



Condors May Meters Matter LC Invitational

May 1-3, 2009

Felix Festa Middle School Pool

30 Parrott Road

West Nyack, NY 10994

Sanction # 090501

Time Trial Sanction #090550-T

There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing. Detailed directions are attached.

Eligibility:

This invitational is open to all clubs in Metro and other LSCs'.

All swimmers must be registered with USA Swimming.

Age as of May 1, 2009 will determine event eligibility. Swimmers with disabilities are encouraged to participate.

Please advise our meet director of any special accommodations.

Swimmers may be entered in 3 events per day. Entries will be limited to 8 heats each for the Open 400 IM and 5 heats each for the Open 800 Free. Any cuts will be made by time. If the time line permits, more heats may be offered. The host team reserves the right to keep their swimmers entered.

Entries:

All entries must be submitted in a Hy-Tek file to

MeetEntries@condorsswimming.com.

Entries will be entered on a first come first served basis.

Please include the following with all entries: Coach's name, e-mail address, telephone number. **Swimmers need timers for the 800 Freestyle.**

A meet manager entries report will be emailed back as confirmation of receipt. Coaches, please contact

office@condorsswimming.com or call 845-638-4381 if you do not receive such a report within 2 days of your original email.

Rules: USA Swimming Code of Conduct is in effect during the swim meet. All events are TIMED FINALS. Entries must be sent in as LCM only. SCM and Yard times may be converted for entries. If time permits, time trials may be offered at the discretion of the meet director.

Deadline: Entry files must be received by Tuesday, April 22nd.

Entry Fees: \$4.00 per individual event.
\$5.00 per time trial event, if time permits.
Make checks payable to: Condors Swim Club
Please mail meet fees along with a hard copy of entries to:

Condors Swim Club
115 North Main Street
New City, NY 10956

Sign Express Mail Waiver allowing delivery without signature.

Disabled Swimmers:

Athletes with a disability are welcomed and shall provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.

Awards: Medals for 1st-3rd place.
Ribbons for 4th-8th place.

Pool: 50 meter pool with 7-foot lanes and non-turbulent lane lines. Daktronics electronic timing system and an 8-line scoreboard. Seating for 600 spectators.

Warm-Up: Warm-up lanes will be organized by age group and team. Lane assignments will be available prior to the meet. First 40 minutes will be general warm-up. Last 20 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will remain open for general warm-up. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.

Scratches: Scratches will be due 30 minutes before each published session start time. Metropolitan Scratch Procedures will be followed. Please consult your guidelines. Once a swimmer is scratched they will not be re-entered. If a swimmer is a NO SHOW for an event they will be scratched from their next event. If a swimmer is a NO SHOW for the

last event of the day they will be scratched from their first event of the next session.

Officials: Meet Referee: Mike Natale, contact email **mfnn45@optonline.net**. All officials willing to help are greatly welcomed. Please contact Flick Marinello at **flickdance@msn.com** if you are interested in volunteering.

Meet Director: Bob Carlucci, contact information phone: 845-638-4381, email **Robert.Carlucci@CondorsSwimming.com**

Protests: All competition – related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protests will be handled at the time they are presented to the Meet Director.

Spectators: Only swimmers, coaches with current USA Swimming certification credentials, and officials will be allowed on deck.

Admission: \$5.00 Adults/session
\$3.00 Program/session

Food: Food and glass bottles are NOT permitted on the pool deck. There is a concession stand. Catered hospitality will be provided all coaches and officials.

Vendor: Metro Swim Shop will be available with swimming merchandise throughout the meet.

Conditions: Upon acceptance of his/her entries, the participant waives all claims against the Clarkstown Central School District, Condors Swim Club USA Swimming, the Metropolitan Swimming Committee, and their agents or representatives for any injury occurring as a result of attending the meet.

Decorum: Each club is requested to handle its own team and discipline problems. Anyone found vandalizing Clarkstown Central School District property, stealing, or otherwise displaying disorderly conduct, will be subject to disqualification, ejection from the meet, and possible criminal prosecution. Please respect our facility and our volunteers by cleaning your teams seating area after the session has ended.

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 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). Take 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 courts.



Friday Afternoon – Session One
Warm-up 4:30 pm / Start 5:30 pm

Women		Men
1	OPEN 400M IM	2
3	OPEN 800M Freestyle	4

**Friday's events will run fastest to slowest, alternating heats of women and men.*

**There will be a 10 minute break after event 2 for warm up and cool down.*

Saturday Morning – Session Two
Warm-up 8:00 am / Start 9:00 am

Women		Men
5	11 & 12 50M Fly	6
7	10 & Under 100M Backstroke	8
9	11-12 50M Backstroke	10
11	10 & Under 100M Freestyle	12
13	11-12 50M Freestyle	14
15	10 & Under 100M Breaststroke	16
17	11-12 50M Breaststroke	18
19	10 & Under 50M Butterfly	20
21	12 & Under 400M Freestyle	22

Saturday Afternoon – Session Three
Warm-up 1:30 pm / Start 2:30 pm

Women		Men
23	OPEN 200M IM	24
25	OPEN 200M Freestyle	26
27	OPEN 100M Butterfly	28
29	OPEN 200M Breaststroke	30
31	OPEN 100M Backstroke	32
33	OPEN 50M Freestyle	34

Sunday Morning – Session Four
Warm-up 8:00 am / Start 9:00 am

Women		Men
35	12 & Under 200M IM	36
37	10 & Under 50M Backstroke	38
39	11-12 100M Backstroke	40
41	10 & Under 50M Freestyle	42
43	11-12 100M Freestyle	44
45	10 & Under 50M Breaststroke	46
47	11-12 100M Breaststroke	48
49	12 & Under 100M Butterfly	50

Sunday Afternoon – Session Five
Warm-up 1:30 pm / Start 2:30 pm

Women		Men
51	OPEN 200M Butterfly	52
53	OPEN 100M Breaststroke	54
55	OPEN 200M Backstroke	56
57	OPEN 100M Freestyle	58
59	OPEN 400M Freestyle	60