

**SILVER STREAKS SWIM CLUB
2010 SEASON**

Individual Meet Entries Report

2010 MR Condors Last Chance Meet 26-Feb-10 to 28-Feb-10 Yards

Location: West Nyack, NY

Silver Streaks Swim Club [SS-MR]

51 DURHAM ROAD

WHITE PLAINS, NY 10607

silverstreaksss@msn.com

FEMALE

D'Alessandro, Andie (15)			# 97	Female 9-10 50 Free	44.76Y
# 25	Female 13 & Over 100 Breast	1:29.55Y	Jonas, Roneyce (15)		
# 61	Female 13 & Over 50 Free	30.76Y	# 13	Female 13 & Over 200 IM	3:13.89Y
# 69	Female 13 & Over 100 Back	1:20.79Y	# 17	Female 13 & Over 100 Fly	1:35.28Y
# 77	Female 13 & Over 100 Free	1:06.72Y	# 25	Female 13 & Over 100 Breast	1:35.34Y
Deziel, Blaire (17)			# 61	Female 13 & Over 50 Free	31.78Y
# 13	Female 13 & Over 200 IM	2:39.33Y	# 69	Female 13 & Over 100 Back	1:29.62Y
# 17	Female 13 & Over 100 Fly	1:12.73Y	# 77	Female 13 & Over 100 Free	1:13.37Y
# 29	Female 13 & Over 200 Free	2:19.86Y	Kyff, Jennifer (36)		
# 61	Female 13 & Over 50 Free	29.39Y	# 61	Female 13 & Over 50 Free	27.51Y
# 69	Female 13 & Over 100 Back	1:13.14Y	# 69	Female 13 & Over 100 Back	1:12.56Y
# 77	Female 13 & Over 100 Free	1:04.22Y	# 77	Female 13 & Over 100 Free	1:02.34Y
Distelhurst, Lea (13)			Lemischak, Allison (9)		
# 13	Female 13 & Over 200 IM	2:46.00Y	# 39	Female 9-10 50 Fly	40.59Y
# 21	Female 13 & Over 200 Back	2:39.97Y	# 43	Female 9-10 100 Back	1:31.74Y
# 25	Female 13 & Over 100 Breast	1:22.51Y	# 47	Female 9-10 50 Breast	46.64Y
# 61	Female 13 & Over 50 Free	28.23Y	# 85	Female 9-10 100 Fly	1:33.43Y
# 69	Female 13 & Over 100 Back	1:12.13Y	# 89	Female 9-10 50 Back	39.38Y
# 77	Female 13 & Over 100 Free	1:01.33Y	# 97	Female 9-10 50 Free	33.48Y
Ferguson, Carly (13)			Macaluso, Sophia (10)		
# 13	Female 13 & Over 200 IM	2:45.69Y	# 35	Female 9-10 100 IM	1:24.66Y
# 21	Female 13 & Over 200 Back	2:49.96Y	# 39	Female 9-10 50 Fly	37.77Y
# 25	Female 13 & Over 100 Breast	1:25.96Y	# 47	Female 9-10 50 Breast	43.41Y
# 61	Female 13 & Over 50 Free	29.95Y	# 85	Female 9-10 100 Fly	1:29.57Y
# 73	Female 13 & Over 200 Breast	3:03.60Y	# 93	Female 9-10 100 Breast	1:35.64Y
# 77	Female 13 & Over 100 Free	1:06.10Y	# 97	Female 9-10 50 Free	33.95Y
Ferguson, Mara (16)			Mathur, Natasha (15)		
# 13	Female 13 & Over 200 IM	2:32.03Y	# 61	Female 13 & Over 50 Free	41.10Y
# 25	Female 13 & Over 100 Breast	1:14.47Y	# 69	Female 13 & Over 100 Back	1:47.35Y
# 61	Female 13 & Over 50 Free	27.35Y	# 77	Female 13 & Over 100 Free	1:35.96Y
# 73	Female 13 & Over 200 Breast	2:45.33Y	McKenly, Jackie (16)		
# 77	Female 13 & Over 100 Free	1:01.86Y	# 13	Female 13 & Over 200 IM	3:01.38Y
Finkelstein, Eva (11)			# 21	Female 13 & Over 200 Back	3:02.32Y
# 37	Female 11-12 100 IM	1:43.98Y	# 29	Female 13 & Over 200 Free	2:38.87Y
# 45	Female 11-12 50 Back	51.23Y	# 61	Female 13 & Over 50 Free	29.84Y
# 49	Female 11-12 100 Breast	2:09.11Y	# 69	Female 13 & Over 100 Back	1:19.77Y
# 87	Female 11-12 50 Fly	55.06Y	# 77	Female 13 & Over 100 Free	1:08.04Y
# 95	Female 11-12 50 Breast	50.30Y	Miller, Nikki (16)		
# 99	Female 11-12 100 Free	1:30.94Y	# 17	Female 13 & Over 100 Fly	1:06.52Y
Flood, Katie (17)			# 21	Female 13 & Over 200 Back	2:23.68Y
# 61	Female 13 & Over 50 Free	25.83Y	# 25	Female 13 & Over 100 Breast	1:09.57Y
# 69	Female 13 & Over 100 Back	1:08.21Y	# 61	Female 13 & Over 50 Free	26.07Y
# 77	Female 13 & Over 100 Free	57.56Y	# 69	Female 13 & Over 100 Back	1:05.67Y
Jonas, Nia (10)			# 73	Female 13 & Over 200 Breast	2:35.26Y
# 39	Female 9-10 50 Fly	1:01.11Y	Nienaltow, Kate (16)		
# 47	Female 9-10 50 Breast	59.55Y	# 13	Female 13 & Over 200 IM	2:55.33Y
# 51	Female 9-10 100 Free	1:50.00Y	# 17	Female 13 & Over 100 Fly	1:24.06Y
# 89	Female 9-10 50 Back	57.73Y	# 25	Female 13 & Over 100 Breast	1:29.79Y

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**2010 MR Condors Last Chance Meet 26-Feb-10 to 28-Feb-10 Yards
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FEMALE

# 61	Female 13 & Over 50 Free	30.42Y
# 69	Female 13 & Over 100 Back	1:22.94Y
# 77	Female 13 & Over 100 Free	1:08.65Y
Parkinson, Brianna (10)		
# 39	Female 9-10 50 Fly	34.73Y
# 47	Female 9-10 50 Breast	41.14Y
# 51	Female 9-10 100 Free	1:08.20Y
# 85	Female 9-10 100 Fly	1:25.90Y
# 93	Female 9-10 100 Breast	1:34.42Y
# 97	Female 9-10 50 Free	29.69Y
Pence, Emily (8)		
# 11	Female 8 & Under 100 IM	1:33.39Y
# 15	Female 8 & Under 25 Fly	20.01Y
# 23	Female 8 & Under 25 Breast	23.70Y
# 63	Female 8 & Under 50 Fly	45.59Y
# 71	Female 8 & Under 50 Breast	50.19Y
# 75	Female 8 & Under 50 Free	36.51Y
Prince, Hannah (13)		
# 13	Female 13 & Over 200 IM	2:56.15Y
# 25	Female 13 & Over 100 Breast	1:31.98Y
# 61	Female 13 & Over 50 Free	32.51Y
# 69	Female 13 & Over 100 Back	1:25.26Y
# 77	Female 13 & Over 100 Free	1:12.46Y
Sloley, Katrina (15)		
# 13	Female 13 & Over 200 IM	2:58.24Y
# 25	Female 13 & Over 100 Breast	1:25.47Y
# 29	Female 13 & Over 200 Free	2:30.53Y
# 61	Female 13 & Over 50 Free	28.72Y
# 69	Female 13 & Over 100 Back	1:24.49Y
# 77	Female 13 & Over 100 Free	1:04.12Y
Uppal, Jaya (14)		
# 13	Female 13 & Over 200 IM	3:00.64Y
# 25	Female 13 & Over 100 Breast	1:29.15Y
# 29	Female 13 & Over 200 Free	2:42.75Y
# 61	Female 13 & Over 50 Free	30.79Y
# 69	Female 13 & Over 100 Back	1:27.23Y
# 77	Female 13 & Over 100 Free	1:10.75Y

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MALE

Avila, Jon-Anthony (15)			# 74	Male 13 & Over 200 Breast	2:23.25Y
# 14	Male 13 & Over 200 IM	2:25.03Y	# 78	Male 13 & Over 100 Free	52.10Y
# 18	Male 13 & Over 100 Fly	1:08.91Y	Klein, Simon (15)		
# 26	Male 13 & Over 100 Breast	1:12.77Y	# 14	Male 13 & Over 200 IM	2:30.84Y
# 62	Male 13 & Over 50 Free	26.36Y	# 26	Male 13 & Over 100 Breast	1:09.86Y
# 70	Male 13 & Over 100 Back	1:06.97Y	# 30	Male 13 & Over 200 Free	2:07.70Y
# 74	Male 13 & Over 200 Breast	2:45.44Y	# 62	Male 13 & Over 50 Free	25.68Y
Beazer, Joshua (15)			# 70	Male 13 & Over 100 Back	1:08.44Y
# 14	Male 13 & Over 200 IM	2:39.67Y	# 74	Male 13 & Over 200 Breast	2:42.10Y
# 18	Male 13 & Over 100 Fly	1:21.25Y	Macaluso, Christian (14)		
# 26	Male 13 & Over 100 Breast	1:17.47Y	# 18	Male 13 & Over 100 Fly	59.29Y
# 62	Male 13 & Over 50 Free	29.36Y	# 26	Male 13 & Over 100 Breast	1:12.27Y
# 70	Male 13 & Over 100 Back	1:17.25Y	# 30	Male 13 & Over 200 Free	2:00.15Y
# 78	Male 13 & Over 100 Free	1:05.56Y	# 62	Male 13 & Over 50 Free	24.15Y
Buckland, Gavin (15)			# 74	Male 13 & Over 200 Breast	2:40.41Y
# 18	Male 13 & Over 100 Fly	59.69Y	# 78	Male 13 & Over 100 Free	54.70Y
# 26	Male 13 & Over 100 Breast	1:06.86Y	Macaluso, James (12)		
# 30	Male 13 & Over 200 Free	1:57.37Y	# 38	Male 11-12 100 IM	1:13.49Y
# 62	Male 13 & Over 50 Free	23.41Y	# 46	Male 11-12 50 Back	36.96Y
# 74	Male 13 & Over 200 Breast	2:29.10Y	# 54	Male 11-12 50 Free	27.78Y
# 78	Male 13 & Over 100 Free	51.13Y	# 88	Male 11-12 50 Fly	32.34Y
Buckland, Grant (13)			# 96	Male 11-12 50 Breast	36.98Y
# 14	Male 13 & Over 200 IM	2:36.37Y	# 100	Male 11-12 100 Free	1:05.75Y
# 22	Male 13 & Over 200 Back	2:35.19Y	Macaluso, Nicholas (10)		
# 26	Male 13 & Over 100 Breast	1:20.97Y	# 36	Male 9-10 100 IM	1:26.84Y
# 62	Male 13 & Over 50 Free	26.76Y	# 40	Male 9-10 50 Fly	43.85Y
# 70	Male 13 & Over 100 Back	1:11.75Y	# 48	Male 9-10 50 Breast	39.11Y
# 78	Male 13 & Over 100 Free	1:00.88Y	# 90	Male 9-10 50 Back	39.93Y
Buckland, Griffin (8)			# 94	Male 9-10 100 Breast	1:30.77Y
# 16	Male 8 & Under 25 Fly	27.44Y	# 98	Male 9-10 50 Free	32.34Y
# 20	Male 8 & Under 50 Back	57.29Y	Pandya, Swapnil (16)		
# 28	Male 8 & Under 25 Free	22.62Y	# 14	Male 13 & Over 200 IM	2:43.49Y
# 60	Male 8 & Under 100 Free	1:59.11Y	# 26	Male 13 & Over 100 Breast	1:20.87Y
# 68	Male 8 & Under 25 Back	24.19Y	# 62	Male 13 & Over 50 Free	30.05Y
# 76	Male 8 & Under 50 Free	54.02Y	# 70	Male 13 & Over 100 Back	1:13.64Y
Collins-Zaluda, Sam (10)			# 78	Male 13 & Over 100 Free	1:05.26Y
# 36	Male 9-10 100 IM	1:49.59Y	Perry-Porter, Osaze (14)		
# 44	Male 9-10 100 Back	1:53.45Y	# 14	Male 13 & Over 200 IM	2:27.23Y
# 48	Male 9-10 50 Breast	54.03Y	# 18	Male 13 & Over 100 Fly	1:10.69Y
# 90	Male 9-10 50 Back	49.71Y	# 26	Male 13 & Over 100 Breast	1:14.69Y
# 94	Male 9-10 100 Breast	2:00.79Y	# 62	Male 13 & Over 50 Free	26.08Y
# 98	Male 9-10 50 Free	42.23Y	# 70	Male 13 & Over 100 Back	1:06.80Y
Goldbloom, Joey (14)			# 78	Male 13 & Over 100 Free	57.93Y
# 14	Male 13 & Over 200 IM	2:36.83Y	Prince, Adam (14)		
# 22	Male 13 & Over 200 Back	2:29.35Y	# 14	Male 13 & Over 200 IM	2:37.75Y
# 26	Male 13 & Over 100 Breast	1:21.50Y	# 26	Male 13 & Over 100 Breast	1:15.45Y
# 62	Male 13 & Over 50 Free	27.79Y	# 62	Male 13 & Over 50 Free	28.49Y
# 70	Male 13 & Over 100 Back	1:09.49Y	# 74	Male 13 & Over 200 Breast	2:48.07Y
# 78	Male 13 & Over 100 Free	1:02.96Y	# 78	Male 13 & Over 100 Free	1:04.75Y
Gourevitch, Jesse (17)			Schunk, Andy (15)		
# 62	Male 13 & Over 50 Free	24.05Y	# 18	Male 13 & Over 100 Fly	54.94Y

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MALE

<table style="width: 100%; border-collapse: collapse;"> <tr><td># 30</td><td>Male 13 & Over 200 Free</td><td style="text-align: right;">1:59.47Y</td></tr> <tr><td># 62</td><td>Male 13 & Over 50 Free</td><td style="text-align: right;">25.01Y</td></tr> <tr><td># 70</td><td>Male 13 & Over 100 Back</td><td style="text-align: right;">1:03.16Y</td></tr> <tr><td># 78</td><td>Male 13 & Over 100 Free</td><td style="text-align: right;">53.11Y</td></tr> <tr><td colspan="3">Scott, Robert (11)</td></tr> <tr><td># 38</td><td>Male 11-12 100 IM</td><td style="text-align: right;">1:33.15Y</td></tr> <tr><td># 46</td><td>Male 11-12 50 Back</td><td style="text-align: right;">42.46Y</td></tr> <tr><td># 54</td><td>Male 11-12 50 Free</td><td style="text-align: right;">32.46Y</td></tr> <tr><td># 88</td><td>Male 11-12 50 Fly</td><td style="text-align: right;">41.15Y</td></tr> <tr><td># 96</td><td>Male 11-12 50 Breast</td><td style="text-align: right;">46.65Y</td></tr> <tr><td># 100</td><td>Male 11-12 100 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Free</td><td style="text-align: right;">2:25.23Y</td></tr> <tr><td># 62</td><td>Male 13 & Over 50 Free</td><td style="text-align: right;">29.51Y</td></tr> <tr><td># 70</td><td>Male 13 & Over 100 Back</td><td style="text-align: right;">1:14.11Y</td></tr> <tr><td># 78</td><td>Male 13 & Over 100 Free</td><td style="text-align: right;">1:04.33Y</td></tr> <tr><td colspan="3">Uppal, Gaurav (11)</td></tr> <tr><td># 38</td><td>Male 11-12 100 IM</td><td style="text-align: right;">1:22.19Y</td></tr> <tr><td># 46</td><td>Male 11-12 50 Back</td><td style="text-align: right;">35.14Y</td></tr> <tr><td># 50</td><td>Male 11-12 100 Breast</td><td style="text-align: right;">1:30.48Y</td></tr> <tr><td># 88</td><td>Male 11-12 50 Fly</td><td style="text-align: right;">38.53Y</td></tr> <tr><td># 96</td><td>Male 11-12 50 Breast</td><td style="text-align: right;">40.19Y</td></tr> <tr><td># 100</td><td>Male 11-12 100 Free</td><td style="text-align: right;">1:11.41Y</td></tr> <tr><td colspan="3">White, Jahari (11)</td></tr> <tr><td># 38</td><td>Male 11-12 100 IM</td><td style="text-align: right;">1:19.53Y</td></tr> <tr><td># 46</td><td>Male 11-12 50 Back</td><td style="text-align: right;">35.86Y</td></tr> <tr><td># 54</td><td>Male 11-12 50 Free</td><td style="text-align: right;">28.39Y</td></tr> <tr><td># 88</td><td>Male 11-12 50 Fly</td><td style="text-align: right;">33.57Y</td></tr> <tr><td># 96</td><td>Male 11-12 50 Breast</td><td style="text-align: right;">42.94Y</td></tr> <tr><td># 100</td><td>Male 11-12 100 Free</td><td style="text-align: right;">1:04.30Y</td></tr> <tr><td colspan="3">Wong, Aaron (12)</td></tr> <tr><td># 38</td><td>Male 11-12 100 IM</td><td style="text-align: right;">1:20.95Y</td></tr> <tr><td># 46</td><td>Male 11-12 50 Back</td><td style="text-align: right;">36.38Y</td></tr> <tr><td># 54</td><td>Male 11-12 50 Free</td><td style="text-align: right;">31.26Y</td></tr> <tr><td># 88</td><td>Male 11-12 50 Fly</td><td style="text-align: right;">37.61Y</td></tr> <tr><td># 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Daniel (13)			# 14	Male 13 & Over 200 IM	2:51.83Y	# 26	Male 13 & Over 100 Breast	1:27.07Y	# 30	Male 13 & Over 200 Free	2:28.30Y	# 62	Male 13 & Over 50 Free	30.34Y	# 70	Male 13 & Over 100 Back	1:19.42Y	# 78	Male 13 & Over 100 Free	1:07.24Y	Stagg, Christian (14)			# 14	Male 13 & Over 200 IM	2:37.67Y	# 26	Male 13 & Over 100 Breast	1:23.38Y	# 30	Male 13 & Over 200 Free	2:25.23Y	# 62	Male 13 & Over 50 Free	29.51Y	# 70	Male 13 & Over 100 Back	1:14.11Y	# 78	Male 13 & Over 100 Free	1:04.33Y	Uppal, Gaurav (11)			# 38	Male 11-12 100 IM	1:22.19Y	# 46	Male 11-12 50 Back	35.14Y	# 50	Male 11-12 100 Breast	1:30.48Y	# 88	Male 11-12 50 Fly	38.53Y	# 96	Male 11-12 50 Breast	40.19Y	# 100	Male 11-12 100 Free	1:11.41Y	White, Jahari (11)			# 38	Male 11-12 100 IM	1:19.53Y	# 46	Male 11-12 50 Back	35.86Y	# 54	Male 11-12 50 Free	28.39Y	# 88	Male 11-12 50 Fly	33.57Y	# 96	Male 11-12 50 Breast	42.94Y	# 100	Male 11-12 100 Free	1:04.30Y	Wong, Aaron (12)			# 38	Male 11-12 100 IM	1:20.95Y	# 46	Male 11-12 50 Back	36.38Y	# 54	Male 11-12 50 Free	31.26Y	# 88	Male 11-12 50 Fly	37.61Y	# 92	Male 11-12 100 Back	1:19.35Y	# 96	Male 11-12 50 Breast	42.97Y	Wu, Brian (16)			# 18	Male 13 & Over 100 Fly	1:02.60Y	# 26	Male 13 & Over 100 Breast	1:15.47Y	# 30	Male 13 & Over 200 Free	2:14.12Y	# 62	Male 13 & Over 50 Free	25.12Y	<table style="width: 100%; border-collapse: collapse;"> <tr><td># 70</td><td>Male 13 & Over 100 Back</td><td style="text-align: right;">1:06.26Y</td></tr> <tr><td># 78</td><td>Male 13 & Over 100 Free</td><td style="text-align: right;">56.59Y</td></tr> <tr><td colspan="3">Zaino, Matthew (17)</td></tr> <tr><td># 18</td><td>Male 13 & Over 100 Fly</td><td style="text-align: right;">1:06.66Y</td></tr> <tr><td># 26</td><td>Male 13 & Over 100 Breast</td><td style="text-align: right;">1:14.24Y</td></tr> <tr><td># 62</td><td>Male 13 & Over 50 Free</td><td style="text-align: right;">26.69Y</td></tr> <tr><td># 70</td><td>Male 13 & Over 100 Back</td><td style="text-align: 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# 70	Male 13 & Over 100 Back	1:14.11Y																																																																																																																																																																																
# 78	Male 13 & Over 100 Free	1:04.33Y																																																																																																																																																																																
Uppal, Gaurav (11)																																																																																																																																																																																		
# 38	Male 11-12 100 IM	1:22.19Y																																																																																																																																																																																
# 46	Male 11-12 50 Back	35.14Y																																																																																																																																																																																
# 50	Male 11-12 100 Breast	1:30.48Y																																																																																																																																																																																
# 88	Male 11-12 50 Fly	38.53Y																																																																																																																																																																																
# 96	Male 11-12 50 Breast	40.19Y																																																																																																																																																																																
# 100	Male 11-12 100 Free	1:11.41Y																																																																																																																																																																																
White, Jahari (11)																																																																																																																																																																																		
# 38	Male 11-12 100 IM	1:19.53Y																																																																																																																																																																																
# 46	Male 11-12 50 Back	35.86Y																																																																																																																																																																																
# 54	Male 11-12 50 Free	28.39Y																																																																																																																																																																																
# 88	Male 11-12 50 Fly	33.57Y																																																																																																																																																																																
# 96	Male 11-12 50 Breast	42.94Y																																																																																																																																																																																
# 100	Male 11-12 100 Free	1:04.30Y																																																																																																																																																																																
Wong, Aaron (12)																																																																																																																																																																																		
# 38	Male 11-12 100 IM	1:20.95Y																																																																																																																																																																																
# 46	Male 11-12 50 Back	36.38Y																																																																																																																																																																																
# 54	Male 11-12 50 Free	31.26Y																																																																																																																																																																																
# 88	Male 11-12 50 Fly	37.61Y																																																																																																																																																																																
# 92	Male 11-12 100 Back	1:19.35Y																																																																																																																																																																																
# 96	Male 11-12 50 Breast	42.97Y																																																																																																																																																																																
Wu, Brian (16)																																																																																																																																																																																		
# 18	Male 13 & Over 100 Fly	1:02.60Y																																																																																																																																																																																
# 26	Male 13 & Over 100 Breast	1:15.47Y																																																																																																																																																																																
# 30	Male 13 & Over 200 Free	2:14.12Y																																																																																																																																																																																
# 62	Male 13 & Over 50 Free	25.12Y																																																																																																																																																																																
# 70	Male 13 & Over 100 Back	1:06.26Y																																																																																																																																																																																
# 78	Male 13 & Over 100 Free	56.59Y																																																																																																																																																																																
Zaino, Matthew (17)																																																																																																																																																																																		
# 18	Male 13 & Over 100 Fly	1:06.66Y																																																																																																																																																																																
# 26	Male 13 & Over 100 Breast	1:14.24Y																																																																																																																																																																																
# 62	Male 13 & Over 50 Free	26.69Y																																																																																																																																																																																
# 70	Male 13 & Over 100 Back	1:08.72Y																																																																																																																																																																																
# 74	Male 13 & Over 200 Breast	2:47.54Y																																																																																																																																																																																

**SILVER STREAKS SWIM CLUB
2010 SEASON**

Individual Meet Entries Report

**2010 MR Condors Last Chance Meet 26-Feb-10 to 28-Feb-10 Yards
Silver Streaks Swim Club [SS-MR]**

Female IE's: 112

Male IE's: 137

Total IE's: 249

Total Athletes: 45



Condors Last Chance

**Condors Last Chance
February 26th – 28th 2010
Sanction #100203
Time Trial #100252-T**

Condors Last Chance Meet

February 26 - 28, 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. **Sanction #100203, Time Trial #100252-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. 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 7:00 AM, Start 8:00 AM
Session 3: Saturday Afternoon – Warm-Up 1:00 PM, Start 2:00 PM
Session 4: Sunday Morning – Warm-Up 7:00 AM, Start 8:00 AM
Session 5: Sunday Afternoon – Warm-Up 1:00 PM, Start 2:00 PM
- FORMAT:** This will be a timed finals event.
This is a deck seeded meet.
- 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 **February 26, 2010** 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 be entered in 4 individual events and 1 relay event per day. **No NT's will be accepted.** The Men's 1650 Free and Women's Open 1000 Free will run fastest to slowest alternating boys and girls. Swimmers will need to provide their own timers for the 1000 and 1650 Free. The 1000 and 1650 may be limited to the fastest 3 heat and swimmers will be notified at least 14 days prior to the start of the meet if they are cut. The host team reserves the right to keep its swimmers entered in the meet.
- Entries will be accepted on a first come first served basis. 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:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by February 12, 2010.
2: The final entry deadline for this meet is February 16, 2010
3: Metro entries received between February 12, 2010 and February 16, 2010 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 **\$3.00** per individual event and **\$8.00** per relay event must accompany the entries. Make check payable to: **Condors Swim Club**. Payment must be received by **February 16, 2010** 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:** 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. Lanes 3 & 6 will be assigned as necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.
- 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 for 1st-3rd place and ribbons for 4th – 8th place.
- OFFICIALS:** **Meet Referee:** Mike Natale mfnc45@optonline.net Phone: 914-906-5672
Officials wishing to volunteer should contact Meet Referee by February 19, 2009.
- MEET DIRECTOR:** Tom Keaveney, contact information phone: 914-557-8922,
email Trooper4560@optonline.net
- 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 **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.
- ADMISSION:** \$5.00 Adults/session
\$3.00 Program/session
- MERCHANTS:** Metro Swim Shop 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.

DIRECTIONS:

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...

...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	Event	Boys
1	10 & Under 200 Freestyle	2
3	11 & Over 500 Freestyle	4
5	13 & Over 400 IM	6
7	11-12 200 IM	8
9	13 & Over 1000 Freestyle	
	13 & Over 1650 Freestyle	10

*The Women's 1000 Free and Men's Open 1650 Free will run fastest to slowest alternating boys and girls.

*The 1000 Free and 1650 Free may be limited to the fastest 3 heats of each event.

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

Saturday Morning - Session Two
Warm-up 7:00am/Start 8:00am

Girls	Event	Boys
11	8 & Under 100 IM	12
13	13 & Over 200 IM	14
15	8 & Under 25 Butterfly	16
17	13 & Over 100 Butterfly	18
19	8 & Under 50 Backstroke	20
21	13 & Over 200 Backstroke	22
23	8 & Under 25 Breaststroke	24
25	13 & Over 100 Breaststroke	26
27	8 & Under 25 Freestyle	28
29	13 & Over 200 Freestyle	30
31	8 & Under 100 Medley Relay	32
33	13 & Over 200 Medley Relay	34

Saturday Afternoon – Session Three

Warm-up 12:30pm/Start 1:30pm

Girls	Event	Boys
35	9-10 100 IM	36
37	11-12 100 IM	38
39	9-10 50 Butterfly	40
41	11-12 100 Butterfly	42
43	9-10 100 Backstroke	44
45	11-12 50 Backstroke	46
47	9-10 50 Breaststroke	48
49	11-12 100 Breaststroke	50
51	9-10 100 Freestyle	52
53	11-12 50 Freestyle	54
55	9-10 200 Medley Relay	56
57	11-12 200 Medley Relay	58

Sunday Morning – Session Four

Warm-up 7:00am/Start 8:00am

Girls	Event	Boys
59	8 & Under 100 Freestyle	60
61	13 & Over 50 Freestyle	62
63	8 & Under 50 Butterfly	64
65	13 & Over 200 Butterfly	66
67	8 & Under 25 Backstroke	68
69	13 & Over 100 Backstroke	70
71	8 & Under 50 Breaststroke	72
73	13 & Over 200 Breaststroke	74
75	8 & Under 50 Freestyle	76
77	13 & Over 100 Freestyle	78
79	8 & Under 100 Freestyle Relay	80
81	13 & Over 200 Freestyle Relay	82

Sunday Afternoon – Session Five
Warm-up 12:30pm/Start 1:30pm

Girls	Event	Boys
83	11-12 200 Free	84
85	9-10 100 Butterfly	86
87	11-12 50 Butterfly	88
89	9-10 50 Backstroke	90
91	11-12 100 Backstroke	92
93	9-10 100 Breaststroke	94
95	11-12 50 Breaststroke	96
97	9-10 50 Freestyle	98
99	11-12 100 Freestyle	100
101	9-10 200 Freestyle Relay	102
103	11-12 200 Freestyle Relay	104

Felix V. Festa Middle School, 30 Parrott Road West Nyack, NY 10994.

1. Take the New York State Thruway (Route 87).
2. On the New York State Thruway go toward Tappan Zee Bridge.
3. Exit the NY State Thruway at exit 13N (Palisades Parkway North).
4. Exit the Palisades Parkway at Exit 10.
5. Follow to the end of the ramp and make a right at the light onto Germonds Road.
6. Take Germonds to next light and cross over Route 304.
7. Go straight on Germonds Road.
8. Head straight onto Parrott Road.
9. Entrance to building will be on your left.