

**NY SHARKS**  
**2009- MR-Summer Sizzler Invitational**  
**June 12-13-14-2009**

CLUB \_\_\_\_\_ CLUB CODE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

COACH \_\_\_\_\_

CLUB CONTACT \_\_\_\_\_

PHONE \_\_\_\_\_ FAX \_\_\_\_\_

Email \_\_\_\_\_

**EVENT SUMMARY:**

Total Timed Finals Individual Events \_\_\_\_\_ X \$4.00= \_\_\_\_\_

CHECKS ARE PAYABLE TO NY SHARKS

MAIL TO            NY Sharks  
                      PO Box 217  
                      Suffern, New York 10901

**Waiver:** USA Swimming, Inc.; Metropolitan Swimming, Inc.; Felix Festa School, NY Sharks; their agents or representatives shall be held FREE AND harmless from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of these events.

Signed (club official) \_\_\_\_\_

***NO ENTRIES WILL BE PROCESSED WITHOUT THIS SIGNED WAIVER!!!!!!***



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**Sanction # 090604**

Held under the sanction of the Metropolitan Swim Committee, an association of USA Swimming, Inc.

- Site:** Felix Festa Middle School. The pool is 8 lanes, 50 Meters, with non-turbulent lane dividers and Colorado timing system. There is ample seating.
- Parking:** Is available within a short walking distance from the pool.
- Rules:** US swimming rules govern this meet. All events are timed finals. Metropolitan Association scratch rules will be in effect for this meet.
- Eligibility:** All swimmers must be USS registered. Age as of the first day of the meet determines the competition age group. Swimmers with disabilities are encouraged to Participate.
- Fees:** Individual events are \$4.00. Entry fee payment must accompany entries. Make checks payable to **New York Sharks**

Mail entries and fees to

NY Sharks  
PO Box 217  
Suffern, New York 10901

E-mail:

[NYSjune12131409SummerSizzlerLC@GMail.Com](mailto:NYSjune12131409SummerSizzlerLC@GMail.Com)

*FED EX, UPS, AND EXPRESS MAIL MUST SIGN SIGNATURE WAIVER!*

Entries: you would like to receive an invite please e-mail:  
[NYSjune12131409SummerSizzlerLC@GMail.Com](mailto:NYSjune12131409SummerSizzlerLC@GMail.Com)  
**MUST** be sent on Hy-tek disk. Please include a printout. **Include phone # , Email address and name of contact.** Entry Files may be e-mailed, however, waiver and payment must be received by entry deadline for entries to be recognized. **PLEASE NOTE: A club official must sign the waiver for the NY Sharks on the front cover sheet in order for your entries to be accepted.**

**ALL ENTRIES MUST BE IN METERS!!** NT's will not be accepted

**Swimmers are limited to 3 (three) events per session**

USA Swimming, Inc., Metropolitan Swimming, Inc., Felix Festa Middle School, New York Sharks Swim Club and their agents or representatives shall be held free and harmless from all liabilities or claims or damages arising by reason of injuries to anyone during conduct of this event.

Swimmers with disabilities are encouraged to attend. Contact the meet director **Robert Ficarelli** at, [NYSjune12131409SummerSizzlerLC@GMail.Com](mailto:NYSjune12131409SummerSizzlerLC@GMail.Com) if you need special consideration..

## **EVENTS MAY BE CUT BY TIME**

**All registered Metro teams and all teams from other LSC's are invited.**

**Entries will not be accepted after May 21, 2009, 8:00pm For metro team and May 28<sup>th</sup> for all other LSC teams or after the meet fills to capacity.**

NY Sharks reserves the right to enter their swimmers regardless of times. **No deck entries will be allowed.**

Awards: Medals 1-3; ribbons 4-8 will be awarded.

Warm-ups: Metro warm -up procedures will be in effect for this meet. Pool will be used for general warm-ups with feet first entry only. Meet marshals will be on deck to enforce warm-up procedures.

Seeding: On deck seeding will be in effect. Heat sheets will be posted around the pool deck.

Admission: There will be a \$5.00 charge for admission and programs \$3.00 for each session. **REGULATIONS PROHIBIT SMOKING IN ANY BUILDING ON Felix Festa Middle School AND WITHIN 50 FEET OF ANY ENTRANCEWAYS.**

Refreshments: Food and beverages will be available for sale at the meet and may be consumed in designated areas only. **REGULATIONS PROHIBIT SMOKING IN ANY BUILDING ON FELIX FESTA SCHOOL AND WITHIN 50 FEET OF ANY ENTRANCEWAYS.**

^^^^^^^^^^^^^^^^^^^^^^NO FOOD IS ALLOWED ON DECK. LIQUID REFRESHMENTS ANY BE CONSUMED FROM PLASTIC BOTTLES. NO GLASS OR JUICE BOXES ARE ALLOWED^^^^^^^^^^^^^^^^^^^^^^

Coaches: are responsible for policing their swimmers as to proper attire for leaving the pool area (shirts and shoes), correcting their swimmers for use of foul language and cleaning up their areas on deck.

## **Directions**

### **From New Jersey**

1. Take the Garden State Parkway or Rte 287 North.
2. Either highway joins the New York State Thruway (Route 87). Follow signs for New York State Thruway South toward Tappan Zee Bridge.
3. Exit the NY 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 next light and cross over Route 304.
7. Go straight on Germonds Road.
8. Head straight onto Parrott Road.
9. Entrance to building will be on your left.

### **Alternate from New Jersey:**

Take the Palisades Parkway North from Fort Lee (instead of the GSP or Route 287). Then follow from #4 above.

### **From New York City**

- Take the George Washington Bridge to the Palisades Parkway North. Then follow from # 4 above.

### **From Westchester County Vicinity**

- Take the Tappan Zee Bridge. Follow the New York State Thruway North (Route 87) to exit 13N Palisades Parkway North. Then follow from #4 above.

### **From North of Rockland County**

- Take the New York State Thruway South (Route 87) to exit 13N Palisades Parkway North. Then follow from # 4 above.

### **Alternate from North of Rockland County:**

Take the Palisades Parkway South from the Bear Mountain vicinity to exit 10.

[Link for Mapquest](#)

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**Friday, June 12-2009**

**Warm-up 4:15 pm Start 5:00 pm**

GIRLS	EVENT	BOYS
1	13-14 400 Freestyle	2
3	Open 400 Freestyle	4
5	13-14 400 IM	6
7	Open 400 IM	8
9	13-14 800 Freestyle	10
11	Open 800 Freestyle	12
13	Open 1500 Freestyle *LIMITED to 2 (two) heats per gender*	14

**Saturday, June 13-2009**

**Warm-up 7:30 am Start 8:30 am**

GIRLS	EVENT	BOYS
15	10 & Under 200 Freestyle	16
17	13-14 200 Freestyle	18
19	10 & Under 100 Backstroke	20
21	13-14 100 Backstroke	22
23	10 & Under 50 Breaststroke	24
25	13-14 100 Breaststroke	26
27	10 & Under 100 Butterfly	28
29	13-14 200 Butterfly	30
31	10 & Under 50 Freestyle	32
33	13-14 100 Freestyle	34

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**Saturday, June 13-2009**

**Warm-up 1:30 pm Start 2:30 pm**

GIRLS	EVENTS	BOYS
35	Open 200 Freestyle	36
37	11-12 100 Freestyle	38
39	Open 100 Backstroke	40
41	11-12 50 Backstroke	42
43	Open 200 Breaststroke	44
45	11-12 100 Breaststroke	46
47	Open 100 Butterfly	48
49	11-12 50 Butterfly	50
51	Open 50 Freestyle	52
53	11-12 200 IM	54

**Sunday June 14-2009**

**Warm-up 7:30 am Start 8:30 am**

GIRLS	EVENTS	BOYS
55	10 & Under 100 Freestyle	56
57	13-14 200 Backstroke	58
59	10 & Under 50 Backstroke	60
61	13-14 200 Breaststroke	62
63	10 & Under 100 Breaststroke	64
65	13-14 100 Butterfly	66
67	10 & Under 50 Butterfly	68
69	13-14 50 Freestyle	70
71	10 & Under 200 IM	72
73	13-14 200 IM	74

# Sunday June 14-2009

Warm-up 1:30 pm Start 2:30 pm

GIRLS	EVENTS	BOYS
75	11-12 50 Freestyle	76
77	Open 100 Freestyle	78
79	11-12 100 Backstroke	80
81	Open 200 Backstroke	82
83	11-12 50 Breaststroke	84
85	Open 100 Breaststroke	86
87	11-12 100 Butterfly	88
89	Open 200 Butterfly	90
91	11-12 200 Freestyle	92
93	Open 200 IM	94