

HYDRO



Fall Kick-Off

12&U Age Group Meet

September 25, 2011

Sanction # 110901

Time Trials Sanction # 110950-T

HYDRO/RIST

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **110901**
(Time Trials Sanction # 110950-T)
- LOCATION:** Roosevelt Island Sportspark
250 Main Street
Roosevelt Island, NY 10044
- FACILITY:** 6 lanes x 25 yards competition course with Colorado timing system and scoreboard.
The pool **has not** been certified in accordance with Article 104.2.2C (4).
Water depth from end of pool in shallow end is: 4 feet at 1 meter / 4.6 feet at 5 meters
Water depth from end of pool in deep end is: 8.6 feet at 1 meter / 8 feet at 5 meters
- SESSIONS:** Sunday, September 25 – 8:00 AM Building Opens / 8:15 AM Warm Up, 9:00 AM Start
- FORMAT:** This meet is timed finals. Deck seeding will be used.
- ELIGIBILITY:** Open to all 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 **September 25, 2011** 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:** Swimmers may enter up to 5 events per session. Entries will be accepted on a first come first serve basis. Entries will only be accepted in Hy-Tek format. Manual Entries will not be accepted. NT entries will not be accepted.

U.S. Mail Entries/Payment to:
Hydroquatics Inc.
350 Cabrini Blvd, Suite 2H
New York, NY 10040

Email Entries/Confirm Entry Receipt: coachbrown@hydrowimteam.com
Signature Waiver required for express mail entries.

- TIME TRIALS:** Time Trials will be available if time permits Inquire with Meet Director at the meet.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **September 10, 2011**.
2: The final entry deadline for this meet is **September 17, 2011**.
3: Metro entries received between **September 10, 2011** and **September 17, 2011** 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 even must accompany the entries.
Make check payable to: **Hydroquatics, Inc.** Payment must be received by **September 17, 2011** 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**
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. **All scratches are due no later than 8:30 AM.** 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:** **Ribbons for 1st-6th Place will be awarded in each age group.**
- OFFICIALS:** **Meet Referee: Kris Sawicz – krzysztofz0711@aol.com – (917) 975-9816**
Officials wishing to volunteer should contact Meet Referee.
- MEET DIRECTOR:** **Brian Brown – (646) 323-0827**
coachbrown@hydroswimteam.com
- RULES:** 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: It is understood that USA Swimming Inc., Metropolitan Swimming Inc., Hydroquatics Inc., Roosevelt Island Swimming Inc., and Roosevelt Island Operating Company Inc shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

ADMISSION: \$5.00 Admission Fee, \$3.00 for Programs

MERCHANTS: Food concessions

PARKING: Parking is at Roosevelt Island Motorgate Parking Garage (10-15 min walk). Street parking is also available. Swimmers may be dropped off at the East entry to the Sportspark.

DIRECTIONS: 250 Main Street, Roosevelt Island, NY 10044

By Tram

Tramway Car at 59th Street & Second Avenue Station in Manhattan. Travel time is 4-5 minutes. Exit at the Tramway Station on Roosevelt Island.

By Subway

Take the F train to the Roosevelt Island stop.

From Manhattan

59th Street Bridge (Upper Level) to 21st Street. Take 21st Street to 36th Avenue. Make a left onto 36th Ave. Continue to Roosevelt Island via the 36th Avenue Bridge.
Triboro/RFK Bridge to the first exit. Make a right on 31st Street (under the elevated subway) towards 36th Avenue. Make a right onto 36th Avenue. Continue to Roosevelt Island via the 36th Avenue Bridge.

From Long Island

Grand Central Parkway (West) to Hoyt Avenue exit (the last exit before the Triborough/RFK Bridge). Remain on Hoyt Avenue to 21st Street. Turn left and continue to 36th Avenue. Make a right turn at 36th Avenue. Proceed to Roosevelt Island via 36th Avenue Bridge.

From Brooklyn via BQE

BQE East to Exit 33- Humboldt/McGuinness. At the end of the ramp, bear left under the BQE to McGuinness, crossing the Pulaski Bridge into Queens. McGuinness becomes 11th Street. Continue on 11th Street to 44th Drive. Make a left at the light onto 44th Drive. Turn right at the next light onto Vernon Boulevard. Follow Vernon Boulevard to 36th Avenue. Turn left on 36th Avenue to Roosevelt Island via the 36th Avenue Bridge.

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Girls #	Event	Boys #
1	11-12 100 Yard Freestyle	2
3	10&U 100 Yard Freestyle	4
5	11-12 50 Yard Butterfly	6
7	10&U 50 Yard Butterfly	8
9	11-12 50 Yard Backstroke	10
11	10&U 50 Yard Backstroke	12
13	11-12 50 Yard Breaststroke	14
15	10&U 50 Yard Breaststroke	16
17	11-12 50 Yard Freestyle	18
19	10&U 50 Yard Freestyle	20
21	11-12 100 Yard IM	22
23	10&U 100 Yard IM	24