



**2013-MR-Patriot Firecracker Long Course Invitational
July 13 & 14, 2013 @ Lehman College**

Sanction #130701

Invited Teams:

All Metropolitan LSC Teams and all teams outside of Metro LSC

2013-MR-Patriot Firecracker Long Course Meet

July 13 & 14, 2013

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 130701
- LOCATION:** Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468
- FACILITY:** **8 Lane 50 Meter Pool utilizing Daktronic Timing System and Scoreboard**
The pool **Has** been certified in accordance with Article 104.2.2C (4) The competitive course is 7-13 feet deep. **NO SMOKING ALLOWED IN THE BUILDING.** Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. Offenders will be ejected from the facility.
- SESSIONS:** **Sat & Sun 13 & Older Session 8:00am Warm up 9:00am Start 12 & Under Session 2:00pm Warm up 3:00pm Start**
- FORMAT:** **Timed Finals
Deck Seeding**
- ELIGIBILITY:** 15 & Older 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 **July 13, 2013** 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 3 Individual events per session, NT's Are NOT Accepted**
Entries are accepted on a first come, first served basis. Entries for the Middle Distance Session will be limited to 1 hour and will be cut by time (if necessary) The Patriot Swim Team Reserves the right to enter it's swimmers in distance events, regardless of time. Entries received after the entry deadline will only be accepted if the meet is not full. Deck Entries are NOT permitted. All Entries must be sent as a Hy-Tek file. Manual Entries will NOT be accepted. Mail payment along with Hy-Tek Meet Entry Fee Report c
- U.S. Mail Entries/Payment to: **Patriot Aquatics, PO Box 484, Jefferson Valley NY 10535**
Email Entries/Confirm Entry Receipt: **patriotentries@gmail.com**
Signature Waiver Required for Express Mailed Entries
- DEADLINE:** 1: Teams will be accepted on a first come/first served basis.
2: The final entry deadline for this meet is **July 1, 2013**
- 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 \$5.00 per individual even must accompany the entries.
Make check payable to: **Patriot Aquatics.**
Payment must be received by **July 1, 2013** 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 in effect. Sprint lanes will be available 20 minutes prior to the end of each warm up. Lanes 1 & 8 will remain General warm up during sprints.**

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- 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:** **Medals 1-3, Ribbons 4-8 for 12 & Under Events. Awards for 10 & Under events will be given as follows: 9-10 and 8 & under categories.**
- OFFICIALS:** **Meet Referee: Tina Ficarelli E-mail: mommiefic@yahoo.com**
Officials wishing to volunteer should contact Meet Referee by **July 1, 2013.**
- MEET DIRECTOR:** **Robert Vializ, swimcop@aol.com 914 497 4716**
- 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**
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all liabilities and claims for damages against **The City of New York, Lehman College Apex Aquatic Center, Patriot Swim Team, Metropolitan Swimming Inc., USA Swimming Inc.,** their agents or representatives for injuries to anyone during the conduct of the meet.
- AUDIO/VISUAL STATEMENT** **The use of audio or visual recording devices, including a cell phone or tablet device, is not permitted in changing areas, rest rooms or locker rooms.**
- ADMISSION:** **\$5 Admission Fee, \$3 for Programs (Fees are set and collected by Lehman College and subject to change at the discretion of Lehman College and without prior notice or consultation with the Patriot Swim Team)**
- MERCHANTS:** **Food and Beverage Concessions provided by Patriot Swim Team. Swim Equipment by Metro Swim Shop**
- PARKING:** **Parking is \$5 in The North Lot (alongside the reservoir) There is also ample free and metered street parking however be sure to read all signs to avoid costly parking tickets. (Parking fees are set and collected by Lehman College and subject to change at the discretion of Lehman College and without prior notice or consultation with the Patriot Swim Team)**
- DIRECTIONS:** **Bedford Park Boulevard between Goulden and Paul Aves.**
BY SUBWAY: Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street.
BY BUS: FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.

BY CAR: Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right.

Via Saw Mill River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.

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Saturday July 13, 2013 Warm-up 8:00am Start 9:00am

GIRLS	EVENT	BOYS
1	13 & Older 200 IM	2
3	13 & Older 100 Backstroke	4
5	13 & Older 200 Breaststroke	6
7	13 & Older 100 Butterfly	8
9	13 & Older 50 Freestyle	10
11	13 & Older 400 Freestyle	12

Saturday July 14, 2013 Warm-up 2:00pm Start 3:00pm

GIRLS	EVENTS	BOYS
13	11-12 200 Backstroke	14
15	9-10 200 Freestyle	16
17	11-12 100 Freestyle	18
19	9-10 100 Backstroke	20
21	11-12 50 Backstroke	22
23	10 & Under 50 Breaststroke	24
25	11-12 100 Breaststroke	26
27	9-10 100 Butterfly	28
29	11-12 50 Butterfly	30
31	10 & Under 50 Freestyle	32
33	11-12 200 IM	34

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Sunday July 14, 2012 Warm-up 8:00am Start 9:00am

GIRLS	EVENTS	BOYS
35	13 & Older 400 IM	36
37	13 & Older 100 Freestyle	38
39	13 & Older 200 Backstroke	40
41	13 & Older 100 Breaststroke	42
43	13 & Older 200 Butterfly	44
45	13 & Older 200 Freestyle	46

Sunday July 14, 2013 Warm-up 2:00pm Start 3:00pm

GIRLS	EVENTS	BOYS
47	11-12 200 Freestyle	48
49	9-10 100 Freestyle	50
51	11-12 100 Backstroke	52
53	10 & Under 50 Backstroke	54
55	11-12 50 Breaststroke	56
57	9-10 100 Breaststroke	58
59	11-12 100 Butterfly	60
61	10 & Under 50 Butterfly	62
63	11-12 50 Freestyle	64
65	9-10 200 IM	66
67	11-12 200 Breaststroke	68