

New York Sharks and Aqua Gems Swimming
present

2008 Metro Age Group Championship North

April 4, 5 & 7 2008

Sanction # 080406

Held under the sanction of the Metropolitan Swim Committee Association of United States Swimming

Site: Felix Festa Middle School Natatorium Clarkstown, New York
30 Parrott Road, West Nyack, NY 10994

Times: Session 1: Friday, April 4 Warm-ups 4:00 PM Session Starts at 5:00PM
Session 2: Saturday, April 5 Warm-ups 8:00 AM Session Starts at 9:00AM
Session 3: Saturday, April 5 Warm-ups 1:30 PM Session Starts at 2:30PM
Session 4: Sunday, April 6 Warm-ups 8:00 AM Session Starts at 9:00AM
Session 5: Sunday, April 6 Warm-ups 1:30 PM Session Starts at 2:30PM

Warm Up: Metro warm up procedure will be in effect for this meet. Pool will be used for general warm up with feet first entry only. The back pool will be open for warm up / cool down. Meet marshals will be on deck to enforce warm up procedure. Warm up and start times may be changed after entries received and time line determined. Teams will be notified by Tuesday April 1, 2008 of any change in warm up times.

Pool: 8 lane, 25 yard indoor pool with non-turbulent lane dividers. Daktronics Timing System 8-Line display scoreboard. Hy-Tek meet manager will be used to conduct the meet.

Metro North Teams: Aqua Gems, Big Blue, BGC-No. Westchester Marlins, Club Fit (Briarcliff & Jefferson Valley), Condors, Dutchess Devil Fish, Middletown Rec., Marist, Minisink Valley, Monroe Woodbury Marlins, New York Sharks, Newburgh Sharks, Northern Dutchess Aquatic Club, Pine Bush, Pace Setter, Hudson Valley Dolphins, Saw Mill Ace Aquatics, Team Rockland, Viking Aquatic Club, Washingtonville Seahawks, West Point Swim Club, White Plains Middies, White Plains YMCA, Empire swimming

Admission: \$5.00 per person and Programs for \$3.00

Parking: Free parking on Campus

Rules: 8 and under are not permitted to swim at this meet
U.S. Swimming Rules govern this meet. Events are Timed Finals
A swimmer may compete in a maximum of four events per day
Entry times must have been achieved between **March 26, 2007** and the meet entry deadline.

UNITED STATES SWIMMING CODE OF CONDUCT WILL BE IN EFFECT DURING THIS MEET

Entries: Entry times can not be faster than AGE GROUP times as specified by Metro Swim. "No Time"(NT) entries are not permitted. Please enter competitors in Hy Tek Meet Manager format via email. As per Metro rules, non-disk entries will not be accepted. A team manager meet entries report **with proof of times** must accompany the entries.

Entry Deadline: Entries must be received no later than **Tuesday, March 25, 2008**. Entries received after this deadline will not be accepted. Deck entries will not be accepted. Scratch sheets are to be initialed by the coach and returned to the clerk of the course 45 minutes before the start of each session.

Mailing address: Aqua Gems Swimming
c/o Tim Olsen
26 West Gate Drive
Glenwood, NJ 07418

e-mail entries to feedercoach@yahoo.com
(Questions may be sent to this address)

Website: www.aquagems.com

Eligibility: All swimmers must be USS registered. Age as of first day of meet will determine eligibility. Entry times must have been achieved between **March 26, 2007** and the meet entry deadline.
Swimmers with disabilities are encouraged to attend.

Fees: \$3.00 per individual event. These fees are payable to Aqua Gems Swimming. An additional \$1.00 surcharge is required for each swimmer. This additional fee is payable to Aqua Gems Swimming.

Awards: Medals 1st-8th place in all age groups. Special awards for swimmers exceeding entry qualifying time. Awards must be picked by coach or representative by the end of the meet. No awards will be mailed.

Food: Food will be available at the concession stand. No food will be allowed on the pool deck. Beverages in plastic containers only will be allowed on deck. We expect each team to police their area for trash and debris before leaving each session.

Merchandise: New Jersey Swim shop will have merchandise available for sale

Information Tina Ficarella Administrative Referee mommiefic@yahoo.com
John Greer, Meet Director – 973-534-9256 johnwgreer2727@yahoo.com
Tim Olsen, Clerk of the Course – 862-324-0373 feedercoach@yahoo.com

Shoes or sandals must be worn by swimmers when not on the pool deck

Note: NYS Law prohibits smoking on school grounds

Lodging & Directions: See website www.aquagems.com for a list of local hotels

Additional Information: Metropolitan Swimming Safety and Warm-Up procedures will be in effect. During the warm up there will be no diving except in designated sprint lanes and then only under the supervision of a coach. The meet marshals will enforce all warm up procedures. This meet is governed by the rules set forth in the U.S.S. Rule Book

Only True Age Group swimmers may compete in this championship meet. Any intentional entry of a non-Age Group swimmer will be deemed a violation of Metropolitan Swimming championship meet requirements and the club, coach and swimmer will be subject to disciplinary proceedings for such violation.

United States Swimming, Inc.; Metropolitan Swimming Inc.; Clarkstown School District; and Aqua Gems Swimming and New York Sharks Aquatics 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 the conduct of this meet. All persons on deck must be U.S.S. registered and should have their registration visible. This is a U.S. Swimming rule and will be enforced.

Grievances (disputed finishes, etc.) must be made to the Referee who will have final say. All grievances must go to a meet jury that is comprised of a coach, a swimmer, the meet director and an official (not involved in the question). It is each team's responsibility to make sure their swimmers are on time and seeded.

Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES. Coaches must make sure their swimmers understand that once they are scratched (for the session), they will not be re-entered in the meet. Coaches should inform their swimmer to leave plenty of time for traffic etc. The coach of a swimmer that was seeded in an event, and is a No-Show(NS), in the event must positively check the swimmer for the next days' events in order for that swimmer to be eligible to compete in the rest of the meet. Swimmers who miss a race in which they were seeded and did not properly deck scratch will be barred from their next individual event of the day. If they miss their last event of the day they will be barred from their first event of the next day.

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EVENTS

SESSION 1

Girls Not faster than		Friday, April 4 th warm ups 4 PM		Boys not faster than
2:36.00	1	9-10-200 freestyle	2	2:40.00
2:15.50	3	11-12-200 freestyle	4	2:15.50
5:07.00	5	13-14-400 individual medley	6	4:58.00
5:05.00	7	15-18-400 individual medley	8	4:46.00
5:36.00	9	13-14-500 freestyle	10	5:32.10
5:32.00	11	15-18-500 freestyle	12	5:20.00

SESSION 2

Girls Not faster than		Saturday, April 5 th warm ups 8 AM		Boys not faster than
2:08.00	13	13-14-200 freestyle	14	2:02.00
43.00	15	9-10-50 breaststroke	16	44.00
1:16.50	17	13-14-100 breaststroke	18	1:14.50
32.10	19	9-10-50 freestyle	20	32.10
27.00	21	13-14-50 freestyle	22	25.70
1:22.20	23	9-10-100 backstroke	24	1:22.20
1:07.90	25	13-14-100 backstroke	26	1:05.00
37.10	27	9-10-50 butterfly	28	26.80
1:06.70	29	13-14-100 butterfly	30	1:04.00
2:56.00	31	9-10-200 individual medley	32	3:00.00
2:25.00	32	13-14-200 individual medley	34	2:19.00

SESSION 3

Girls Not faster than		Saturday, April 5 th warm ups 1:30 PM		Boys not faster than
2:04.50	35	15-18-200 freestyle	36	1:55.00
37.20	37	11-12-50 breaststroke	38	38.10
1:15.60	39	15-18-100 breaststroke	40	1:08.50
28.70	41	11-12-50 freestyle	42	28.70
26.60	43	15-18-50 freestyle	44	23.80
1:11.60	45	11-12-100 backstroke	46	1:11.60
1:06.50	47	15-18-100 backstroke	48	1:00.50
31.80	49	11-12-50 butterfly	50	32.10
1:05.50	51	15-18-100 butterfly	52	59.00
2:32.30	53	11-12-200 individual medley	54	2:34.60
2:22.10	55	15-18-200 individual medley	56	2:11.00

SESSION 4

Girls Not faster than		Sunday, April 6th warm ups 8 AM		Boys not faster than
1:11.50	57	9-10-100 freestyle	58	1:11.60
58.50	59	13-14-100 freestyle	60	56.00
38.00	61	9-10-50 backstroke	62	38.00
2:25.00	63	13-14-200 backstroke	64	2:19.00
1:34.00	65	9-10-100 breaststroke	66	1:36.00
2:43.00	67	13-14-200 breaststroke	68	2:43.00
1:28.00	69	9-10-100 butterfly	70	1:28.00
2:31.00	71	13-14-200 butterfly	72	2:30.00
1:21.00	73	9-10-100 individual medley	74	1:22.00

SESSION 5

Girls Not faster than		Sunday, April 6th warm ups 1:30 PM		Boys not faster than
1:02.30	75	11-12-100 freestyle	76	1:02.30
57.80	77	15-18-100 freestyle	78	52.30
33.30	79	11-12-50 backstroke	80	33.50
2:24.00	81	15-18-200 backstroke	82	2:13.10
1:20.50	83	11-12-100 breaststroke	84	1:24.10
2:43.00	85	15-18-200 breaststroke	86	2:32.00
1:12.40	87	11-12 100 butterfly	88	1:13.50
2:30.00	89	15-18-200 butterfly	90	2:19.00
1:11.50	91	11-12 100 individual medley	92	1:12.30
6:04.00	93	11-12-500 freestyle	94	6:04.00

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CLUB _____

CLUB CODE _____

ADDRESS _____

CITY _____

STATE _____

ZIP _____

COACH _____

PHONE _____

EMAIL ADDRESS _____

CLUB CONTACT _____

PHONE _____

Entry Fees: **Make Check Payable to Aqua Gems Swim Club**

Total Individual Events x \$3.00 _____

Total Swimmers – Metro Surcharge x \$1.00 _____

Total Due _____

Mail to: **Aqua Gems Swimming PO BOX 221 Warwick, NY 10090**

Email entries to Tim Olsen at feedercoach@yahoo.com

Express Deliveries – Tim Olsen 26 West Gate Drive Glenwood, NJ 07418 (862)-324-0373

(Please sign the “signature waiver” on envelope for entries sent by Express Mail)

Waiver: USA Swimming, Inc. Metropolitan Swimming, Inc. Aqua Gems Swimming, New York Sharks and the Clarkstown School District or representatives shall be held free from liabilities or claims fro 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