

# Section I – League 2

## Girls Swimming Championships

North Rockland HS, Thiells, NY  
Saturday, October 21, 2017

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### Schedule

North Rockland HS, Saturday, October 21, 2017

- Swimming Warm Up – Pool open 7:30am
- Start 9:00am

### Electronic timing

- Facility – 8 lane, 25 yd. short course
- Hy-Tek Meet Manager
- IST timing system with Colorado touch pads/backup buttons.

### Warm Up Procedures

FEET FIRST ENTRY” only. ALL lanes will be used for lap swimming 7:30am – 8:25am.. Lanes 3-6 will be open for sprints from 8:25-8:45am. 1,2, 7,8 will be used as lap lanes. Pool will be closed at 8:45am. The pool will be open for a 20 minute warm-down after the 50 free and 10 min after the 500 free.

### Entries

See Section 1 website for entry procedures and deadlines

All eligible entry times must come from HIGH SCHOOL COMPETITIONS during the 2017 season only.

### Swimming Entries

- Individual – See Section 1 website for entry procedures
- Relay – Entry cards are required and are to be brought to the blocks with the swimmers.
- Each team may enter a total of (4) contestants in each individual event and one relay team in each relay event. Athletes may participate in a maximum of either (a) two individual events and two relays or (b) one individual event and 3 relays.
- **All relay cards must clearly identify the lead swimmer. In the absence of the aforementioned it is understood the first person listed on the entry card is the lead-off swimmer.**

### Officials and Coaches Meeting

There will be a coach’s/officials meeting on **Saturday 8:40am**. All meet information will be discussed at this time. NR will provide timers. However, **in the event we need additional timers we are asking each team be ready to provide 1 timer.**

### Eligibility

The meet is open to all Section I – League Teams who are bonafide members of the National High School Federation. Entries are limited to 7-12 grade athletes. No independent athletes will be permitted to compete in this meet. **NYS Swimming and Diving Rules and Regulations** will be followed.

This is a USS Metro Sanctioned competition (**Sanction #171082-OB**). All certified times will be registered in the USS SWIMS database.

### Scoring

Conference - Top 16 places will score (See **NYS Swimming and Diving Rules and Regulations**)

### Awards

League 2 Champion Medals for 1<sup>st</sup> - 3<sup>rd</sup> place finishers.

- Team plaques will be awarded to the League Champion

### Team Seating

**Deck seating will be limited.** In an effort to accommodate each team size all are encouraged to lock there belongings in a locker. Swimmers are to enter and exit the pool through the locker room. All swimmers are asked to keep all belongings in a locker and **NOT** on the pool deck. With the exception of coaches, officials and timers **NO SHOES ARE PERMITTED ON THE POOL DECK.**

### Locker rooms

*Girls locker room will be open to all girls swimmers. Remind swimmers to keep all clothing, coats, etc. locked in a locker in the locker room*

**NOTE: It is highly recommended that no valuables be brought to the meet. NRCSD is not responsible for any lost or stolen property.**

### Team and Spectator Conduct

All student/athletes and spectators are expected to represent their schools in an appropriate and sportsmanlike manner. Security guards will be on duty throughout the meet (hallways and in gymnasium). NRCSD reserves the right to remove any student/athlete or spectator if their behavior is deemed to be unsafe or un-sportsmanlike.

**PLEASE MAKE SURE THAT YOUR TEAM AREA IS CLEANED OF ALL DEBRIS UPON DEPARTURE.  
Your cooperation is greatly appreciated**

Admission – \$5.00 per person (includes program)

### Concessions

There will be a concession area for all spectators and athletes in the hall way outside of the pool area.  
There will be a coach and official's hospitality table upstairs adjacent to the girls locker room.

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Coaches and A.D.'s - If there are any questions please do not hesitate to contact me at:

Cell - (845) 304-5252

E-mail - [Holmsey11@optonline.net](mailto:Holmsey11@optonline.net)

Good Luck,

Dave Holmes  
Meet Director

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## **Directions to NRHS**

Take the NYS Thruway North to Exit 13 N (PIP North). Take Palisades Pkwy. North to exit 14 (Letchworth Village). End of ramp make right onto Filores Lane (soccer fields on right). Go approx. 1½ miles (through traffic light) to stop sign (just past Dunkin Donuts on left). Make right onto Hammond Rd. Go ¼ mile. NRHS on left. Parking and pool entrance on left side of school.

Take the NYS Thruway North to Exit 13 N (PIP North). Take Rt. 9 south to Bear Mtn Bridge to Palisades Pkwy. South to exit 14 (Letchworth Village). End of ramp make left onto Filores Lane. Go straight (soccer fields on right) for 1½ miles (through traffic light) to stop sign (just past Dunkin Donuts on left). Make right onto Hammond Rd. Go ¼ mile. NRHS on left. Parking and pool entrance on left side of school.