

Ithaca College

2nd Annual Narwhal Invitational 2019



Saturday, October 5th, 2019

12 – 4 pm

A College Club Swimming and US Masters Swimming Dual Event

hosted by **Ithaca College Swim Club**

RECOGNIZED BY NIAGARA DISTRICT MASTERS SWIMMING FOR USMS INC.

CONTACT	<p>For general questions, please email ithacacollegeswimclub@gmail.com. Julia Muller '20 – Meet Coordinator jmuller2@ithaca.edu (508) 505 - 8659 Sarah Griffin '20 – Club Co-President sgriffin@ithaca.edu (207) 838 - 6512 Haley Hosking '21 – Club Co-President hhosking@ithaca.edu (516) 297 - 1905</p>
LOCATION	<p>Ithaca College Athletics and Events Center 953 Danby Rd Ithaca, NY 14850</p>
TIMELINE	<p>Deck Opens: 10:45am Warm-up: 11:00am – 12:00pm President's Meeting: 11:45am Meet: 12:00 – 4:00pm</p>
FACILITY	<p>The Ithaca College Athletics and Events Center pool seats approximately 1,000 spectators. The competition pool is 8 lanes and there is a warm up and warm down pool on the other side of the bulkhead. <i>The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 107.2.1.</i> The primary timing system will be automatic timing (Colorado Timing System) with full color video scoreboard. Times will be submitted for USMS records and USMS Top 10 consideration.</p>
ELIGIBILITY	<p>All CCS swimmers must be a member of their university's club team and in good standing with their university. Athletes must be registered with College Club Swimming and/or US Masters. All participants must also fill out a participation waiver either digitally or on paper in order to swim.</p>
MEET FORMAT	<p>The meet will be swum in short course yards. Competition will be held in eight lanes. The meet may utilize flyover starts if necessary. All events are timed finals. Events will be swum slowest to fastest.</p>
RULES	<p>College Club Swimming rules and regulations will govern the meet. For their governance handbook, please click here.</p> <p>It should be noted that any suits with tie-backs (i.e. JOLYN swimsuits) or other fasteners are not permitted for competition.</p>
WARM-UP	<p>Prior to the start of the meet, full pool will be open for warm-up. The competition pool will be closed 10 minutes prior to the first event but the warm-up pool will remain open for the duration of competition. <u>No one is permitted to use the diving well or hot tub prior to or during the meet.</u> We ask that all visitors please respect these rules.</p>

ORDER OF EVENTS

1/2 – 200 Medley Relay
3/4 – 200 Free
5/6 – 200 IM
7/8 – 50 Free
9/10 – 100 Fly
11/12 – 50 Back
13/14 – 100 Free
****10 minute BREAK****
15/16 – 200 Back
17/18 – 500 Free
19/20 – 400 Free Relay
21/22 – 50 Breast
23/24 – 100 IM
25/26 – 200 Breast
****10 minute BREAK****
27/28 – 50 Fly
29/30 – 200 Fly
31/32 – 100 Back
33/34 – 100 Breast
35/36 – 200 Free Relay

Odd events are women's and even events are men's.

The Meet Coordinator reserves the right to change the location or shorten any breaks due to time constraints. Any events receiving no entries by entry deadline may be removed at the discretion of the Meet Coordinator.

ENTRY LIMIT

Athletes may enter up to four (4) individual events. There is no limit on the number of relays an athlete may swim.

To include relay swimmers' names in the final results, please provide names in the order they will be swimming in the relay with your entries.

ENTRIES

CCS Swimmers: Send entries to ithacacollegeswimclub@gmail.com by **Monday, September 30, 2019** at midnight. To assist in payment processing, please **RSVP** with an estimated number of swimmers and payment method via email by September 23, 2019.

Entries MUST be sent in a Hy-Tek file for teams exceeding 5 participating swimmers. For teams bringing 5 or fewer swimmers, an Excel file may be submitted. We recommend using Hy-Tek Team Manager Lite (free version): hytek.active.com

Teams will be sent a confirmation email when their entries are imported into Meet Manager. The confirmation email will include the number of entered swimmers, any problems with the file, and meet updates. It is asked that each team confirms they have read the confirmation email and reply if they would like an invoice.

Masters: Swimmers will use the online entry system:

https://www.clubassistant.com/club/meet_information.cfm?c=2258&smid=12510

One event USMS registration will be available online. **Entry deadline is Monday, September 30, 2019 midnight.** Your credit card will be charged by “Club Assistant.com Events”.

ENTRY FEES

CCS entries are \$15 per swimmer. There will be no team caps for entry fees.

The preferred method of payment is by credit card. Please go to recreation.ithaca.edu, select “Programs,” and scroll down to “Narwhal Invitational Team CCS Entry Fee”. Enter in the amount of swimmers you are bringing, sign the team waiver, note what team you are registering, and process the payment.

If your team can only process checks, checks should be made payable to “**Ithaca College.**” In the memo please write “swim meet entry + your school name.” Checks may be submitted to the meet coordinator at the President’s meeting or anytime during the meet.

Late payments may be subject to a \$20 fee, at the discretion of the Meet Coordinator. Refunds will not be offered if a swimmer signs up for the meet, but does not show up.

SCRATCHES

Teams may submit scratch requests between Tuesday, October 1st and Friday October 4th at noon. All scratches will be confirmed by email. If a swimmer drops out from the meet during this time frame, the team fee will be adjusted.

The policy outlined for scratches also applies to adding or changing a swimmer’s events, altering your team roster, and altering a seed time.

DECK ACCESS

Deck access is limited to swimmers, officials, coaches, volunteer timers, and Ithaca College personnel.

PSYCH SHEET

A psych sheet will be emailed out to all teams the week before the meet.

HEAT SHEET

Hard copies of the heat sheet will be given to each team during warm-ups or at the presidents meeting.

RESULTS

PDF and Hy-Tek versions of the results will be sent to all attending teams within 24 hours of the conclusion of the meet. A Hy-Tek results file will be sent to College Club Swimming within 24 hours of the conclusion of the meet. USMS results will be posted online at usms.org within 2 weeks.

Misc.

Free admission for spectators.

Concessions may be offered at the meet (TBD).

Please note that other campus events may be sharing parking facilities on the date. The Meet Director will announce any changes to parking at they are made available.

LODGING

Here is a short list of hotels in the Ithaca area. We also recommend looking in the Elmira/Corning area for cheaper hotel options. If you have any questions regarding hotels, please contact the Meet Coordinator.

Holiday Inn Express & Suites Ithaca

371 Elmira Rd, Ithaca, NY 14850

Quality Inn

356 Elmira Rd, Ithaca, NY 14850

Ithaca Marriott Downtown on the Commons

120 S Aurora St, Ithaca, NY 14850

Country Inn & Suites

1100 Danby Rd, Ithaca, NY 14850

Hotel Ithaca

222 S Cayuga St, Ithaca, NY 14850

Fairfield Inn & Suites by Marriott Ithaca

359 Elmira Rd, Ithaca, NY 14850

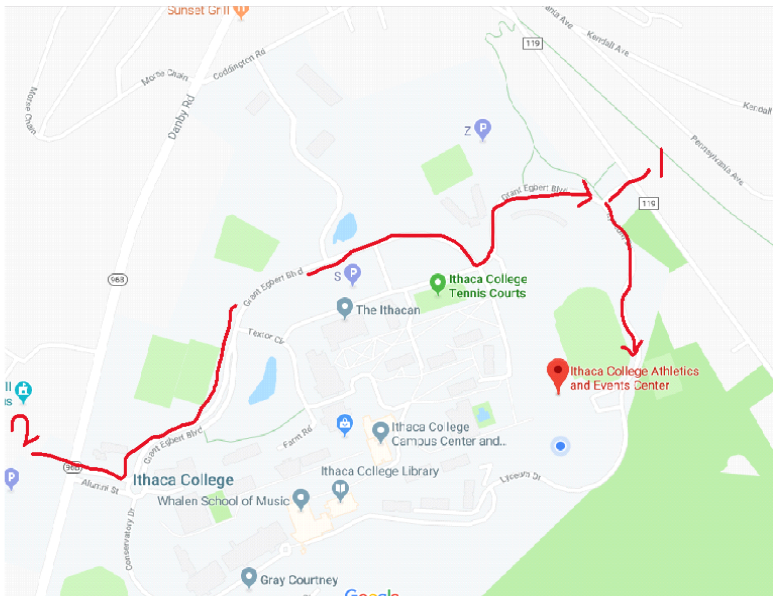
FOOD

Here is a short list of food in the Ithaca area.

Panera Bread	Italian Carryout
Chipotle	Ithaca Ale House
CoreLife Eatery	Red's Place
Five Guys	Ithaca Beer Co.
Buffalo Wild Wings	Dolce Delight
Chili's	Collegetown Bagels
Texas Roadhouse	Viva Taqueria

PARKING

The easiest way to get to the pool is to enter campus from Coddington road. However, you can also enter from Danby road (Route 96b).



You can enter the A&E from the front (the doors under the “tower”) or the side entrance. The side entrance is closer to the pool and locker rooms. The two entrances are circled below. Parking is free on weekends in any of the lots outlined above at right.

Thank you. We look forward to seeing you!

