

# **BGC-N. Westchester Marlins Swim Team**



## **Marlins Mid-January Meet**

**January 25, 2015**

**Sanction # 150120**

**Time Trials Sanction # 150158-T**

# Marlins Mid-January Meet

January 25, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # **150120** (Time Trials Sanction # 150158-T)
- LOCATION:** Boys & Girls Clubs of Northern Westchester – Trotta Millennium Pool  
351 Main Street – Mount Kisco, NY 10549 – (914) 666-8069 # 115
- FACILITY:** 25 yard indoor pool with eight 7-foot lanes. Non turbulent lane-lines. Seating for 200 spectators. Colorado electronic timing system, with an eight-line scoreboard.  
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Sunday morning:** 9-10 and 13-14 – warm-up 8:00am – start 9:00am  
**Sunday afternoon:** 11-12 and Open – warm-up 1:00pm – start 2:00pm
- FORMAT:** All events will be held as timed finals – All events will be deck seeded
- 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 January 25, 2015** 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 4 events per session. All sessions MAY be limited to 3 hours before scratches.**  
The meet will be run on computer using Hy-Tek's Meet Manager. Teams must submit entries using an export file of Hy-Tek Team Manager. Email ALL entries to Monique Grayson at [bgnwmarlins@aol.com](mailto:bgnwmarlins@aol.com). Payment must be received by Saturday, January 16, 2015.  
An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach. Please contact Monique if you do not receive such a report within 2 days of your original email.  
NT (no time), paper, phone or fax entries will NOT be accepted.
- Make checks payable to: **Boys & Girls Clubs of Northern Westchester**  
Mail to: BGNW Marlins Swim Team – Mid-January Meet  
att.: Monique Grayson  
351 Main Street  
Mount Kisco, NY 10549  
Email entries to: [bgnwmarlins@aol.com](mailto:bgnwmarlins@aol.com)
- DEADLINE:**
- 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **January 11, 2015**.
  - 2: The final entry deadline for this meet is **January 16, 2014**
  - 3: Metro entries received between **January 12, 2015** and **January 16, 2015** and all entries from other LSC's, will then 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 the 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 event must accompany the entries.  
Make check payable to: **Boys & Girls Clubs of Northern Westchester**.  
Payment must be received by **January 16, 2015** for email entries.  
Failure to pay entry fees by this deadline could result in teams being barred from the meet.

- WARM-UP:** Lane assignment will be given at the meet.  
Sunday: both sessions: First 35 minutes will be general warm-up. Last 20 minutes:  
2 or more lanes will be open for one-way sprint. All other lanes will remain open for general 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, 2013 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:** Individual events 12-Under: medals: 1<sup>st</sup>-3<sup>rd</sup>; ribbons: 4<sup>th</sup>-8<sup>th</sup>.
- OFFICIALS:** **Meet Referees: Bob Fitzsimmons** [rfitzsimmons@highroadcap.com](mailto:rfitzsimmons@highroadcap.com)  
Officials wishing to volunteer should contact the Meet Referees by **January 11, 2015**.
- ADMIN. OFFICIAL** Monique Grayson – [bgnwmarlins@aol.com](mailto:bgnwmarlins@aol.com)
- MEET DIRECTOR:** Monique Grayson – [bgnwmarlins@aol.com](mailto:bgnwmarlins@aol.com) and/or Nicolle Kaufmann  
Questions: Dennis Munson – Aquatic Director/Head Coach – 914-666-8069 # 115
- 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:** **All swimmers must wear footwear upon leaving the pool area.**  
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"**
- 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*
- 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."  
**Deep end:** at 1m: **9'0"**; at 5m: **7'6"** – **Shallow end:** at 1m: **4'0"**; at 5m: **4'6"**
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against the Boys & Girls Clubs of Northern Westchester, The Marlins Swim Team, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. **"It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."**
- DECK CHANGING:** ~~Except where covered by cities or other otherwise, locking into or other designated areas is not appropriate and is strongly discouraged.~~  
**appliance or other designated areas is not appropriate and is strongly discouraged.**  
**"[Click and Input whether club wants this to be prohibited]"**
- ADMISSION:** Adults and children 10&Over: \$5.00 – Programs: \$3.00 per session
- MERCHANTS:** The Metro Swim Shop will be in attendance at the meet. Food will be available in designated area only. Food and glass bottles will not be allowed on deck or in the locker rooms.
- PARKING:** Parking is available at the Club. Additional parking may be available at behind the Jacobson Pharmacy.

**DIRECTIONS: DIRECTIONS:**

From I-684 North or South: Take exit 4 to route 172 west (towards Mt. Kisco). Drive approximately 2 miles. Take 117 North (keep right at traffic light). Go one block. Just before traffic light, turn right into B/G Club driveway. Enter pool from the main entrance.

From Long Island: Take Whitestone Bridge, to the Hutchinson Parkway North, to I-684 north, to exit 4 (then proceed as above).

From Saw Mill Parkway North: Take exit 33, Readers Digest Road. Cross railroad tracks and keep right. At traffic light, make a left turn on route 117 (it will become Main Street). Pass 2 traffic lights. Just before the third traffic light, turn right into B/G Club driveway.

From Taconic Parkway South:

Take exit for route 133, Mount Kisco. At traffic light, make a right turn. At next traffic light, turn right and follow signs for Mt. Kisco (on route 133 east). Drive approximately 4 miles. At the end of 133, turn right onto route 117 South (Main Street). Pass 2 traffic lights. Just after the third traffic light, make an immediate left turn into the B/G Club driveway..

**HOTELS:**

The Holiday Inn in Mount Kisco (1 Holiday Inn Drive – Mount Kisco, NY 10549) will give a preferred rate if coaches mention that they are attending a meet at the Boys & Girls Club. 914-241-2600

**BGC-N.WESTCHESTER MARLINS SWIM TEAM  
MARLINS MID-JANUARY MEET  
JANUARY 25, 2015**

**Session 1: Sunday, January 25:****Session 2: Sunday, January 25:**

Warm-up: 8:00am

Start: 9:00am

Warm-up: 1:00pm

Start: 2:00pm

First 35 minutes will be general warm-up. Lane assignment will be given at the meet.

Last 20 minutes: 2 or more lanes will be open for one-way sprint.

All other lanes will remain open for general warm-up.

| GIRLS | AGE   | EVENT         | BOYS |
|-------|-------|---------------|------|
| 1     | 9-10  | 100 yd Free   | 2    |
| 3     | 13-14 | 50 yd Free    | 4    |
| 5     | 9-10  | 100 yd Breast | 6    |
| 7     | 13-14 | 100 yd Breast | 8    |
| 9     | 9-10  | 50 yd Fly.    | 10   |
| 11    | 13-14 | 100 yd Fly    | 12   |
| 13    | 9-10  | 50 yd Back    | 14   |
| 15    | 13-14 | 100 yd Back.  | 16   |
| 17    | 9-10  | 200 yd I.M.   | 18   |
| 19    | 13-14 | 200 yd I.M.   | 20   |

| GIRLS | AGE   | EVENT         | BOYS |
|-------|-------|---------------|------|
| 21    | 11-12 | 200 yd Fly    | 22   |
| 23    | Open  | 100 yd Fly    | 24   |
| 25    | 11-12 | 50 yd Free    | 26   |
| 27    | Open  | 50 yd Free    | 28   |
| 29    | 11-12 | 200 yd Breast | 30   |
| 31    | Open  | 100 yd Breast | 32   |
| 33    | 11-12 | 200 yd I.M.   | 34   |
| 35    | Open  | 200 yd I.M.   | 36   |
| 37    | 11-12 | 200 yd Back   | 38   |
| 39    | Open  | 100 yd Back   | 40   |

Time permitting; there will be a 10 minutes warm-up/warm-down in the middle of sessions 2 and 3