



**1ST ANNUAL ALAN J. SILVERMAN
MEMORIAL SWIM MEET**

JANUARY 9-10, 2010

Sanction Number: 100115

1st Annual Alan J. Silverman Memorial Swim Meet

JANUARY 9-10, 2010

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
#
- LOCATION:** Theodore D. Young Community Center Natatorium, 32 Manhattan Avenue, White Plains, NY 10607. (914) 989-3629 pool
There is ample on-site parking in front and to the sides of the building
- FACILITY:** The pool is a 6 lane, 25 yard facility with Daktronics timing system, Hy-Tek meet Manager. There is deck seating for spectators (space is limited). Swimmers will be using the gymnasium during competition on Saturday and Sunday. Each team is responsible for providing a team parent volunteer who will supervise their team and keep their area safe and clean.
- SESSIONS:** There will be two (2) sessions. Saturday with 12:00 PM warm-up and 1:00 PM start; Sunday with 8:00 AM warm-up and 9:00 AM start.
- FORMAT:** All events will be timed finals. Deck seeding for all events.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. The USA Swimming Code of Conduct is in effect for the duration of the meet. All swimmers participating in this meet must be registered by the first day of the meet. Age on January 9, 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 are limited to 4 individual and 1 relay per session, The meet will be run on computer using Hy-Tek's Meet Manager. Emailed Hy-Tek entry file is preferred. If sending my mail, entries should be sent on disk. A Master Sheet must accompany all entries. Please sign the "signature waiver" on envelope for entries sent by Express Mail.
- Mail entries to:
- Terri Wolin
- 40 Goodwin Avenue, White Plains, NY 10607
- Email entries: terribw@optonline.net
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 24, 2009**.
2: The final entry deadline for this meet is **January 2, 2010**.
3: Metro entries received between **December 25, 2009** and **January 2, 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: **SILVER STREAKS**. Payment must be received by **January 2, 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: First 40 minutes will be general warm-up. Last 20 minutes: lanes 2 and 5 will be open for One-way sprint. Lanes 3 and 4 will be assigned as necessary. All other lanes will remain open for general 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 coaches' deck area.

AWARDS: **Individual events all age groups: Medals 1st – 3rd; Ribbons 4th – 6th.**
Relays: Medals 1st-3rd.
Heat winner ribbons MAY be given..

OFFICIALS: **Meet Referee: JOHN SANTOS: (914) 234-3333; esektoes@aol.com**
Officials wishing to volunteer should contact Meet Referee by **January 2, 2010..**

MEET DIRECTOR: **TERRI WOLIN: terribw@optonline.net (914) 592-1078**

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 Town of Greenburgh, Theodore D. Young Community Center, Silver Streaks Swim Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: **Adults: \$3.00; Programs: \$2.00 per person per session**

MERCHANTS: **Food will definitely be available. Clothing and equipment merchants may be available.**

PARKING: On site parking is available. Street parking available. One block away is Kmart Shopping Center With free parking.

DIRECTIONS:

Directions to Theodore D. Young Community Center:

From Manhattan:

Major Deagan Expressway to 87 North (NYS Thruway). Exit 8 to 287 East, to Exit 4. Turn right on Route 100A, make left at second traffic light, down ramp to Route 119 to second traffic light. Turn left on Manhattan Avenue, to first left.

From Queens and Whitestone Bridge:

Van Wyck Expressway (Route 687N) to Whitestone Bridge. From bridge to Hutchinson River Pkwy to Exit 26 (White Plains - 287 West). Follow 287 West to Exit 5. Left on Route 100S to traffic light. Make right on Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

From Connecticut:

95 South (Connecticut Turnpike). Use Tappan Zee Bridge/White Plains exit to 287 West to Exit 5. Left on Route 100S to traffic light. Make right onto Route 119 to second traffic light. Turn right onto Manhattan Avenue, to first left.

From Peekskill:

Route 9 South/Briarcliff thru Elmsford. Turn left at traffic light onto Route 119 East. Go 1 ½ miles to Crossroads Shopping Center. Turn left at traffic light onto Manhattan Avenue, to first left.

From Suffern & Tappan Zee Bridge:

Route 87 South (NYS Thruway) to Tappan Zee Bridge to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Make left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

From New Jersey (Patterson & Jersey City):

Route 80 East to George Washington Bridge to 87 North, NYS Thruway (Upstate New York) to Exit 8 to 287 East to Exit 4 (Hartsdale). Turn right onto Route 100A. Turn left at second traffic light, down ramp to Route 119, to second traffic light. Turn left onto Manhattan Avenue, to first left.

Silver Streaks Swim Club
 1st Annual Alan J. Silverman Memorial Swim Meet
 January 9-10, 2010

Session 1: Saturday, January 9, 2010

Warm-up 12:00 PM noon

Start: 1:00 PM

Girls Event #	Events	Boys Event #
1	11-12 100 Individual Medley	2
3	13-14 200 Freestyle	4
5	11-12 100 Freestyle	6
7	13-14 100 Breaststroke	8
9	11-12 50 Breaststroke	10
11	13-14 100 Backstroke	12
13	11-12 50 Backstroke	14
15	13-14 200 Butterfly	16
17	11-12 100 Butterfly	18
19	13-14 50 Freestyle	20
21	11-12 50 Freestyle	22
23	13-14 200 Medley Relay	24
25	11-12 200 Medley Relay	26

Session 2: Sunday, January 10, 2010

Warm-up 8:00 AM

Start: 9:00 AM

Girls Event #	Events	Boys Event #
27	10-Under 100 Individual Medley	28
29	Open 200 Freestyle	30
31	10-Under 100 Freestyle	32
33	Open 100 Breaststroke	34
35	10-Under 50 Breaststroke	36
37	Open 100 Backstroke	38
39	10-Under 50 Backstroke	40
41	Open 200 Butterfly	42
43	10-Under 50 Butterfly	44
45	Open 50 Freestyle	46
47	10-Under 50 Freestyle	48
49	Open 200 Medley Relay	50
51	10-Under 200 Medley Relay	52