



YWCA Middies  
February 17, 2013  
Sanction #: 130201

# YWCA Middies Distance Meet

February 17, 2013

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 130201
- LOCATION:** YWCA of White Plains  
515 North St.  
White Plains, NY 10605
- FACILITY:** One 6x7' lane 25 yard course. Non-turbulent lane lines. Colorado electronic timing system with 6 line scoreboard.  
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: Sunday, February 17, 8 am warm up, 9 am start  
Session 2: Saturday, February 17, 1 pm warm up, 2 pm start
- FORMAT:** All events will be timed finals, deck seeding. All events will be held fastest to slowest.  
NOTE RE: Afternoon session – 1650 free:  
The session will run fastest to slowest and alternate women and men. Depending on the number of entries in the 1650, this session may be split into 2 sessions with an additional 15-20 minute warm up period between sessions.
- 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 February 17, 2013 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 3 events + 1 relay in session 1, 3 events + 1 relay in session 2.  
This meet will be run using Hy-Tek's Meet Manager. All files must be emailed in Hy-Tek format.  
An email confirming receipt of entries along with a meet manager report will be returned to the coach.  
If this report is not received within 2 days, contact Matt Hall ([mhall@ywcawpcw.org](mailto:mhall@ywcawpcw.org)).  
  
U.S. Mail Entries/Payment to: YWCA Middies, 515 North Street, White Plains, NY, 10605  
Email Entries/Confirm Entry Receipt: [mhall@ywcawpcw.org](mailto:mhall@ywcawpcw.org)
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by Tuesday, February 5, 2013.  
2: The final entry deadline for this meet is Tuesday, February 12, 2013.  
3: Metro entries received between February 5, and February 12, 2013 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 \$4.00 per individual even must accompany the entries.  
Make check payable to: YWCA Middies.  
Payment must be received by February 12, 2013 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:** Warm up sessions will be assigned and each team will have 20 minutes to complete. All lanes will open for the last 10 minutes for specific 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 deck area.

**AWARDS:** **Heat Winner duckies will be handed out per heat.**  
**Ribbons 1<sup>st</sup> – 8<sup>th</sup> place per age group.**

**OFFICIALS:** **Meet Referee: [Sally Hall, csaehallfamily@aol.com](mailto:csaehallfamily@aol.com), 914-844-4170**  
Officials wishing to volunteer should contact Meet Referee by **February 12, 2012.**

**MEET DIRECTOR:** **Matt Hall, [mhall@ywcawpcw.org](mailto:mhall@ywcawpcw.org), 914-949-6227 x151**

**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.  
**“Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or 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”**

**WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."  
**The water depth is 3 feet at the shallow end and 10 feet deep at the diving end.**

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

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **[the YWCA of White Plains and the YWCA Middies](#)**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

**ADMISSION:** **Adults: \$5, Programs: \$3**

**MERCHANTS:** **Vendors will be at the meet selling merchandise. Concessions will be provided.**

**PARKING:** **Parking is available in the back of the YWCA. NO CARS to be parked in front.**

**DIRECTIONS:** **The YWCA is located at 515 North St., White Plains, NY opposite White Plain High School. Bryant Ave. is the nearest intersection.**  
From Hutchinson River Pkwy, North and South:  
Take Exit 25 (Route 127, North St.) west toward White Plains. YWCA is on the left 1.5 miles.  
From Cross Westchester Express (I-287):  
Heading East (from Tappan Zee Bridge) take Exit 9A. Bear right and continue to the 3<sup>rd</sup> intersection,  
Bryant Ave. Turn right and continue to North St. Turn left and drive one block. YWCA is on right.  
Heading West (from Port Chester or Connecticut):  
Take Exit 9S. After light bear right onto the Hutchinson River Pkwy South. Take Exit 25W as above.  
From I-684:  
Follow to end which merges with the Hutchinson River Pkwy. Take Exit 25W as above.

By Bus:

Bee Line Bus #5 (from bus terminal at Metro-North White Plains or Harrison Station.) For a bus schedule call: (914) 949-2020.

### Order of Events

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Session 1	2 events		
Warm up	8:00 AM	Meet start	9:00 AM
Girls	Event		Boys
1	12 and under 500 free		2
3	13-18 400 IM		4
5*	11-12 400 IM		6*

Session 2	1 event		
Warm up	1:00 PM	Meet start	2:00 PM
Girls	Event		Boys
7	OPEN 1650 free		8

**\*Time permitting; there will be a 10 minutes warm-up before events 5 & 6**

#### **AFTERNOON SESSION:**

General warm-up 1:00pm-1:40pm  
Pace lanes and continued general warm-up 1:40-1:50pm

**This session will run fastest to slowest, alternating women & men.**

**Depending on the number of entries in the 1650, the afternoon session may be split into 2 sessions with 15-20 minutes warm-up in between sessions**

**All teams will be contacted no later than Tuesday, November 1<sup>st</sup>, if the session is divided into 2 sessions**

**Note: 500 free and 1000 free Split times from the 1650 will be uploaded to SWIMS**