



**NYSA 2019 WINTER INVITE**  
**At Valley Central High School Natatorium,**  
**1175 Route 17K,**  
**Montgomery, NY 12549**

**January 19-20 2019**

**Metro Sanction # 190110**

Invited Teams: AG, WSSC, MWSC, NBS,RFAC, HVD, TRS, BAD, YMID, BGNW, EAST, HAWKS, VAC, GAEL, LIE, DA, COND, AGUA, MVA, YBAR, NCAC, SPAR, SSC, SMC, SSL, WAC, APEX, FAST, IA, LGAC, MAKO, MPNY, GATORS-NJ, BBNJ,WAV-NJ, LSA, FREE, SWAG, CAT-NJ, HCY-NJ, YFD, LIAC, HS, DESC-NJ, PATS, SS, WSA, JCC, TS, HAA, QNS, SWIM70-CT, Ridgfield Aquatic Club CT, SCY, DVWM, FOBY, SCAR, EXCEL-NJ, IA-MR

# NYSA 2019 Winter INVITE

## Saturday & Sunday January 19 – 20, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 190110
- LOCATION:** Valley Central High School Natatorium,  
1175 Route 17K,  
Montgomery, NY 12549
- FACILITY:** Valley Central 8-Lane, 25-yard, indoor pool with non-turbulent lane dividers. Colorado Timing System, 8-Lane Display Scoreboard. Tiered bleacher seating for spectators. The pool has not been certified in accordance with Article 104.2.2C (4)  
The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: Saturday AM: 8:00 AM Warm Up, 9:00 AM Start  
Session 2: Mid-Session 1:00 PM Warm Up, 1:30 PM Start  
Session 3: Saturday PM: 3:00 PM Warm Up, 4:00 PM Start  
Session 4: Sunday AM: 8:00 AM Warm Up, 9:00 AM Start  
Session 5: Mid-Session: 1:00 PM Warm Up, 1:30 PM Start  
Session 6: Sunday PM: 2:30 PM Warm Up, 3:30 PM Start
- FORMAT:** This is a timed final meet.  
The meet will be deck seeded.
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. No "Deck Registrations" will be accepted  
Age on **January 19, 2019** 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 may compete in 4 individual events per day for Saturday and Sunday. NT's will not be accepted. The host club reserves the right to enter their swimmers with NT's. All entries will be accepted on a first come, first serve basis. Teams will be considered accepted when the host club accepts the entries **The host club must stay within the four hour per session rule.**
- If necessary, the 400 IM and 500 Free (women) will each be limited to the fastest 5 heats; the 400 IM and 500 Free (men) will be limited to the fastest 6 heats. Host team retains the right to keep its swimmers entered in these events.
- The 1650 Free on Saturday will be a positive check in. It will be limited to 1.5 hours and will be swum fastest to slowest alternating, girls and boys.
- The 1000 Free on Sunday will be a positive check in. It will be limited to 1 hour and will be swum fastest to slowest alternating, girls and boys.
- All received entries will be confirmed within 48 hours. Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A master sheet must accompany all

entries.

**PLEASE SEND PAYMENTS TO ADDRESS BELOW.**

U.S. Mail Entries/Payment to: **NYS Aquatics, Inc,  
c/o Edgar Perez  
55 Walnut Street Suite 101B  
Norwood, NJ 07648**

Email Entries/Confirm Entry Receipt: [NYSAentries@gmail.com](mailto:NYSAentries@gmail.com)

***Sign Express Mail Waiver allowing delivery without signature.***

**DEADLINE:**

1: All invited teams will be given priority on a first come/first serve basis. All other teams please send email to BG26608@hotmail.com. All entries must be received by January 7, 2019.  
2: The final entry deadline for this meet is January 7, 2019.

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 \$8.00 per individual event and a \$3.00 per swimmer facility fee must accompany the entries. Make check payable to: NY Sharks Aquatics, Inc. Payment must be received by January 7, 2019 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:**

The host club reserves the right to assign lanes for warm up based on the size of the meet. If lanes are not assigned the first 40 minutes will be general warm up. The last 20 minutes will have lanes 2 and 7 open for one way sprints. Lanes 1 and 8 for pace and all other lanes may be assigned by the meet director's discretion. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.

**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:**

Ribbons will be award for 1st through 8th Place for age groups 9/10 and 11/12.

**OFFICIALS:**

**Meet Referee:** Mark Amodio, [Amodio@vassar.edu](mailto:Amodio@vassar.edu)  
Officials wishing to volunteer should contact Meet Referee by January 7, 2019.

**ADMIN. OFFICIAL:**

**Admin Official:** Patsy Burke, [nysaentries@gmail.com](mailto:nysaentries@gmail.com)

**MEET DIRECTOR:**

**Meet Director:** Patsy Burke, [nysaentries@gmail.com](mailto:nysaentries@gmail.com)

**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”**

**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."

1.0 meter = 4 feet 6 inches, 5 meters = 13 feet

**DISCLAIMER:**

Upon acceptance of his/her entries, the participant waives all claims against Clarkstown Central School District, New York Sharks Aquatics, Inc., 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."

**AUDIO/VISUAL STATEMENT:**

**Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.**

**DECK CHANGING: Deck changes are prohibited.**

**DRONES:**

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**ADMISSION:**

\$7.00 Adults/Session  
\$3.00 Program/Session

**MERCHANTS:**

A Swim Shop Vendor will be on site, as well as, a food concession.

**PARKING:**

**There is free unlimited parking at Valley Central High School. All cars must be parked in designated parking spaces.**

**NO parking allowed in the fire zone in front of the buildings OR on Route 17K. If you are parked illegally...you will be ticketed and/or towed at your own expense.**

**FACILITY RULES:**

- NO SMOKING within 50 feet of any entrance to the school or inside the school.
- NO FOOD is allowed on deck. Liquid refreshments in plastic bottles are allowed.
- NO GLASS BOTTLES or JUICE BOXES allowed on deck.

**DIRECTIONS:**

<https://maps.google.com/maps?q=Valley+Central+Middle+School,+1189+State+Route+17K, Montgomery, +NY+12549>.

**Session #1: Saturday, January 19, 2019**  
**8:00 AM Warm up, 9:00 AM Start**

Girls Event #	Age Group Event	Boys Event #
1	9-10 200 yd. Free	2
3	13-14 200 yd. Freestyle	4
5	10 and unders 100 yd. Backstroke	6
7	13-14 100 yd. Backstroke	8
9	10 and unders 100 yd. Breaststroke	10
1	13-14 200 yd. Breaststroke	12
13	10 and unders 50 yd. Butterfly	14
15	13-14 100 yd. Butterfly	16
17	10 and unders 50 yd. Freestyle	18
19	13-14 50 yd. Freestyle	20
21	10 and unders 200 yd Ind. Medley	22
23	13-14 400yd Ind. Medley	24

**Session #2: Saturday Mid-Session, January 19, 2019**  
**1:00 PM Warm up, 1:30 PM Start**

Girls Event #	Age Group Event	Boys Event #
25	13 and Over 1650	26

**Session #3: Saturday, January 19, 2019  
3:00 PM Warm up, 4:00 PM Start**

Girls Event #	Age Group Event	Boys Event #
27	11-12 200 yd. Free	28
29	15 and Over 200 yd. Freestyle	30
31	11-12 50 yd. Backstroke	32
33	15 and Over 100 yd. Backstroke	34
35	11-12 100 yd. Breaststroke	36
37	15 and Over 200 Breaststroke	38
39	11-12 50 yd. Butterfly	40
41	15 and Over 100 yd. Butterfly	42
43	11-12 50 yd. Freestyle	44
45	15 and Over 50 yd. Freestyle	46
47	11-12 200 yd. Backstroke	48
49	15 and Over 400 yd. Ind. Medley	50
51	11-12 200 yd. Ind Medley	52

**Session #4: Sunday, January 20, 2019  
8:00 AM Warm up, 9:00 AM Start**

Girls Event #	Age Group Event	Boys Event #
53	13-14 200 yd. Ind. Medley	54
55	10 and unders 100 yd. Ind. Medley	56
57	13-14 100 yd. Breaststroke	58
59	10 and unders 50 yd. Breaststroke	60
61	13-14 200 yd. Backstroke	62
63	10 and unders 50 yd. Backstroke	64
65	13-14 200 yd. Butterfly	66
67	10 and unders 100 yd. Butterfly	68
69	13-14 100 yd. Freestyle	70
71	10 and unders 100 yd. Freestyle	72
73	13-14 500 yd. Freestyle	74

**Session #5: Sunday Mid-Session, January 20, 2019  
1:00 PM Warm up, 1:30 PM Start**

Girls Event #	Age Group Event	Boys Event #
75	13 and Over 1000	76

**Session #6: Sunday, January 20, 2019**  
**2:30 PM Warm up, 3:30 PM Start**

Girls Event #	Age Group Event	Boys Event #
77	11-12 200 yd. Breaststroke	78
79	15 and Over 200 yd. Ind. Medley	80
81	11-12 100 yd. Ind. Medley	82
83	15 and Over 100 yd. Breaststroke	84
85	11-12 50 yd. Breaststroke	86
87	15 and Over 200 Backstroke	88
89	11-12 100 Backstroke	90
91	11 and Over 200 yd. Butterfly	92
93	11-12 100 yd. Butterfly	94
95	15 and Over 100 yd. Freestyle	96
97	11-12 100 yd. Freestyle	98
99	15 and over 500 yd. Freestyle	100



## Metropolitan Swimming Photographer Registration Form

**As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.**

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID \_\_\_\_\_ # \_\_\_\_\_

Taking photos of \_\_\_\_\_

On behalf of \_\_\_\_\_

Purpose \_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date(s) of meet \_\_\_\_\_



