



**Washingtonville Seahawks and Devilfish
Aquatics**

**Sink or Swim
February 11-12, 2012
120207**

Washingtonville Seahawks and Devilfish Aquatics

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 120207
- LOCATION:** **Washingtonville High School, Washingtonville New York**
- FACILITY:** 25-yard pool with 6 lanes with bulkhead and non-turbulent lane lines. There is seating for 300 spectators. Colorado electronic timing system and the 6- line scoreboard will be used. The pool **has not been** certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1: 8:00 a.m. warm-up, 9:00 a.m. start, Saturday, February 11**
Session 2: 1:30 p.m. warm-up, 2:30 p.m. start, Saturday, February 11
Session 3: 8:00 a.m. warm-up, 9:00 a.m. start, Sunday, February 12
Session 4: 1:30 p.m. warm-up, 2:30 p.m. start, Sunday February 12
- FORMAT:** **This meet is a timed final event.**
The meet will be deck seeded.
- 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. Age on **February 11, 2012** will determine age for the entire meet.
- 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:** **All athletes are limited to five (5) events per day.**
Deck entries will be accepted, space permitting.
NT entries will NOT be accepted.
Hy-Tek entries will be accepted. An entry summary with a signed waiver must be received by February 8, 2012
- U.S. Mail Entries/Payment to: **Washingtonville Seahawks**
c/o John Dwyer
PO Box 155
Washingtonville, NY 10992
- Email Entries/Confirm Entry Receipt: **mctigues@optonline.net**
If sending Express Mail, please sign the waiver on the front.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **1/12/2012**.
2: The final entry deadline for this meet is **2/8/2012**.
3: Metro entries received between **1/12/2012** and **2/8/2012** and all entries from other LSC's will be entered in the order they were received, as space allows.
An email confirming receipt of entries if you provide an email contact. 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 **\$3.00** per individual event must accompany the entries.
Make check payable to: **Washingtonville Seahawks**
Payment must be received by **February 11, 2012** 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.
- WARM-UP:** **General warm-up with assigned lanes for the first 40 minutes. Sprint lanes and general lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the**

scratch sheet for each session.

SCRATCHES: Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events 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: Regular Sessions:
Awards will be given in all events for 1st through 6th places.

OFFICIALS: **Meet Referee: Mark Amodio amodio@vassar.edu; 914-456-6791**
Officials wishing to volunteer should contact Meet Referee by **February 8, 2012**

MEET DIRECTOR: **Chris Joyce, stats@esslswim.com, 845-457-6027**

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.
"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. 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"

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."
Shallow End: 1.0 Meter = 3' 10" 5.0 Meters = 4' 1"
Deep End : 1.0 Meter = 12' 7" 5.0 Meters = 11' 10"

DISCLAIMER: **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Washingtonville School District, Washingtonville Seahawks Swim Club, Devilfish Aquatics Inc, 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."

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms - 202.3. and 202.4.

ADMISSION: **\$5 per session / \$8 per day for adults. Kids free. Programs free.**

MERCHANTS: Swimsuits, bags, towels, goggles and apparel will be available on site. Hot and cold dishes, snacks, desserts, and beverages will be available for purchase.

PARKING: **There is ample free parking at the high school. The pool is located at the rear of the high school.**

DIRECTIONS: Washingtonville High School
54 West Main Street
Washingtonville, NY 10992-1411

DIRECTIONS:

From New York City:

Take the George Washington Bridge (Lower Level) to Route 4 (5 miles) to Route 17 North (17 miles) to New York State Thruway I-87 North to exit 16. Pay toll and stay on Route 17 West to exit 130 (3 miles). Exit 130 (Washingtonville/Monroe Route 208). Exit will split take the right side which is Route 208 North. Take Route

208 North approximately 8 miles to intersection of Route 94. (There is a Chase Banks on your left and a Library in front of you on the left). Make a left onto Route 94 and approximately ¼ mile on the right is the entrance to the high school (You will pass the middle school first the 2nd driveway after the middle school is the entrance). Make a right into the driveway and drive straight back and up the hill.

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ORDER OF EVENTS

Session 1

Saturday AM

February 11, 2012

Warm-ups: 8:00 AM

Start: 9:00 AM

1	10 and Under 50 Free	2
3	11 – 12 50 Free	4
5	10 and Under 50 Fly	6
7	11 – 12 100 Fly	8
9	10 and Under 50 Back	10
11	11 – 12 100 Breast	12
13	10 and Under 100 Breast	14
15	11 – 12 50 Back	16
17	10 and Under 100 IM	18
19	11 – 12 100 IM	20
21	12 & Under 200 Medley Relay	22

Session 2
Saturday PM
February 11, 2012
Warm-ups: 1:30 PM
Start: 2:30 PM

23	Open 200 IM	24
25	Open 100 Free	26
27	Open 200 Back	28
29	Open 100 Fly	30
31	Open 200 Breast	32
33	Open 500 Free	34

Session 3
Sunday AM
February 12, 2012
Warm-ups: 8:00 AM
Start: 9:00 AM

35	12 and Under 200 Free	36
37	10 and Under 50 Breast	38
39	11 – 12 100 Back	40
41	10 and Under 100 Back	42
43	11 – 12 100 Free	44
45	10 and Under 100 Free	46
47	11 – 12 50 Breast	48
49	10 and Under 100 Fly	50
51	11 – 12 50 Fly	52
53	12 & Under 200 IM	54
55	12 & Under 200 Free Relay	56

Session 4
Sunday PM
February 12, 2012
Warm-ups: 1:30 PM
Start: 2:30 PM

57	Open 200 Fly	58
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59	Open 50 Free	60
61	Open 100 Breast	62
63	Open 400 IM	64
65	Open 100 Back	66
67	Open 200 Free	68