

## 2008 New York State YMCA Swim Meet Information

**Co-Meet Directors:** **Richard Finkelstein** 516-538-3324  
**Josh Trippi** 516-225-5768

**Dates:** Friday, Saturday, & Sunday, March 14,15,16, 2008

**Start Times:** **Class C, B, A**

Friday:	Warm-up 4:00 pm	Start: 5:00 pm
Saturday:	Warm-up 6:30 am	Start: 8:00 am *
Sunday:	Warm-up 7:30 am	Start: 9:00 am *
Finals: Saturday	Warm-up 5:00 pm	Start: 6:30 pm
Sunday	Warm-up 4:00 pm	- Subject to change

\* Warm up may be split into two 40 minute sessions including 10 minutes of sprints by teams.

**Class E, D**

Saturday	Warm-up 12:30	Start: 1:30 pm **
Sunday	Warm-up 12:00	Start: 1:00 pm **

**\*\* Subject to change after entries are received**

**Admission:** Weekend Pass - \$12  
Individual sessions - \$3 - Friday, \$6 – All day Saturday, \$6 – All day Sunday, \$3 - Saturday or Sunday Finals

**Facilities:** Nassau County Aquatic Center, Eisenhower Park (map enclosed), East Meadow, New York 10 lanes for trials, 8 lanes for finals, 25 yards, Colorado timing system

**Sanctions:** The Meet is sanctioned by the YMCA National Competitive Swimming Committee. It is required by the YMCA National Committee that all teams register with the National Competitive Swimming Committee to compete in YMCA sanctioned meets, and that coaches' passes be required of all coaches wishing to be on the deck during sanctioned meets. Information about this process is included in this package. Sanction # CAQ 07-08

**Submission Of Roster:** Each participating team must submit a current eligibility roster with age of each swimmer as of 12/01/07 to Richard Finkelstein, Flushing YMCA, 138 – 46 Northern Blvd., Flushing, NY 11354 **to be postmarked** on or before **January 15, 2008**, to be eligible for the meet. Please type, print, or submit on Hy-Tek via disk or e mail. If using Hy-Tek via mail, please include a hard copy with your disk. After January 15 a \$10/team late registration fee payable to NYS Commissioner must accompany registration and rosters.

**Eligibility:** See State Rules for '07-'08 on the NYS web site at [www.yswimmingnewyork.org](http://www.yswimmingnewyork.org)

**Entries:** **All disk entries and paperwork must be RECEIVED BY Tuesday, February 12<sup>th</sup>, and all Hy-Tek E Mail entries must be RECEIVED BY Friday, February 15<sup>th</sup>. Paperwork for e mail entries must be in hand by February 19<sup>th</sup>.** Entries must be submitted via computer disk (Hy-Tek Version 4.0Rb or later) or Hy- Tek E Mail. A free, downloadable version of Team Manager lite version for this meet is available at [HyTekltd.com.demos/swim](http://HyTekltd.com.demos/swim) web site. The meet file will be on the NYS web site. \*Either

checks for entry fees, payable to Flushing YMCA or a copy of a check request must accompany all entries. Any team that has a district meet Feb 15-17 may submit entries for swimmers or additional swims that qualify over that weekend via e mail until Feb 19<sup>th</sup>. In each case please send a brand new complete team file.

\*Mail entries to: Richard Finkelstein – Swim Coach  
Flushing YMCA  
138-46 Northern Blvd.  
Flushing, NY 11354

**E MAIL entries to BOTH [finkfly33@aol.com](mailto:finkfly33@aol.com) and [jrc6808t@netzero.net](mailto:jrc6808t@netzero.net).**

**Entry Fees:** \$3.75 per individual event and \$14 per relay entry. There will be no refunds on scratches

**Format: Class E (8 & under) and Class D (10 & Under):** All events will be timed finals. There will be diving blocks on both ends of the 25 yard pool. Therefore, all starts including Class E relay starts will be from starting blocks. We will be using dive overs for all individual events of 50 yards and longer except backstroke. Please make sure ALL of your swimmers are familiar with this.

**Class C (11 & 12), Class B (13 & 14) and Class A (15-18):** All events will have consolation finals and finals with the exception of the 500 yd freestyle and relays which will be timed finals. We will be using dive overs for all individual events of 50 yards and longer except backstroke. Please make sure ALL of your swimmers are familiar with this.

\*The 500 yd Freestyle will require positive check-in and be deck seeded.

\*All 11 & over (not open) medley relays will be swum in Saturday's finals. All relays on Sunday will be swum in the morning session.

**Rules:** 1. 2008 USA Swimming and Diving Rules technical rules as modified for NYS YMCA Swimming and Diving Championships will govern. (see web site)

2. A swimmer may swim up to three age group individual scoring events in the meet that they have qualified for. In addition, a swimmer may swim up to three open individual non-scoring events that they have qualified for. A swimmer can swim up to three total individual events per day. A swimmer can swim on two age group and two open relays. Please list relay names and order on your entry. Changes will be permitted at the meet. Relay only swimmers must be listed on a relay.
3. Scratches will be on the blocks.
4. Scratches for all final events will be accepted up to 30 minutes after finishes in prelims have been announced. After 30 minutes, no swimmer may advance from Consolations to Finals. Only alternates may advance to Consolations.
5. Class D & E -- One false start **charged to the heat** will be allowed.
6. Class C, B, A -- NO False Start Rule will be in effect.
7. "E" swimmers may swim in "D" events, but no other age group changes are allowed.

8 . Please submit proof of time for 8 & u 100 free, 9-10 200 free, all 500's and all open individual events along with your entry. Be prepared to prove any times with meet results at the meet if necessary.

**Scoring:** Relays: 40, 34, 32, 30, 28, 26, 24, 22, 18, 14, 12, 10, 8, 6, 4, 2  
Individual Events: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

**Clerk of:** D & E Swimmers must report to the Clerk of Course when their event has been called. C, B, A Swimmers will report directly to the blocks at least three heats prior to their race.  
**Course:**

**Awards:** Medals for first through eighth place and ribbons for 9th - 16th place will be given. Plaques will be given to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> place teams in each age group. Awards will be given to the coaches at the end of the meet.

**Refreshments:** A concession stand will be provided each day by the Nassau County Aquatic Center.

**Meals:** Doughnuts, bagels, juice and coffee will be available in the morning and lunch will be provided for coaches and officials.

**Restrictions:** Food will be restricted to the lobby area. The elevator is available for Meet officials and the handicapped ONLY. Swimmers must remain in designated areas. Anyone found outside of the designated areas will be disqualified from the meet. Anyone caught swimming under the bulkhead will be disqualified from the meet. Coaches are responsible for their swimmers at all times.

**National Time Trials:** Time Trials to qualify for the National YMCA Meet may be available on an as needed basis. There will be a \$4 per event per swimmer charge (\$16 per relay).

#### Order of Events

#### YMCA NYS Swimming Meet

	Girls Event #	Boys Event #	Class	Event
<b>Friday, March 14, 2008</b>				
<b>Warm-up: 4:00 pm</b>	1 (2:30.00)	2 (2:20.00)	Open	200 yd Butterfly
<b>Start: 5:00 pm</b>	3 (2:35.00)	4 (2:19.00)	A	200 yd IM
	5 (2:38.00)	6 (2:40.00)	B	200 yd IM
	7 (2:52.00)	8 (2:52.00)	C	200 yd IM
	9 (NCT)	10 (NCT)	Open	200 Free Relay (fast to slow)
	11 (2:28.00)	12 (2:18.00)	Open	200 yd Back
	13 (6:20.00)	14 (6:20.00)	B	500 yd Free
	15 (6:05.00)	16 (5:30.00)	A	500 yd Free
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<b>Saturday, March 15, 2008</b>				
<b>Warm-up: 6:30 am</b>	17 (NCT)	18 (NCT)	Open	200 yd Med Rel (fast to slow)
<b>Start: 8:00 am</b>	19 (30.50)	20 (30.60)	C	50 yd Free
	21 (29.00)	22 (28.50)	B	50 yd Free
	23 (29.20)	24 (25.50)	A	50 yd Free
	25 (36.30)	26 (37.00)	C	50 yd Back
	27 (1:17.00)	28 (1:16.50)	B	100 yd Back
	29 (1:16.00)	30 (1:07.00)	A	100 yd Back
	31 (2:30.00)	32 (2:30.00)	C	200 yd Free
	33 (2:21.10)	34 (2:21.10)	B	200 yd Free

SWIMMING	(	37 (2:42.00)	38 (2:30.00)	Open	200 Breast (slow to fast)
		39 (NCT)	40 (NCT)	C	200 yd Med Relay
AT	(	41 (NCT)	42 (NCT)	B	200 yd Med Relay
NIGHT	(	43 (NCT)	44 (NCT)	A	200 yd Med Relay
<b>Saturday, March 15, 2008</b>					
Warm-up: 12:30 pm		45 (1:50.00)	46 (1:52.00)	E	100 yd IM
Start : 1:30 pm		47 (1:28.90)	48 (1:28.00)	D	100 yd IM
		49 (44.50)	50 (44.00)	E	50 yd Free
		51 (1:21.50)	52 (1:22.00)	D	100 yd Free
		53 (22.70)	54 (22.70)	E	25 yd Back
		55 (41.50)	56 (42.00)	D	50 yd Back
		57 (1:39.00)	58 (1:40.00)	E	100 yd Free
		59 (NCT)	60 (NCT)	D	200 yd Medley Relay
		61 (NCT)	62 (NCT)	E	100 yd Medley Relay
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<b>Sunday, March 16, 2008</b>					
Warm-up 7:30 am		63 (5:10.00)	64 (4:45.00)	Open	400 yd IM (fast to slow)
Start: 9:00 am		65 (30.50)	66 (30.60)	C	50 yd Free
		67 (1:03.60)	68 (1:01.00)	B	100 yd Free
		69 (1:02.30)	70 (56.00)	A	100 yd Free
		71 (34.70)	72 (35.10)	C	50 yd Fly
		73 (1:18.00)	74 (1:16.00)	B	100 yd Fly
		75 (1:14.00)	76 (1:06.00)	A	100 yd Fly
		77 (40.00)	78 (40.00)	C	50 yd Breast
		79 (1:25.00)	80 (1:22.00)	B	100 yd Breast
		81 (1:24.00)	82 (1:14.00)	A	100 yd Breast
		83 (NCT)	84 (NCT)	C	200 yd Free Relay
		85 (NCT)	86 (NCT)	B	200 yd Free Relay
		87 (NCT)	88 (NCT)	A	400 yd Free Relay
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<b>Sunday, March 16, 2008</b>					
Warm-up: 12:00 pm		89 (35.00)	90 (35.40)	D	50 yd Free
Start: 1:00 pm		91 (19.20)	92 (19.00)	E	25 yd Free
		93 (41.10)	94 (41.10)	D	50 yd Fly
		95 (23.10)	96 (23.30)	E	25 yd Fly
		97 (45.50)	98 (45.50)	D	50 yd Breast
		99 (25.10)	100 (25.10)	E	25 yd Breast
		101 (2:50.00)	102 (2:55.00)	D	200 yd Free
		103 (NCT)	104 (NCT)	E	100 yd Free Relay
		105 (NCT)	106 (NCT)	D	200 yd Free Relay

Note: Events 1-2, 9-18, 37-64, 83-106 are Timed Finals (Class C,B,A relays - Sat. ALL IN FINALS, Sun - all relays swim in am session) Events 3-8, 19-36 Consolations and Finals on Saturday pm; Events 65-82, Consolations and Finals on Sunday pm