

**FLUSHING YMCA BIG APPLE CLASSIC**  
**NOVEMBER 20, 21, 22, 2009**  
**091105**

**FLUSHING YMCA BIG APPLE CLASSIC**

**NOVEMBER 20, 21, 22, 2009**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #09-1105
- LOCATION:** **FLUSHING YMCA**
- FACILITY:** **SIX LANES, 25 YARDS, COLORADO TIMING, KEIFER LANES, PARAGON STARTING BLOCKS, SIX LANE SCOREBOARD**  
The pool "[Click and Input Has or Has NOT]" been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **FRIDAY, NOV. 20, 5:15 PM WU, 6:15 START. SATURDAY, 11:30 WU, 12:30 START, 5:00 WU, 6:00 START, SUNDAY, 7AM WU, 8AM START, 1:00 WU, 2:00 START**
- FORMAT:** **TIMED FINALS**  
**DECK SEEDED**
- 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 **NOVEMBER 20, 2009** 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 SWIM THREE INDIVIDUAL EVENTS AND ONE RELAY PER DAY**  
**ENTRIES WILL BE ACCEPTED ON A FIRST COME, FIRST SERVED BASIS. E MAIL HY-TEK FILE IS THE PREFERRED METHOD OF ENTRY.**  
U.S. Mail Entries/Payment to: **RICHARD FINKELSTEIN, FLUSHING YMCA 138-46 NORTHERN BLVD. FLUSHING, NY 11354**  
Email Entries/Confirm Entry Receipt: [FINKFLY33@AOL.COM](mailto:FINKFLY33@AOL.COM)
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **OCTOBER 23RD**.  
2: The final entry deadline for this meet is **NOVEMBER 6<sup>TH</sup>**.  
3: Metro entries received between **OCTOBER 23<sup>RD</sup>** and **NOVEMBER 6<sup>TH</sup>** 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 PER INDIVIDUAL AND \$8 PER RELAY** entry must accompany the entries.  
Make check payable to: **FLUSHING YMCA**.  
Payment must be received by **NOVEMBER 20<sup>TH</sup>** 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:** **METRO WARM UP GUIDELINES WILL BE FOLLOWED. ADJUSTMENTS MAY BE MADE TO ENSURE A SAFE AND PROPER WARM UP.**
- 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:** **INDIVIDUAL MEDALS 1<sup>ST</sup> – 3<sup>RD</sup>. RIBBONS 4<sup>TH</sup> – 6<sup>TH</sup>. RELAY RIBBONS 1<sup>ST</sup> – 3<sup>RD</sup>..**
- OFFICIALS:** **Meet Referee: KRIS SAWICZ [krzysztofs0711@aol.com](mailto:krzysztofs0711@aol.com)**  
Officials wishing to volunteer should contact Meet Referee by **NOVEMBER 6<sup>TH</sup>**.
- MEET DIRECTOR:** **RICHARD FINKELSTEIN 516-538-3324 [FINKFLY33@AOL.COM](mailto:FINKFLY33@AOL.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.
- 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:** Upon acceptance of his/her entries, the participant waives all claims against the **FLUSHING YMCA, FLUSHING Y AQUATIC CLUB**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** **ADMISSION \$3 FOR AGE 13 & OVER, PROGRAMS WILL BE AVAILABLE FOR PURCHASE**
- MERCHANTS:** **REFRESHMENTS WILL BE AVAILABLE FOR PURCHASE, SWIM VENDOR SHOULD BE AVAILABLE**
- PARKING:** **PARKING MAY BE AVAILABLE FOR CERTIFIED COACHES IN THE YMCA LOT. SPECTATORS AND SWIMMERS USE STREET PARKING OR THE MUNICIPAL LOT ACROSS THE STREET FROM THE REAR ENTRANCE TO THE Y.**
- DIRECTIONS:** **SUGGESTED DIRECTIONS: From Eastern Long Island - L.I.E. to Cross Isl. Pkwy. North (follow towards Whitestone Expy). Exit at Linden Place. Make a left at the light (Linden Pl). Follow about 5 blocks to 35th Ave. Make left onto 35th Ave. Go 2 blocks to Union St. Make right onto Union St. Go 1 block to Northern Blvd. Make left onto Northern Blvd. The YMCA will be on your right.**
- From Triboro Bridge - Take Grand Central Pkwy to Northern Blvd/Shea Stadium exit. Follow signs to Northern Blvd. YMCA will be about one mile on the right.**
- From Whitestone Bridge - Stay to the right when coming off the bridge. Exit at Linden Place and follow as above.**

ADDITIONAL INFORMATION

THE BIG APPLE CLASSIC - NOV. 20, 21, 22, 2009

METRO SANCTION # 091105

Awards: Individual medals 1-3, ribbons 4-6. Relay - ribbons 1-3. Girls & Boys Individual High Point in each age group – 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> and 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> overall team trophy.

**\*\*SWIMMERS ARE LIMITED TO THREE INDIVIDUAL EVENTS PER DAY\*\***

**ALL ENTRIES MUST BE RECEIVED BY FRIDAY, NOV. 6<sup>th</sup>, 2009. ENTRIES WILL BE CUT BASED ON DATE OF RECEIPT OF ENTRIES. PRIORITY WILL BE GIVEN TO METRO LSC TEAMS OVER TEAMS OUTSIDE METRO IF THEIR ENTRY IS RECEIVED BY OCT. 23<sup>rd</sup>. ENTRY TIME MUST BE AT OR FASTER THAN THE CUT. "NO TIME" ENTRIES WILL NOT BE ACCEPTED.**

SWIMMERS WITH DISABILITIES ARE ENCOURAGED TO ATTEND. CONTACT RICHARD FINKELSTEIN IF YOU NEED SPECIAL CONSIDERATION.

Friday Nov. 20: Session #1 Warm-up 5:15 PM Start 6:15

<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
1	2:54.0	13-14 200 Breaststroke	2:45.0	2
3	2:48.0	Open 200 Breaststroke	2:35.0	4
5	2:16.0	13-14 200 Freestyle	2:10.0	6
7	2:12.0	Open 200 Freestyle	2:01.0	8
9	1:09.0	13-14 100 Butterfly	1:06.0	10
11	1:08.0	Open 100 Butterfly	1:02.0	12
13	5:22.0	13-14 400 IM	5:10.0	14
15	5:10.0	Open 400 IM	4:50.0	16
17	NCT	Open 200 Free Relay	NCT	18
19	12:00.0	Open 1000 Freestyle **	11:10.0	20

**\*\* 1000 limited to 3 heats of girls & 3 heats of boys  
1000 counts towards open high point award only**

Saturday Nov. 21: Session #2 Warm-up 11:30 Start 12:30

<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
21	NCT	11-12 200 IM	NCT	22
23	2:35.0	13-14 200 IM	2:29.0	24
25	NCT	11-12 100 Freestyle	NCT	26
27	29.0	13-14 50 Freestyle	27.0	28
29	NCT	11-12 50 Backstroke	NCT	30
31	1:20.0	13-14 100 Breaststroke	1:16.0	32
33	NCT	11-12 100 Breaststroke	NCT	34
35	1:12.0	13-14 100 Backstroke	1:06.0	36
37	NCT	11-12 50 Butterfly	NCT	38
39	5:53.0	13-14 500 freestyle	5:41.0	40
41	NCT	11-12 200 Medley Relay	NCT	42
43	NCT	13-14 200 Medley Relay	NCT	44

USE OF ALCOHOL OR TOBACCO PRODUCTS ANYWHERE IN THE YMCA IS STRICTLY PROHIBITED. NO GLASS OF ANY KIND ON DECK OR IN THE BALCONY. VIOLATION OF THE ABOVE MAY RESULT IN IMMEDIATE REMOVAL FROM THE FACILITY.

Saturday Nov. 21: Session #3 Warm-up 5:00 Start 6:00

<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
45	NCT	10 & Under 100 IM	NCT	46
47	2:30.0	Open 200 IM	2:17.0	48
49	NCT	10 & Under 100 Freestyle	NCT	50
51	28.6	Open 50 Freestyle	25.5	52

53	NCT	10 & Under 50 Breast	NCT	54
55	1:18.0	Open 100 Breaststroke	1:10.0	56
57	NCT	10 & Under 100 Backstroke	NCT	58
59	1:09.5	Open 100 Backstroke	1:03.0	60
61	NCT	10 & Under 50 Butterfly	NCT	62
63	5:40.0	Open 500 Freestyle	5:15.0	64
65	NCT	10 & Under 200 Med Relay	NCT	66
67	NCT	Open 200 Med Relay	NCT	68

**Sunday Nov. 22 Session #4 Warm-up 7:00, Start 8:00**

<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
69	NCT	11-12 200 Freestyle	NCT	70
71	2:35.0	13-14 200 Butterfly	2:30.0	72
73	NCT	11-12 50 Breaststroke	NCT	74
75	1:03.0	13-14 100 Freestyle	59.0	76
77	NCT	11-12 100 Butterfly	NCT	78
79	2:32.0	13-14 200 Backstroke	2:25.0	80
81	NCT	11-12 50 Freestyle	NCT	82
83	NCT	13-14 400 Free Relay	NCT	84
85	NCT	11-12 100 Backstroke	NCT	86
87	NCT	11-12 200 Free Relay	NCT	88
<b>10 MINUTE WARM-UP – SESSION #5</b>				
89	NCT	13-14 1650 Freestyle***	NCT	90

**Sunday Nov. 22: Session #6 Warm-up 1:00, Start 2:00**

<u>Event#</u>	<u>Girls</u>	<u>1</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
91	NCT	10 & Under 200 Free	NCT	92	
93	2:30.0	Open 200 Butterfly	2:20.0	94	
95	NCT	10 & Under 50 Backstroke	NCT	96	
97	1:02.0	Open 100 Free	55.5	98	
99	NCT	10 & Under 100 Fly	NCT	100	
101	2:30.0	Open 200 Back	2:16.0	102	
103	NCT	10 & Under 50 Free	NCT	104	
105	NCT	Open 400 Free Relay	NCT	106	
107	NCT	10 & Under 100 Breast	NCT	108	
109	NCT	10 & Under 200 Free Relay	NCT	110	
<b>10 MINUTE WARM-UP – SESSION #7</b>					
111	NCT	Open 1650 Freestyle***	NCT	112	

**\*\*\* 1650 IS A SEPARATE SESSION BUT MAY STILL BE LIMITED TO 1 HEAT OF GIRLS & BOYS.  
THE USA SWIMMING CODE OF CONDUCT IS IN EFFECT FOR THE DURATION OF THE MEET.**

FLUSHING YMCA  
138-46 NORTHERN BLVD.  
FLUSHING, N.Y. 11354  
718-961-6880

**GENERAL INFORMATION**

1. **Facilities:** Six lane 42' X 75' indoor pool, Colorado electronic timing, Keifer lanes, Paragon starting blocks, Colorado beep start system, 6 lane scoreboard.
  2. **Seeding:** All events will be seeded using the re-entry system.
  3. **Awards:** A distinctive medal will be given to 1st, 2nd, and 3rd places. Ribbons will be given to 4th, 5th, and 6<sup>th</sup> places. Relay awards - Ribbons 1st - 3rd place. Coaches, please pick up awards after each session.
  4. **Entry Fees:** \$3.00 per individual event, \$8.00 per relay except where noted. Make checks payable to "Flushing YMCA". If not enclosing check please enclose check request. Telephone inquiries will be accepted at 718-961-6880. No phone entries please.
  5. **Entry Format:** If using Hy-Tek by mail, entries must be on disk with printout included. E Mail entries accepted at [finkfly33@aol.com](mailto:finkfly33@aol.com). Please return the form that certifies that all swimmers are current USA members along with your entries. Please include name, phone number, e mail and times to call contact person in case of any problems.
  6. **Rules:** 2009 USA Rules will govern this meet. Metro safety and warm-up guidelines are in effect. Total warm-up will last 50 minutes and will be adjusted to ensure a safe and proper warm-up for all age groups. Time trials may be held if time permits.
  7. **Conditions:** Entries may have to be limited in order to keep the sessions at 4 hours in duration. The method of cutting will be listed on the event entry blank.
  8. **Eligibility:** All contestants must be USA registered. Age as of the first day of the meet will determine eligibility for age group events.
  9. **Parking** may be available for certified coaches listed on the summary sheet in our lot on 37th Ave. If you are not listed, you will not have a spot. A municipal parking lot is available around the corner from the back entrance of the "Y" on Union St. between 37th and 38th Ave. in addition to street parking.
  10. Refreshments available at reasonable rates. Food, smoking and glass of any kind are not permitted in the pool area or balcony.
  11. **Admission:** \$3.00 for spectators over age 12. Programs will be available for purchase.
  12. **Supervision:** Each club is requested to handle its own team and discipline problems. Anyone found guilty of vandalism or disorderly conduct will be ejected from the meet. No one is permitted above the 2nd floor of the building.
  13. Coaches must show their current U.S.A. membership card to pick up meet packet. Only currently certified U.S.S. coaches will be permitted on the pool deck. U.S.A. cards must be worn on the pool deck or be available if requested.
  14. **Mail:** SEND ALL ENTRIES TO: RICHARD FINKELSTEIN - SWIM COACH  
FLUSHING YMCA 138-46 NORTHERN BLVD.  
FLUSHING, N.Y. 11354
- E Mail entries to [Finkfly33@aol.com](mailto:Finkfly33@aol.com) - hard copy must follow

A) In granting this sanction it is understood and agreed that USA Swimming Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Upon acceptance of entries, swimmers, coaches, parents and spectators waive their right to all claims against Metropolitan Swimming, the Metropolitan Swim Committee, Flushing Y Aquatic Club, Flushing YMCA, their agents and/or representatives for any injury or loss of property occurring as a result of this meet.

B) I HEREBY CERTIFY THAT ALL SWIMMERS THAT I AM ENTERING AT THE \_\_\_\_\_ ARE CURRENTLY REGISTERED WITH USA SWIMMING \_\_\_\_\_ name of meet

_____	_____	_____
name of club	club code	E Mail
_____	_____	_____
coach's name (print)		coach's signature

The following certified coaches will be attending this meet:

\_\_\_\_\_  
\_\_\_\_\_

PLEASE RETURN THIS SHEET, SIGNED, ALONG WITH YOUR ENTRIES AND KEEP A COPY FOR YOUR RECORDS.  
**WARM-UP PROCEDURES** - Metro guidelines will be followed. Adjustments may be made to ensure a safe & proper warm up.