



**Riverbank RedTails Swim Team  
7<sup>th</sup> Annual International LC Invitational  
June 19<sup>th</sup> & 20<sup>th</sup>, 2010  
Lehman College APEX Center  
250 Bedford Park Blvd. West  
Bronx, NY 10468  
212-960-1134**

General information

1. **Facilities:** Eight lanes 50 meters Olympic size indoor pool, electronic timing system, non-turbulent lane lines.
2. **Awards:** A distinctive medal will be given to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places. High Point awards will be given to top three individuals in each age division and top three teams.
3. **Entry Fees:** \$3.00 per individual event, \$ 8.00 per relay, \$1.00 per swimmer surcharge, non-Hy-Tek entries. Make Checks payable to NHT Redtails Swim Team. Send Entries to Coach Danny Trinidad at Riverbank State Park 679 Riverside Drive New York NY 10031, email entries to Moarroyo@aol.com.
4. **Entry Format:** If using Hy-Tek, entries must be on disk with printout included. If not using Hy-Tek, please submit entries on enclosed master form. Swimmers allowed only 4 individual events and 1 relay per day.
5. **Rules:** 2010 USA Swimming Rules will govern this meet. Metro safety and warm-up guidelines will be in effect. Please return the form that certifies that all swimmers are current USA/FINA members along with your entries. Please include name, phone number, email and times to call contact person if needed. All events are timed finals.
6. **Conditions:** Entries may have to be limited in order to keep the sessions at a 4 hour duration, as per Metropolitan Swimming regulations.
7. **Eligibility:** All swimmers must be USA/FINA registered. Age as of the first day of the meet will determine eligibility for age group events. **Swimmers with disabilities are encouraged to enter.**

8. **Parking**: Street parking will be available.
9. **Vending**: Refreshments and food will be available. Foods and glass of any kind are not permitted on the pool deck or in the seating area.
10. **Admission**: spectators will be required to pay admission fees for each session. Programs will be available as well.
11. **Supervision**: Each club is responsible for their team's discipline. Anyone found guilty of vandalism or disorderly conduct will be ejected from the facility.
12. **ID Cards**: Coaches and swimmers will be provided with ID cards that must be displayed at all times during the meet. Only swimmers and coaches with ID cards will be allowed on the pool deck.

Mail all entries to: Danny Trinidad – Head Swim Coach  
Riverbank State Park – Aquatics Complex  
679 Riverside Drive  
New York, NY 10031  
212.694-3669  
e-mail entries to: Moarroyo@aol.com

**Entry Deadline: Friday, 6/05/10**

Note: Only Metro LSC entries will be accepted prior to May 14, 2010.

**Riverbank RedTails Swim Team  
7th Annual International Meet Event List**

**Session I**

Saturday, June 19, 2010

7:30am Warm-up  
8:30am Start time

| Women |           |                             | Men |
|-------|-----------|-----------------------------|-----|
| 1     | 15 & Over | 200 Meter Individual Medley | 2   |
| 3     | 11-12     | 200 Meter Freestyle         | 4   |
| 5     | 15 & Over | 100 Meter Breastroke        | 6   |
| 7     | 11-12     | 50 Meter Breastroke         | 8   |
| 9     | 15 & Over | 200 Meter Backstroke        | 10  |
| 11    | 11-12     | 100 Meter Backstroke        | 12  |
| 13    | 15 & Over | 100 Meter Freestyle         | 14  |
| 15    | 11-12     | 50 Meter Freestyle          | 16  |
| 17    | 15 & Over | 200 Meter Butterfly         | 18  |
| 19    | 11-12     | 100 Meter Butterfly         | 20  |
| 21    | 15 & Over | 400 Meter Medley Relay      | 22  |
| 23    | 11-12     | 400 Meter Medley Relay      | 24  |

**Session II**

Saturday, June 19, 2010

1:30pm Warm-up  
2:30pm Start time

| Women |        |                             | Men |
|-------|--------|-----------------------------|-----|
| 25    | 13-14  | 200 Meter Individual Medley | 26  |
| 27    | 10 & U | 200 Meter Freestyle         | 28  |
| 29    | 13-14  | 100 Meter Breastroke        | 30  |
| 31    | 10 & U | 50 Meter Breastroke         | 32  |
| 33    | 13-14  | 200 Meter Backstroke        | 34  |
| 35    | 10 & U | 100 Meter Backstroke        | 36  |
| 37    | 13-14  | 100 Meter Freestyle         | 38  |
| 39    | 10 & U | 50 Meter Freestyle          | 40  |
| 41    | 13-14  | 200 Meter Butterfly         | 42  |
| 43    | 10 & U | 200 Meter Medley Relay      | 44  |
| 45    | 13-14  | 400 Meter Medley Relay      | 46  |

**Riverbank RedTails Swim Team  
7th Annual International Meet Event List**

**Session III**

Sunday, June 20, 2010

7:30am Warm-up

8:30am Start time

Women

Men

|    |           |                             |    |
|----|-----------|-----------------------------|----|
| 47 | 15 & Over | 200 Meter Freestyle         | 48 |
| 49 | 11-12     | 200 Meter Individual Medley | 50 |
| 51 | 15 & Over | 100 Meter Backstroke        | 52 |
| 53 | 11-12     | 50 Meter Backstroke         | 54 |
| 55 | 15 & Over | 200 Meter Breastroke        | 56 |
| 57 | 11-12     | 100 Meter Breastroke        | 58 |
| 59 | 15 & Over | 50 Meter Freestyle          | 60 |
| 61 | 11-12     | 100 Meter Freestyle         | 62 |
| 63 | 15 & Over | 100 Meter Butterfly         | 64 |
| 65 | 11-12     | 50 Meter Butterfly          | 66 |
| 67 | 15 & Over | 400 Meter Freestyle Relay   | 68 |
| 69 | 11-12     | 400 Meter Freestyle Relay   | 70 |

\*\* High Point Awards Presentations \*\*

**Session IV**

Sunday, June 20, 2010

1:30 pm Warm-up

2:30 pm Start time

Women

Men

|    |        |                             |    |
|----|--------|-----------------------------|----|
| 71 | 13-14  | 200 Meter Freestyle         | 72 |
| 73 | 10 & U | 200 Meter Individual Medley | 74 |
| 75 | 13-14  | 100 Meter Backstroke        | 76 |
| 77 | 10 & U | 50 Meter Backstroke         | 78 |
| 79 | 13-14  | 200 Meter Breastroke        | 80 |
| 81 | 10 & U | 100 Meter Breastroke        | 82 |
| 83 | 13-14  | 50 Meter Freestyle          | 84 |
| 85 | 10 & U | 100 Meter Freestyle         | 86 |
| 87 | 13-14  | 100 Meter Butterfly         | 88 |
| 89 | 10 & U | 50 Meter Butterfly          | 90 |
| 91 | 13-14  | 400 Meter Freestyle Relay   | 92 |
| 93 | 10 & U | 400 Meter Freestyle Relay   | 94 |

\*\* High Point Awards Presentations \*\*

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**Riverbank RedTails Swim Team**  
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***Meet Entry Summary & Waiver***

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Head Coach's Name \_\_\_\_\_  
Day Phone # \_\_\_\_\_  
Evening phone # \_\_\_\_\_  
E-Mail: \_\_\_\_\_

Fee Summary:

|                              |       |            |       |
|------------------------------|-------|------------|-------|
| Female Individual Entries    | _____ | x \$3.00 = | _____ |
| Male Individual Entries      | _____ | x \$3.00 = | _____ |
| Female Relay Entries         | _____ | x \$8.00 = | _____ |
| Male Relay Entries           | _____ | x \$8.00 = | _____ |
| Non Hy-Tek Surcharge Entries | _____ | x \$1.00 = | _____ |
| Total of entry fees          |       | =          | _____ |

**\*Make check payable to NHT Redtails Swim Team. Deadline: Friday, 6/05/10**

**Event Waiver:**

Upon acceptance of entries, swimmers, coaches, parents and spectators waive their right to all claims against New York State Office of Parks, Recreation and Historic Preservation, Riverbank State Park, Riverbank RedTails Swim Team, Lehman College Metropolitan Swimming, their agents and representatives for any injury or loss of property occurring as a result of this meet.

I hereby certify that all swimmers that I am entering at the: Riverbank RedTails 7th International LC Invitational Meet is currently registered with USA/FINA Swimming.

Print Name \_\_\_\_\_ Title \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Team official/coach)

Certified Coaches and team officials attending this meet: \_\_\_\_\_

**\*Entries will not be accepted without this signed waiver**