



Condors Last Chance Invitational

February 24th – 26th, 2011

Sanction #120208
Time Trial#120252-T

Invited Teams: All teams within the Metro LSC and Cheshire YMCA, NJ Wave, Bergen Barracudas, Greenwich Dolphins, Ridgefield Aquatic Club, Morris County Swim Club, West Hartford Aquatic Club.

Any other teams who would like to be invited, please contact MeetEntries@CondorsSwimming.com

Condors Last Chance Invitational

February 24th-26th, 2012

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #120208, Time Trial #120252-T**
- LOCATION:** Felix Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994
- FACILITY:** 50 meter pool with 7-foot lanes and non-turbulent lane lines. Shallow end of pool will be used for continuous warm up and warm downs during prelims. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators.
The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: Friday Distance - Warm-Up 4:30 PM, Start 5:30 PM
Session 2: Saturday Morning – Warm-Up 7:30 AM, Start 8:30 AM
Session 3: Saturday Afternoon – Warm-Up 1:00 PM, Start 2:00 PM
Session 4: Sunday Morning – Warm-Up 7:30 AM, Start 8:30 AM
Session 5: Sunday Afternoon – Warm-Up 1:00 PM, Start 2:00 PM
- FORMAT:** This will be a timed finals event.
This will be a deck seeded event.
- 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 24, 2012** will determine age for the entire meet.
- DISABILITY SWIMMER:** 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 be entered in 3 individual events per day. According to Metro rules, this meet must have a no faster than cut which is two steps below the Senior Met qualifying time. **No NT's will be accepted.**

Invited teams will be given priority in acceptance of entries.

Entries will be cut on a first come first serve basis for invited teams – if after all teams are accepted there needs to be additional cuts they will be cut by time, and teams will be informed of any cuts at least 2 weeks prior to the meet. The host team reserves the right to keep its swimmers entered in the meet.

The 1000 and 1650 Free will run fastest to slowest alternating girls then boys and may be limited to the fastest 4 heats. Swimmers will need to provide their own timers and counters for the 1000 and 1650 Free.

Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.

U.S. Mail Entries/Payment to:

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

Email Entries/Confirm Entry Receipt: **MeetEntries@CondorsSwimming.com**
Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** **Entries must be received by : February 10, 2012**
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: Condors Swimming

Payment must be received by February 10, 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:** Warm-up lanes will be open. The first 40 minutes will be general warm-up. The last 20 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.
- SCRATCH:** 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:** Ribbons will be awarded for places 1st – 8th
- OFFICIALS:** **Meet Referee:** Mike Natale
Officials wishing to volunteer should contact Meet Referee by email mfnc45@optonline.net
- MEET DIRECTOR:** Jim Wargo, contact information phone: 845-638-4381,
email Jim.Wargo@CondorsSwimming.com
- 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.
- 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."
1.0 meter = 4 feet 6 inches, 5 meters = 13 feet
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Condors Swim Club**, 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."
- AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms**
- ADMISSION** \$5.00 Adults/session
\$3.00 Program/session
- MERCHAN:** A concession stand will be available throughout the meet. Kast-A-Way Swimwear will be available with swimming merchandise throughout the meet.
- PARKING:** There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing.

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...

DIRECTION: ...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 Evening - Session One
Warm-up 4:30pm/Start 5:30pm

Girls	No Faster Than	Event	No Faster Than	Boys
1	2:32.00	10 & Under 200 Freestyle	2:32.00	2
3	6:02.00	11 & Over 500 Freestyle	6:02.00	4
5	5:07.00	13 & Over 400 IM	4:46.00	6
7	2:30.50	11-12 200 IM	2:32.60	8
9	11:20.00	13 & Over 1000 Freestyle		
		13 & Over 1650 Freestyle	18:20.00	10

*The 1000 and 1650 Free will run fastest to slowest alternating heats of girls and boys.

*The 1000 and 1650 Free may be limited to the fastest 4 heats of each event.

*Swimmers in the 1000 and 1650 Free will need to provide their own timers and counters.

Saturday Morning - Session Two
Warm-up 7:30am/Start 8:30am

Girls	No Faster Than	Event	No Faster Than	Boys
11	1:21.00	8 & Under 100 IM	1:22.00	12
13	2:23.50	13 & Over 200 IM	2:14.00	14
15	NCT	8 & Under 25 Butterfly	NCT	16
17	1:05.70	13 & Over 100 Butterfly	1:01.60	18
19	37.50	8 & Under 50 Backstroke	37.50	20
21	2:22.60	13 & Over 200 Backstroke	2:17.00	22
23	NCT	8 & Under 25 Breaststroke	NCT	24
25	1:16.50	13 & Over 100 Breaststroke	1:11.00	26
27	NCT	8 & Under 25 Freestyle	NCT	28
29	58.50	13 & Over 100 Freestyle	54.00	30

**Saturday Afternoon –
Session Three**
Warm-up 1:00pm/Start 2:00pm

Girls	No Faster Than	Event	No Faster Than	Boys
31	1:21.00	9-10 100 IM	1:22.00	32
33	1:11.30	11-12 100 IM	1:12.30	34
35	36.00	9-10 50 Butterfly	36.00	36
37	1:12.10	11-12 100 Butterfly	1:13.50	38
39	1:22.20	9-10 100 Backstroke	1:22.20	40
41	33.00	11-12 50 Backstroke	33.30	42
43	43.00	9-10 50 Breaststroke	43.50	44
45	1:20.50	11-12 100 Breaststroke	1:21.60	46
47	1:11.50	9-10 100 Freestyle	1:11.60	48
49	28.50	11-12 50 Freestyle	28.30	50

Sunday Morning – Session Four
Warm-up 7:30am/Start 8:30am

Girls	No Faster Than	Event	No Faster Than	Boys
51	1:11.50	8 & Under 100 Freestyle	1:11.60	52
53	27.00	13 & Over 50 Freestyle	25.00	54
55	36.00	8 & Under 50 Butterfly	36.00	56
57	2:31.00	13 & Over 200 Butterfly	2:24.00	58
59	NCT	8 & Under 25 Backstroke	NCT	60
61	1:06.60	13 & Over 100 Backstroke	1:03.00	62
63	43.00	8 & Under 50 Breaststroke	43.50	64
65	2:43.00	13 & Over 200 Breaststroke	2:35.20	66
67	32.10	8 & Under 50 Freestyle	32.00	68
69	2:08.00	13 & Over 200 Freestyle	2:00.00	70

Sunday Afternoon – Session Five
Warm-up 1:00pm/Start 2:00pm

Girls	No Faster Than	Event	No Faster Than	Boys
71	2:14.00	11-12 200 Free	2:15.50	72
73	1:27.10	9-10 100 Butterfly	1:27.10	74
75	31.60	11-12 50 Butterfly	32.10	76
77	37.50	9-10 50 Backstroke	37.50	78
79	1:10.50	11-12 100 Backstroke	1:11.60	80
81	1:33.00	9-10 100 Breaststroke	1:34.60	82
83	37.20	11-12 50 Breaststroke	37.60	84
85	32.10	9-10 50 Freestyle	32.00	86
87	1:01.80	11-12 100 Freestyle	1:01.80	88