



**RED FOX AQUATIC CLUB
ELIZABETH R. MILLER MEMORIAL INVITATIONAL
October 20-22, 2023
[Sanction # 231002]**

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, AD-Albany Starfish, AD-Adirondack Bluefins, AD-Delmar Dolphins, AD-HAWK, AD-KING, AD-Uncle Sams Swim Club, CT-Charter Oak

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

RED FOX AQUATIC CLUB
2023 ELIZABETH R. MILLER MEMORIAL INVITATIONAL
October 20-22, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # **231002**
- 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).
- SESSIONS:** **Friday afternoon session 1: Warm-up 2:00 pm. start 2:30 pm.**
Friday evening session 2: Warm-up 4 pm, start 5 pm.
Saturday & Sunday sessions 3 & 5: Warm-up 7:30 am, start 9 am.
Saturday & Sunday sessions 4 & 6: Warm-up 1 pm, start 2:30 pm.
Session warm-up/start times subject to change at discretion of Meet Director and Meet Referee
- FORMAT:** **All events will be swum as timed finals. Deck seeded with Scratch Sheets collected 60 minutes prior to the start of Saturday and Sunday sessions, and 45 minutes before the start of Session 2. Session 1 (Boys and Girls Open 1000 Free) will be limited to 6 heats (fastest to slowest alternative girls/boys; scratches for 1000F are due 24 hours before the session so there is time to fill open lanes with any swimmers that were dropped due to the heat limit.**
- 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 **October 20, 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:** All athletes are limited to enter 3 events Friday and 5 individual events per day on Saturday and Sunday. **NO TIME** 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 September 20, 2023 to be given priority
2: The final entry deadline for this meet is October 13, 2023
3: Metro entries received between September 20, 2023 and October 13, 2023 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 \$8 per individual event, \$16 per relay, and \$7 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 **October 13, 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 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.
- TIMERS:** Swimmers in the 1000Free event (Session 1) will need to provide their own timer AND counter. Swimmers in the 500Free event (Session 2) will need to provide their own counter.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 60 minutes prior to the start of Saturday and Sunday sessions. Session 2 scratches are due 45 minutes before the start of the session, and Session 1 scratches are due 24 hours in advance. Coaches are asked to indicate clearly individual event 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:** Individual Awards will be given for 1st 6 places for all 8 & under, 9-10, and 11-12 individual events, and for 1st 3 places in 8 & under, 9-10, and 11-12 relays
- OFFICIALS:** Meet Referee: Ken Graham, ksg@alumni.caltech.edu , 845-444-4678
Officials wishing to volunteer should contact the Meet Referee by 10/19/23
- 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.
- 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 - 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."
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:

Session admission for adults is \$7. Psych Sheets will be available for purchase. Cash and Zelle will be accepted at the admission table

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

RFAC Oct 2023 Elizabeth R Miller Memorial Invitational

Session 1 **Friday Oct 20 2023** **Warm-up 2:00PM Events 2:30PM**

Girls	Event Description	Boys
1	Open 1000 Free	2

Session 2 **Friday Oct 20 2023** **Warm-up 4:00PM Events 5:00PM**

Girls	Event Description	Boys
3	12&Under 200 Free	4
5	Open 500 Free	6
7	12&Under 200 IM	8
9	Open 400 IM	10

Session 3 **Saturday Oct 21 2023** **Warm-up 7:30AM Events 9:00AM**

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

Session 4
Saturday Oct 21 2023
Warm-up 1:00PM Events 2:30PM

Girls	Event Description	Boys
35	13&Over 200 Fly	36
37	13-14 100 Breast	38
39	15&Over 100 Breast	40
41	13&Over 200 Back	42
43	13-14 100 Free	44
45	15&Over 100 Free	46
47	13-14 200 IM	48
49	15&Over 200 IM	50
51	13-14 200 Medley Relay	52
53	15&Over 200 Medley Relay	54

Session 5
Sunday Oct 22 2023
Warm-up 7:30AM Events 9:00AM

Girls	Event Description	Boys
55	10&Under 50 Breast	56
57	11-12 50 Breast	58
59	10&Under 100 Free	60
61	11-12 100 Free	62
63	10&Under 50 Back	64
65	11-12 50 Back	66
67	10&Under 100 Fly	68
69	11-12 100 Fly	70
71	8&Under 100 Free Relay	72
73	9-10 200 Free Relay	74
75	11-12 200 Free Relay	76

Session 6
Sunday Oct 22 2023
Warm-up 1:00PM Events 2:30PM

Girls	Event Description	Boys
77	13&Over 200 Free	78
79	13-14 100 Back	80
81	15&Over 100 Back	82
83	13-14 100 Fly	84
85	15&Over 100 Fly	86
87	13&Over 200 Breast	88
89	13-14 50 Free	90
91	15&Over 50 Free	92
93	13-14 200 Free Relay	94
95	15&Over 200 Free Relay	96



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 _____