



NEW YORK SHARKS
HOLIDAY CLASSIC SWIM MEET
At Felix Festa Middle School

Friday, Saturday, and Sunday, December 4th – 6th, 2009

Metro Sanction #100116



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At Felix Festa Middle School



SANCTION:

METRO SANCTION #100116

HOST CLUB:

Hosted By New York Sharks Aquatics

DATE OF MEET:

Friday, Saturday, and Sunday, December 4th – 6th, 2009

FACILITY:

This meet will be hosted at Felix Festa Natatorium at Felix Festa Middle School, 30 Parrott Road, West Nyack, NY 10994

Felix Festa is an indoor 8 lane 50 meter pool with a bulkhead. The meet will be run in the 25 yard course in the deep end of the pool. The shallow end of the pool will be open for continuous warm-up through out the meet.

There is seating for 700 spectators in the balcony.

A Colorado fully automatic timing system with an 8 lane read-out board will be used.

SESSIONS:

Friday Night Session (Session #1)	Warm-up	Meet Start
All Age Groups Distance Events	4:30 p.m.	5:15 p.m.
Saturday Morning Session (Session #2)	Warm-up	Meet Start
10 & Under 11-12 Age Group Events	7:30 a.m.	8:30 a.m.
Saturday Afternoon Session (Session #3)	Warm-up	Meet Start
8 & Unders and 13 & Over Events	12:45 p.m.	1:45 p.m.
Saturday Evening Session (Session #4)	Warm-up	Meet Start
1650 yd. Freestyle 13 & Over (Six Heats Maximum) (Provide own Timer)	15 minutes	15 minutes after Session #3
Sunday Morning Session (Session #5)	Warm-up	Meet Start
10 & Under 11-12 Age Group Events	7:30 a.m.	8:30 a.m.
Sunday Afternoon Session (Session #6)	Warm-up	Meet Start
8 & Unders and 13 & Over Events	12:45 p.m.	1:45 p.m.
Sunday Afternoon Session (Session #7)	Warm-up	Meet Start
1000 yd. Freestyle 13 & Over Session (Eight Heats Maximum) (Provide own timer)	15 minutes	15 minutes after Session #6

MEET FORMAT:

- This meet will be run in accordance to current USA Swimming Rules.
- This meet will be run as a time final meet.
- There are **NO TIME STANDARDS** being used in this meet.
- This meet will be deck seeded with coaches checking in/scratching all swimmers. When the seeding has been posted, swimmers will report to the blocks on their own.
- All relays are pre-seeded. Swimmers will report to the blocks.
- All events that have combined age groups will have awards for both age groups.

**DISTANCE
FREESTYLE
SESSION
FORMAT:**

- The 1000 yd. Freestyle and the 1650 yd. Freestyle sessions will be limited events.
- Once the meet is full, the fastest seeded 48 1650 yd. Free swimmer (24 girls and 24 boys will be allowed to swim) and fastest seeded 64 1000 yd. Free swimmers (32 girls and 32 boys will be allowed to swim).
- The psyche sheet will be posted sent out to all participating clubs.
- These events will be swum slowest to fastest. Alternating Girls and Boys.
- Any swimmer below the 24 (1650 yd. Freestyle) and any swimmer below the 32 (1000 yd. Freestyle) will be allowed to change that to another event.
- There will be a positive check-in for these events. The 1000 yd Free and the 1650 yd. Free will be swum fastest to slowest alternating girls and boys heats.
- **Swimmers must provide their own timer and counter.**

MEET

ELIGIBILITY:

- All swimmers must have entry times. **NO TIME or NT is not acceptable.**
- All swimmers must be members of USA Swimming to enter and compete in this meet.
- All swimmers must be listed on a team's official entry form to be eligible to participate in this swim meet in any events including relays.
- All transfer swimmer(s) must swim unattached for 120 days from their last attached competition. Swimmers must use an UN- (New Team Alpha Code) as their team affiliation.
- All Unattached swimmers must be listed on the team's official entry form.
- There will be 8 & Under, 10 & Under, 11-12, 13 & Over, and 13 & Over 1000 yd. Freestyle and 13 & Over 1650 yd. Freestyle Events.
- **Age for this meet is: (December 4th, 2009)**

DISABILITY SWIMMERS:

- Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.
- 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 **enter and compete in 3** individual events per day.
- Swimmers may compete in one (1) relay per day/session
- All entries will be accepted on a first come bases.
- Team entries will be considered accepted when the host club accepts the entries.
- Meet Entries will be taken until the meet fills. The host club must stay within the four and one half hour per session rule.

- E-Mail Entries should be send to: NYSharksMeetEntries@yahoo.com
- All received entries will be confirmed with a replay with in 24 hours. If there is no reply within 24 hours, then assume that those entries were not received.

- Hard Copy and Entry Fees are to be mailed to:
Roger Ridenour
NY Sharks Swim Team
8 Lakeshore Drive
Lake Sapphire
Monroe, NY 10950
(845) 325-5152 (don't call after 9:00 a.m.)
E-mail: NYSharksMeetEntries@yahoo.com

- Make entry fee checks payable to: **NYSAQUATICS**
- New York Sharks has the right to consider **NOT ACCEPTING** a club's entries if that club has shown in the past not to pay their entry fees or still owes past entry fees.
- If you are not e-mailing your entries, then overnight or express mail is recommended, ***but waive the signature.***
- It is not necessary to use overnight or express mail to send hard copy and check which are sent in support of an e-mailed entry.

SCRATCHES:

- All check-in sheets must be turned into the scoring table 30 minutes before the start of each session.

ENTRY

DEADLINE:

- 1) Metro LSC teams will be given priority on a first come/first served basis. Metro teams must be received by **Wednesday, November 11th, 2009**
- 2) The **Finals Entry Deadline** for the meet is **Friday, November 27th, 2009.**
- 3) Metro entries received between Wednesday, November, 11th, 2009 and Friday, November 27th, 2009 and all entries from other LSC's will be entered in the order that they were received, as space allows. An e-mail confirming receipt of entries will be sent out within 24 hours upon receipt. Please contact entry coordinator or meet director if you did not receive an e-mail confirmation

ENTRY FEES:

- There is an entry fee of **\$3.00 per Individual Event** and **\$8.00 per Relay Event.**

- Make checks payable to: **NYSAQUATICS**
- Payment must be received prior to the start for all entries. Payment must be included in all mail entries. Failure to pay entry fees before the start of the meet could result in teams being barred from the meet.

WARM-UP PROCEDURES:

- Warm-ups will be run under Metropolitan Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm-up lanes, and sprint lanes.
- Swimming Equipment is **NOT ALLOWED** in the competition pool during all warm-up sessions. This includes kick boards, hand paddles, and pull buoys.
- Teams will be assigned lanes for warm-ups. When more than two teams share a common lane for warm-ups, all teams must agree to a warm-up procedure. If clubs sharing a lane can't agree on a warm-up procedure, that lane will be a general warm-up lane.
- All swimmers must enter the pool from the starting end of the pool.
- Uniformed and designated meet marshals will monitor warm-ups.
- All general warm-up lanes will swim in a counterclockwise direction.

SESSION WARM-UPS:

- **Friday Night Warm-ups:** There will be a general warm-up in the competition end of the pool. Lanes 6-8 will be sprint lanes starting at 5:00 p.m.
- **Saturday and Sunday Morning Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes will start 20 minutes before the end of the warm-ups (at 8:10 a.m.) at the competition end of the pool.
- **Saturday and Sunday Afternoon Warm-ups:** Warm-ups will be a general warm-up in both ends of the pool. Lanes 7-8 (far side) will be for 8 & Under swimmers only at both ends of the pool There will be one way sprint lanes will start 20 minutes before the end of the warm-ups (at 1:25 p.m.) at the competition end of the pool.
- **Saturday and Sunday 1000 yd. Freestyle and 1650 yd. Freestyle Warm-ups:** There will be a 15 minute general warm-up in the competition end of the pool. Lanes 5-8 will be sprint lanes the last 5 minutes of the warm-ups.

COACHES:

- In accordance with Metropolitan swimming Inc. Policy, only those coaches who display current, valid UDSA Swimming credentials will be permitted to act in a coaching capacity on the deck at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- All coaches must have coaching cards visible at all times.

AWARDS:

- Awards for all 8 & Under, 10 & Under, 11-12, 13-14, and 15 & Over individual events will be presented medals for 1st through 3rd, and ribbons for 4th through 8th places.
- Awards for all relays will be ribbons for 1st through 3rd.

OFFICIALS:

- .Meet Referee: **Tina Ficarelli (E-mail: mommiefic@yahoo.com)**
- Any officials interested in helping out at the meet, please contact Tina Ficarelli. (E-mail: mommiefic@yahoo.com)

MEET DIRECTOR:

- **Roger Ridenour – Meet Director**
NY Sharks Swim Team
8 Lakeshore Drive
Lake Sapphire
Monroe, NY 10950
(845) 325-5152 (don't call after 9:00 a.m.)
E-mail: NYSharksMeetEntries@yahoo.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 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.

DISCLAIMER:

- Upon acceptance of his/her entries, the participant waives all claims against Felix Festa Middle School, New York Sharks Swim Club, Metropolitan swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the swim meet.

ADMISSION:

- Admissions are \$5.00 per session
- Programs are \$3.00 per session

MERCHANTS:

- **SWIM NEW JERSEY**

CONSESSIONS:

- **There will be food concessions with beverages and hot and cold food.**

PARKING:

- There is free unlimited parking around Felix Festa Middle School. Cars parking on Parrott Street will be ticketed and towed. All cars must be parked in designated parking spaces or they will be ticketed by the Clarkstown Police Department.

FACILITY RULES:

- NO SMOKING within 50 feet of any entrance to the school or inside the school.
- NO FOOD is allowed on deck. Liquid refreshments in plastic bottles are allowed. NO GLASS BOTTLES or JUICE BOXES allowed on deck.

DIRECTIONS:

- **MapQuest:**
<http://www.mapquest.com/maps?city=West+Nyack&state=NY&address=30+Parrott+Road&zipcode=10994>
- **From New Jersey:**
 - 1) Take the Garden State Parkway North or Interstate 287 North.
 - 2) Either highway joins the New York State Thruway (Interstate 87). Follow signs for New York State Thruway South toward Tappan Zee Bridge.
 - 3) Exit New York State Thruway at exit 13N (Palisades Parkway North)
 - 4) Exit the Palisades Parkway at Exit 10.
 - 5) Follow to the end of the ramp and make a right at the light onto Germonds Road.
 - 6) Take Germonds to the next light and cross over Route 304.
 - 7) Go straight on Germonds Road.
 - 8) Head straight onto Parrott Road.
 - 9) Felix Festa Middle School is on the left. Pool entrance and parking area is in the back of the school by the tennis courts.
- **Alternate From New Jersey:**
 - 1) Take the Palisades Parkway North from Fort Lee (instead of the Garden State Parkway or Interstate 287).
 - 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
- **From New York City:**
 - 1) Take the George Washington Bridge to the Palisades Parkway North.
 - 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
- **From Westchester County Vicinity:**
 - 1) Take the Tappan Zee Bridge. Follow the New York Thruway North (Interstate 87)
 - 2) Exit New York State Thruway at exit 13N (Palisades Parkway North)
 - 3) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
- **From Rockland County:**
 - 1) Take the New York State Thruway South (Interstate 87) to Exit 13N for Palisades Parkway North.
 - 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.
- **Alternate from Rockland County:**
 - 1) Take the Palisade Parkway South from the Bear Mountain vicinity to Exit 10.
 - 2) Take Exit 10 from the Palisade Parkway and follow directions #5 above.

FRIDAY EVENING DISTANCE SESSION

Friday, December 4th, 2009

SESSION #1 – Friday Evening Distance Events: Warm Up: 4:30 p.m. (Session Start Time: 5:15 p.m.)

Warm-ups: There will be a general warm-up in the competition end of the pool. Lanes 6-8 will be sprint lanes starting at 5:00 p.m.

<u>Girls Evt. #</u>	<u>Age Group Event</u>	<u>Boys Evt. #</u>
#1	12 & Under 500 yd. Freestyle#	#2
#3	13 & Over - 500 yd. Freestyle%	#4
#5	12 & Under 200 yd. Backstroke#	#6
#7	12 & Under 200 yd. Breaststroke#	#8
#9	12 & Under 200 yd. Butterfly#	#10
#11	13 & Over - 400 yd. Ind. Medley*%	#12

* - Events #11 and #12 – 13 & Over 400 yd. I.M. will be swam slowest to fastest alternating girls and guys. The first heats will be combined if possible.

- 12 & Under Events will give awards for 11-12 and 10 & Under

% - 13 & Over Events will give awards for 13-14 and 15 & Over

SATURDAY 10 & Under and 11-12 MORNING SESSION

Saturday, December 5th, 2009

SESSION #2 – Saturday Morning 10&U & 11-12 Events: Warm Up: 7:30 am (Session Start Time: 8:30 am)

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before (at 8:10 a.m.) the end of the warm-ups at the competition end of the pool.

<u>Girls Evt. #</u>	<u>Age Group Event</u>	<u>Boys Evt. #</u>
#13	11-12 - 200 yd. Medley Relay+	#14
#15	10 & Under - 200 yd. Medley Relay+	#16
#17	11-12 200 yd. Freestyle	#18
#19	10 & Under - 100 yd. Freestyle	#20
#21	11-12 – 50 yd. Breaststroke	#22
#23	10 & Under – 100 yd. Breaststroke	#24
#25	11-12 - 100 yd. Backstroke	#26
#27	10 & Under - 50 yd. Backstroke	#28
#29	11-12 - 50 yd. Butterfly	#30
#31	10 & Under - 100 yd. Butterfly	#32
#33	11-12 50 yd. Freestyle	#34
#35	10 & Under - 100 yd. Ind. Medley	#36
#37	11-12 – 200 yd. Ind. Medley	#38

+ Relays will be Pre-seeded. There will be no re-seed.

SATURDAY 8 and UNDER and 13 & Over AFTERNOON SESSION

Saturday, December 5th, 2009

SESSION #3 – Saturday Afternoon 8 & U and 13 & O Events: Warm Up: 12:45 p.m. (Session Start Time: 1:45 p.m.)

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. Lanes 7-8 will be for 8 & Unders ONLY! There will be one way sprint lanes that will start 20 minutes before (at 1:40 p.m.) the end of the warm-ups at the competition end of the pool.

Girls Evt. #	Age Group Event	Boys Evt. #
#39	13 & Over - 200 yd. Medley Relay+	#40
#41	8 & U- 100 yd. Medley Relay+	#42
#43	13 & Over - 200 yd. Freestyle%	#44
#45	8 & U - 50 yd. Freestyle	#46
#47	13 & Over - 100 yd. Breaststroke%	#48
#49	8 & Under - 25 yd. Breaststroke	#50
	10 minute Break	
#51	8 & Under- 25 Butterfly	#52
#53	13 & Over - 100 yd. Backstroke%	#54
#55	8 & Under – 50 yd. Backstroke	#56
#57	13 & Over - 200 yd. Butterfly%	#58
#59	8 & Under – 100 yd. Ind. Medley	#60
#61	13 & Over – 50 yd. Freestyle%	#62

+ - Relays will be Pre-seeded. There will be no re-seed.

% - 13 & Over Events will give awards for 13-14 and 15 & Over

SATURDAY 13 & OVER 1650 yd. Freestyle EVENING SESSION

Saturday, December 5th, 2009

SESSION #4 – Saturday 13 & Over 1650 yd. Freestyle Session: Warm Up: Will start 15 minutes after Event #62 (Session Will Not Start before: 5:00 p.m.) Swimmers must provide their own timer and counter!

Warm-ups: There will be a general warm-up in the competition end of the pool. Lanes 5-8 will be sprint lanes.

Girls Evt. #	Age Group Event	Boys Evt. #
#63	13 & Over - 1650 yd. Freestyle%* (6 heats maximum) (Provide own timer)	#64

% - 13 & Over Events will give awards for 13-14 and 15 & Over

* - Events #39 and #40 – 13 and Over 1650 yd. Freestyle will be swum fastest to Slowest alternating girls and guys. The last heats will be combined if possible.

SUNDAY 10 & Under and 11-12 MORNING SESSION

Sunday, December 6th, 2009

SESSION #5 – Sunday Morning 10&U & 11-12 Events: Warm Up: 7:30 am (Session Start Time: 8:30 am)

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before (at 8:10 a.m.) the end of the warm-ups at the competition end of the pool.

<u>Girls Evt. #</u>	<u>Age Group Event</u>	<u>Boys Evt. #</u>
#65	10 & Under - 200 yd. Free Relay+	#66
#67	11-12 - 200 yd. Free Relay+	#68
#69	10 & Under - 200 yd. Freestyle	#70
#71	11-12 - 100 yd. Freestyle	#72
#73	10 & Under – 50 yd. Breaststroke	#74
#75	11-12 – 100 yd. Breaststroke	#76
#77	10 & Under - 100 yd. Backstroke	#78
#79	11-12 - 50 yd. Backstroke	#80
#81	10 & Under - 50 yd. Butterfly	#82
#83	11-12 - 100 yd. Butterfly	#84
#85	10 & Under - 50 yd. Freestyle	#86
#87	11-12 - 100 yd. Ind. Medley	#88
#89	10 & Under – 200 yd. Ind. Medley	#90

+ Relays will be Pre-seeded. There will be no re-seed.

SUNDAY 8 & UNDER and 13 & OVER AFTERNOON SESSION

Saturday, December 6th, 2009

SESSION #6– Sunday Afternoon 8 & U and 13 & Over Events: Warm Up: 12:45 p.m. (Session Start Time: 1:45 p.m.)

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. Lanes 7-8 will be for 8 & Unders ONLY! There will be one way sprint lanes that will start 20 minutes before (at 1:40 p.m.) the end of the warm-ups at the competition end of the pool.

<u>Girls Evt. #</u>	<u>Age Group Event</u>	<u>Boys Evt. #</u>
#91	13 & Over - 200 yd. Free Relay+	#92
#93	8 & Under - 100 yd. Free Relay+	#94
#95	13 & Over - 100 yd. Freestyle%	#96
#97	8 & Under - 50 yd. Breaststroke	#98
#99	13 & Over - 200 yd. Breaststroke%	#100
#101	8 & Under - 25 yd. Freestyle	#102
	10 minute Break	
#103	8 & Under – 25 yd. Backstroke	#104
#105	13 & Over - 200 yd. Backstroke%	#106
#107	8 & Under – 50 yd. Butterfly	#108
#109	13 & Over - 100 yd. Butterfly%	#110
#111	8 & Under - 100 yd. Freestyle	#112
#113	13 & Over – 200 yd. Ind. Medley%	#114

+ - Relays will be Pre-seeded. There will be no re-seed.

% - 13 & Over Events will give awards for 13-14 and 15 & Over

SUNDAY 13 & OVER 1000 yd. Freestyle EVENING SESSION

Saturday, December 5th, 2009

SESSION #7 – Sunday 13 & Over 1000 yd. Freestyle Session: Warm Up: Will start 15 minutes after Event #114 (Session Will Not Start before: 5:00 p.m.) Swimmers must provide their own timer and counter!

Warm-ups: There will be a general warm-up in the competition end of the pool. Lanes 5-8 will be sprint lanes.

<u>Girls Evt. #</u>	<u>Age Group Event</u>	<u>Boys Evt. #</u>
#115	13 & Over - 1000 yd. Freestyle%* (8 heats maximum) (Provide own timer)	#116

% - 13 & Over Events will give awards for 13-14 and 15 & Over

* - Events #115 and #116 – 13 & Over 1000 yd. Freestyle will be swum fastest to slowest, alternating girls and guys. The last heats will be combined if possible.

METROPOLITAN SWIMMING
NY Sharks 'Holiday Classic' Swim Meet 2009

FRIDAY, SATURDAY, AND SUNDAY, DECEMBER 4th - 6th, 2009

*****WAIVER*****

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against **USA-Swimming, Felix Festa Middle School, Metro Swimming, Swim New Jersey, and the NEW YORK SHARKS AQUATIC TEAM and their Staff** for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

NAME OF CLUB: _____

USS CLUB ABBREVIATION: _____

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

_____ (Print Name)

_____ (Signature)

_____ (Address)

_____ (Telephone)

NAME(S) OR COACH: _____

LOCATION OF CLUB: _____ (City) _____ (State)

NAME/PHONE #/E-MAIL ADDRESS of person to contact regarding this entry:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO CONTACT REGARDING TIMERS/OFFICIALS:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO RECEIVE FINAL RESULTS:

ENTRY _____ Individual Event Entries @ **\$3.00** = \$ _____

FEE
SUMMARY: _____ Relay Event Entries @ **\$8.00** = \$ _____

TOTAL ENTRY FEES = \$ _____

MAKE CHECKS PAYABLE TO: NYSAQUATICS

List All Unattached Swimmers:

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____