

# Phoenix Aquatic Club

## Maria Parmanan Invitational

November 4-6, 2022

**Sanction #221109**

**Invited Teams:** ALL METRO TEAMS, Metro Area Lifetime Swimming, Sussex County YMCA, Wycoff YMCA & Cougar Aquatic Team

All other teams that would like to be invited, please contact Mary Lange at [Pacentries@gmail.com](mailto:Pacentries@gmail.com)

# Maria Parmanan Invitational

## November 4-6, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan, Inc. #221109
- LOCATION:** Felix Festa Middle School Pool  
30 Parrott Road  
West Nyack, NY 10994
- FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lanes 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:** **PLEASE NOTE: THE BUILDING DOORS WILL NOT OPEN UNTIL 5:30** - you may not enter the building prior.
- Session 1: Friday Evening - Warm-up 5:45 PM, Start 6:30 PM **\*\*\*3.5 Hour Time Limit\*\*\***  
Session 2: Saturday Morning - **Warm-up 9:30 AM, Start 10:30 AM - due to varsity practice**  
Session 3: Saturday Afternoon - Warm-up 3:30 PM, Start 4:30 PM  
Session 4: Sunday Morning - Warm-up 7:30 AM, Start 8:30 AM  
Session 5: Sunday Afternoon - Warm-up 1:30 PM, Start 2:30 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 November 4<sup>th</sup>, 2022 will determine the age for the entire meet.**
- DISABILITY SWI. RS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. The athlete (or the athlete's coach) is responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** Swimmers may be entered in 2 events on Friday evening and 3 individual events **Saturday and Sunday. No NT's will be accepted.**
- Invited teams will be given priority in acceptance of entries. Host team reserves the right to refuse entries from teams that have a history of late or non-payment of entry fees. Entries will be accepted on a first come, first served basis for invited teams until the meet is determined to be full. The host team reserves the right to keep its swimmers entered in the meet. Two dollars/swimmer will be donated to the Parmanan family college fund.
- The 500 (women) may be limited to the fastest 5 heats; the 500 (men) may be limited to the fastest 6 heats depending on the timeline. The host team retains the right to keep its swimmers entered in these events.

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/Payments:

**Phoenix Aquatic Club**  
**10 Sparrow Lane**  
**Pearl River, NY 10965**

Email Entries/Confirm Entry Receipt: [pacentries@gmail.com](mailto:pacentries@gmail.com)

Sign Express Mail Waiver allowing delivery without signature.

- DEADLINE:** **ENTRIES MUST BE RECEIVED BY: OCTOBER 24th, 2022**  
An email confirming receipt of entries will be sent if you provide an email contact. Please contact the meet director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$10.00** per individual event, **\$32.00** per relay event plus **\$15.00/athlete surcharge** must accompany the entries.  
Make check payable to: **Phoenix Aquatic Club**  
Payment must be received by **October 24<sup>th</sup>, 2022**, for email entries. Payments 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 25 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. The meet director reserves the right to assign warm-up lanes.
- SCRATCH PROCEDURES:** 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. DECK PASS LIVE may be used to verify a coach's registration.
- AWARDS:** Awards will be given to the High Point winner in the 10&U, 11-12, 13-14 & 15&O age group categories. Points will be tallied on Sunday after each session. Winners should wait until the end of the session to receive their prize.
- OFFICIALS:** **Meet Referee:** Phil Paspalas  
Officials wishing to volunteer should contact Meet Referee by email:  
[Paspalas@optonline.net](mailto:Paspalas@optonline.net)
- MEET DIRECTOR:** Mary Lange contact information: phone 845-323-9118,  
Email [thelangez@hotmail.com](mailto:thelangez@hotmail.com)

**ADMIN OFFICIALS:** Mary Lange [thelangez@hotmail.com](mailto:thelangez@hotmail.com)  
Helen Shaw [fiveshawsnow@gmail.com](mailto:fiveshawsnow@gmail.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.

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Phoenix Aquatic Club, Metropolitan Swimming Inc., USA Swimming Inc.**, their agents, or representatives for any injury occurring because of the meet.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. By attending or participating in this competition, you voluntarily assume all risks associated with exposure to Covid-19 and forever release and hold harmless, Clarkstown Central School District, Phoenix Aquatic Club LLC, Metropolitan Swimming Inc., USA Swimming Inc., their agents and each of their officers, directors, agents, employees or other representatives from any liability or claims including for personal injuries, death, disease or property losses, or any other loss, including but not limited to claims of negligence and give up any claims you may have to seek damages, whether known or unknown, foreseen or unforeseen, in connection with exposure, infection, and/or spread of Covid 19 related to participation in this competition.

**AUDIO/VISUAL STATEMENT:** Use of **Audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or behind the blocks.**

**Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.**

**SPECTATORS:** Spectators are asked to be considerate of others in the stands and **not stand at the railing**. Taking any type of pictures or video from behind the block is strictly prohibited by USA Swimming regulations. There is also no flash photography at the start of any race.

**DECK CHANGING:** **Deck changes are strictly prohibited.**

**ADMISSION:** **\$10.00 Adults/session.** All spectators are encouraged to use the Meet Mobile App in conjunction with the free WiFi provided by the facility. Electronic Heat Sheets will be made available for free on the Meet Mobile app.

**MERCHANT:** A concession stand will be available throughout the duration of the meet. 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. **Attendees should NOT park on the grass or on any residential street or the town will tow them. There will be security guards directing parking – please be respectful.**

**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. **“Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start of must start each race from within the water. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer’s legal guardian, to ensure compliance with this requirement”**

**MAAPP** All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with MAAPP is condition of participation in the conduct of this competitions.

**WATER DEPTH:** USA 2011 -202.3.7 “The meet announcement shall include information about water depth measured for a distance of 3 feet 3 ½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls.” **1.0 meter = 4 feet 6 inches, 5 meters = 13 feet**

**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 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 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.

PHOENIX  
AQUATIC CLUB

**Friday Evening - Session 1**  
**Warm-up 5:45 PM/Start 6:30 PM**

| <b>Girls</b> | <b>Event</b>                         | <b>Boys</b> |
|--------------|--------------------------------------|-------------|
| 1            | 12&U 200 Freestyle                   | 2           |
| 3            | Open 400 IM                          | 4           |
| 5            | Open 500 (seeded fastest to slowest) | 6           |

**\*\*\*3.5 HOUR LIMIT FOR THIS SESSION\*\*\***

**Saturday Morning - Session 2**  
**Warm-up 9:30am/Start 10:30am \*\*Due to Varsity Practice**

| <b>Girls</b> | <b>Event</b>         | <b>Boys</b> |
|--------------|----------------------|-------------|
| 7            | 10&U 200 Free Relay  | 8           |
| 9            | 13-14 200 Free Relay | 10          |
| 11           | 10&U 50 Back         | 12          |
| 13           | 13-14 100 Back       | 14          |
| 15           | 10&U 200 IM          | 16          |
| 17           | 13-14 200 IM         | 18          |
| 19           | 10&U 100 Free        | 20          |
| 21           | 13-14 100 Free       | 22          |
| 23           | 10&U 100 Breast      | 24          |
| 25           | 13-14 200 Breast     | 26          |
| 27           | 10&U 50 Fly          | 28          |
| 29           | 13-14 200 Fly        | 30          |

**Saturday Afternoon - Session 3**  
**Warm-up 3:30pm/Start 4:30pm**

| <b>Girls</b> | <b>Event</b>         | <b>Boys</b> |
|--------------|----------------------|-------------|
| 31           | 11-12 200 Free Relay | 32          |
| 33           | 15&O 200 Free Relay  | 34          |
| 35           | 11-12 50 Back        | 36          |
| 37           | 15&O 100 Back        | 38          |
| 39           | 11-12 200 IM         | 40          |
| 41           | 15&O 200 IM          | 42          |
| 43           | 11-12 100 Free       | 44          |
| 45           | 15&O 100 Free        | 46          |
| 47           | 11-12 100 Breast     | 48          |
| 49           | 15&O 200 Breast      | 50          |
| 51           | 11-12 50 Fly         | 52          |

|    |              |    |
|----|--------------|----|
| 53 | 15&O 200 Fly | 54 |
|----|--------------|----|

**Sunday Morning – Session 4**  
**Warm-up 7:30am/Start 8:30am**

| <b>Girls</b> | <b>Event</b>           | <b>Boys</b> |
|--------------|------------------------|-------------|
| 55           | 10&U 200 Medley Relay  | 56          |
| 57           | 13-14 200 Medley Relay | 58          |
| 59           | 10&U 50 Breast         | 60          |
| 61           | 13-14 100 Breast       | 62          |
| 63           | 10&U 100 Fly           | 64          |
| 65           | 13-14 100 Fly          | 66          |
| 67           | 10&U 50 Free           | 68          |
| 69           | 13-14 50 Free          | 70          |
| 71           | 10&U 100 IM            | 72          |
| 73           | 13-14 200 Back         | 74          |
| 75           | 10&U 100 Back          | 76          |
| 77           | 13-14 200 Free         | 78          |

**Sunday Afternoon – Session 5**  
**Warm-up 1:30pm/Start 2:30pm**

| <b>Girls</b> | <b>Event</b>           | <b>Boys</b> |
|--------------|------------------------|-------------|
| 79           | 11-12 200 Medley Relay | 80          |
| 81           | 15&O 200 Medley Relay  | 82          |
| 83           | 11-12 50 Breast        | 84          |
| 85           | 15&O 100 Breast        | 86          |
| 87           | 11-12 100 Fly          | 88          |
| 89           | 15&O 100 Fly           | 90          |
| 91           | 11-12 50 Free          | 92          |
| 93           | 15&O 50 Free           | 94          |
| 95           | 11-12 100 IM           | 96          |
| 97           | 15&O 200 Back          | 98          |
| 99           | 11-12 100 Back         | 100         |
| 101          | 15&O 200 Free          | 102         |



As of 05/18/16

**All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.**

**Policy:** Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

**Notes:**

The above policy will be published in meet announcements and programs.

It is the Meet Director's responsibility to have forms available at the meet.

The Meet Director should check the actual ID against entry on form and keep a file of submitted forms.

The intent is to promote accountability and to give Meet Directors and Referees a tool for managing concerns about photographers. Teams should consider providing a lanyard indicating that the photographer is registered.

See form, below.





## Metropolitan Swimming Photographer Registration Form

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID \_\_\_\_\_ # \_\_\_\_\_

Taking photos of \_\_\_\_\_

On behalf of \_\_\_\_\_

Purpose \_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date(s) of meet \_\_\_\_\_