
101	9-10 50 Back	102
103	8&Under 50 Back	104
105	9-10 100 Fly	106
107	8&Under 100 Fly	108
109	8&Under 25 Free	110
111	9-10 100 Free	112
113	8&Under 100 Free	114

Session 7 -- FINALS
Sunday Dec 14 2025
Warm-up 5:00PM Events 6:00PM

Girls	Event Description	Boys
63	11-12 200 Back	64
65	13-14 200 Back	66
67	15-18 200 Back	68
69	11-12 100 Fly	70
71	13-14 100 Fly	72
73	15-18 100 Fly	74
75	11-12 50 Breast	76
77	13-14 200 IM	78
79	11-12 200 IM	80
81	15-18 200 IM	82
83	11-12 50 Back	84
85	13-14 100 Free	86
87	11-12 100 Free	88
89	15-18 100 Free	90
91	11-18 200 Breast	92



Metropolitan Swimming Photographer Registration Form

All Metropolitan Swimming Teams need to include this in the meet information packet. Please file this form with the Safety 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 a 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 _____