

**GAEL AQUATIC CLUB**  
**DECEMBER 8 & UNDER MEET**  
**December 7, 2008**  
**Sanction # 081209**

- Site:** Iona College, Hynes Athletics Center Pool.  
715 North Avenue - New Rochelle, New York 10801 – (914) 633-2323
- Parking:** All must park in the tiered parking structure 200-yards beyond pool complex.
- Directions:** From all locations available at <http://www.iona.edu/directions.cfm>.
- Eligibility:** Competitors must be registered with USA swimming.. Age as of **December 7, 2008** will determine event eligibility.
- Pool:** 6-lane, 25 yard pool with 7-foot non-turbulent lane lines including outside gutter lanes. Seating for 400. Colorado 5000 electronic timing system, with all six lane display on Colorado Mercury Display Scoreboard. Hy-Tek Meet Manager Software.
- Photos of Facility <http://www.iona.edu/gaels/swim/swimmingpool.cfm>
- Rules:** Current USA swimming rules will govern the meet. All events are timed finals. Deck seeding will be used. Scratches must be received no later than 30 minutes before the start of each session.
- Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. The USA Swimming Code of Conduct is in effect for the duration of the meet.
- Warm-up:** The first 40 minutes will be general warm-up. The last 20 minutes lanes 2, 4 & 5 will be for one-way sprints, lane 3 will be assigned as necessary and lanes 1 & 6 will remain open for general warm-up.
- Awards:** Individual medals 1<sup>st</sup>-3<sup>rd</sup>; ribbons 4-6<sup>th</sup>.
- Entries:** Swimmers are limited to 3 events per session. The meet will be run using Hy-Tek Meet Manager. Emailed Hy-Tek entries are preferred. If sending by mail, entries should be sent on disk. A master sheet must accompany all entries. All sessions will be limited to 3 1/2 hours before scratches.
1. Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by November 14, 2008.

2. The final deadline for this meet is November 21, 2008 in hand.
3. Metro entries received between 11/15/08 and 11/21/08 and all entries from other LSC's will be entered in the order they are received, as space allows.
4. Entry Contact/Coach will receive an e-mail confirming acceptance on deadline.
5. Teams are encouraged to e-mail entry files ASAP; however, hard copies must be in hand at deadline.

An entry fee of \$3.00 per individual event must accompany the entries. In addition, there is a \$1.00 surcharge for any entries not sent on disk.

Make checks payable to: Iona College. Mail or Express all entries to:

Iona College  
Attention: Nick Cavataro  
715 North Avenue  
New Rochelle, New York 10801  
914-633-2323  
[ncavataro@iona.edu](mailto:ncavataro@iona.edu)

Please be sure to sign the "signature waiver" on envelope for entries sent by express mail.

Email address: [Ncavataro@iona.edu](mailto:Ncavataro@iona.edu)

No glass bottles allowed on the deck or in the locker rooms.

Admission: Adults: \$5.00 Children: \$2.00 Programs: \$2.00 per session

**This Form Must be returned with Payment**  
**Gael Aquatic Club**  
**December 8 & Under Meet**  
**December 7, 2008**

**CLUB:** \_\_\_\_\_ **CODE** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

**CITY** \_\_\_\_\_ **STATE** \_\_\_\_\_ **ZIP** \_\_\_\_\_

**COACH** \_\_\_\_\_

**PHONE** \_\_\_\_\_ **E-MAIL** \_\_\_\_\_

**CLUB CONTACT** \_\_\_\_\_ **PHONE** \_\_\_\_\_

**E-MAIL** \_\_\_\_\_

**ENTRY FEES: Make Checks payable to IONA COLLEGE**

**Total Individual Events** \_\_\_\_\_ **x \$3.00 =** \_\_\_\_\_

**Total Swimmers (non-disk surcharge)** \_\_\_\_\_ **x \$1.00 =** \_\_\_\_\_

**Total Amount Due:** \_\_\_\_\_

**The final deadline for this meet is November 21, 2008 in hand. Mail to:**

**Iona College**  
**Attention: Nick Cavataro**  
**715 North Avenue**  
**New Rochelle, New York 10801**  
**914-633-2323**  
**ncavataro@iona.edu**

**If express mail is used, please sign "signature waiver".**  
**Waiver: USA Swimming, inc., Metropolitan Swimming, Inc, Iona College, Gael Aquatic Club, their agents or representatives shall be held free and harmless from liabilities, injuries, claims or damages arising from the conduct of these events.**

**Signed (Club Official):** \_\_\_\_\_ **Title:** \_\_\_\_\_

**No entries accepted without this signed waiver.**

**Gael Aquatic Club  
December 8-and under meet  
December 7, 2008**

**Session 1**

**Warm-up 8am/ start 9am**

**Girls**

- 1 8-8 50 Free**
- 2 7/Under 25 free**
- 3 8-8 50 Back**
- 4 7/Under 25 Back**
- 5 8-8 50 Breast**
- 6 7/Under 25 Breast**
- 7 8-8 50 Fly**
- 8 7/Under 25 Fly**
- 9 8-8 100 IM**
- 10 7/Under 100 IM**

**Session 2**

**Warm-up 1:00pm/ start 2pm**

**Boys**

- 11 8-8 50 Free**
- 12 7/Under 25 free**
- 13 8-8 50 Back**
- 14 7/Under 25 Back**
- 15 8-8 50 Breast**
- 16 7/Under 25 Breast**
- 17 8-8 50 Fly**
- 18 7/Under 25 Fly**
- 19 8-8 100 IM**
- 20 7/Under 100 IM**

**Questions: Nick Cavaturo. Meet Director: (914) 633-2323**

**Directions to the New Rochelle Campus, 715 North Ave, New Rochelle, NY 10801**

**Directions: <http://www.iona.edu/directions.cfm>**

**From Upper New York State and Upper Westchester County (I-287)**

**New York State Thruway to Cross Westchester Expressway (Interstate 287) East. Take East Exit 9 South to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.**

**From New England and Upper Westchester County (I-95)**

**Interstate 95 (Connecticut Turnpike, New England Thruway) to Cross Westchester Expressway (Interstate 287). Take Exit 9 south to the Hutchinson River Parkway. Hutchinson River Parkway South to Exit 18E, Mill Road. Right on Mill Road to light, then right on North Avenue. Follow North Avenue 2 miles to entrance of College on your left.**

**Alternate Route: Interstate 95 South to Exit 16. Follow signs to North Avenue. Right onto North Avenue, proceed 1 mile to entrance of the College on your right.**

**From Midtown Manhattan F.D.R. Drive**

**(East River)Take the FDR to the bridge at Willis Avenue. Bridge connects to the major Deegan Expressway North. Stay left after crossing the bridge. Follow to Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.**

**From Midtown Manhattan-West Side**

**Take the West Side Highway to the Henry Hudson Parkway North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to end, then right on North Avenue. At second traffic light make left onto campus.**

**Alternate Route F.D.R. to Bruckner Expressway to Hutchinson River Parkway. North to Exit 14, Pelhamdale Avenue, New Rochelle Road, New Rochelle. Turn right at light on New Rochelle Road, left on Eastchester Road to North Avenue, right on North Avenue to second traffic light, then left onto campus.**

### **From the Bronx**

**Interstate 87 (Major Deegan Expressway) North to the Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.**

### **From Long Island**

**Whitestone Bridge. Follow signs to Hutchinson River Parkway. Proceed north to Exit 14, Pelhamdale Avenue, New Rochelle. Turn right at light on New Rochelle Road, left on Eastchester Road to North Avenue, right on North Avenue to second traffic light, then left onto campus.**

### **From New Jersey, The West and the South**

**Holland Tunnel, Lincoln Tunnel, or George Washington Bridge to Henry Hudson Parkway. North to Cross County Parkway East. Proceed east to Exit 10, New Rochelle Road, Eastchester. Turn right and proceed to fourth traffic light. Turn left on Eastchester Road to the end, then right on North Avenue to second traffic light and left onto campus.**

### **By Railroad and Subways**

**Metro North Railroad - New Haven Line to New Rochelle Station. Exit North Avenue and take a taxi or #45 bus to College (bus runs Monday through Friday). West Side IRT subway (uptown), change at 180th Street for 241st Street-White Plains Road train. At White Plains Road and 241st Street take #42 bus to North Avenue and Main Street, New Rochelle. Transfer to #45 bus to College (bus runs Monday through Friday). By Amtrak North East Corridor Service to New Rochelle Station. Exit to North Avenue and take a taxi or #45 bus to College (bus runs Monday through Friday). By Bus From Pelham Bay Station in the Bronx, take #45 bus directly to the College (bus runs Monday through Friday). From Fordham Road and Valentine Avenue in the Bronx take Fordham Road bus to North Avenue and Main Street. Take #45 bus north to the College. From 241st Street and White Plains Road, take #42 bus to Main Street and North Avenue. Transfer to #45 bus to the College (bus runs Monday through Friday).**