



**YWCA Middies February Classic
February 9-10, 2019
Sanction #: 190205**

YWCA Middies February Classic Swim Meet

February 9-10, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 190205
- 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: Saturday, February 9, 7 am warm up, 7:45 am start \(9-12\)](#)
[Session 2: Saturday, February 9, 12:00 pm warm up, 12:30 pm start \(8&under\)](#)
[Session 3: Saturday, February 9, 2:45 pm Warm Up, 3:45 pm Start \(13 &over\)](#)
[Session 4: Sunday, February 10, 7 am warm up, 7:45 am start \(9-12\)](#)
[Session 5: Sunday, February 10, 12:00 pm warm up, 12:30 pm start \(8&under\)](#)
[Session 6: Sunday, February 10, 2:45 pm Warm Up, 3:45 pm Start \(13 &over\)](#)
- FORMAT:** [All events will be timed finals, deck seeding.](#)
- 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 9, 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 are limited to 3 events per session](#)
[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 John Yearwood \(\[jyearwood@ywcawpcw.org\]\(mailto:jyearwood@ywcawpcw.org\)\) .](#)
- U.S. Mail Entries/Payment to: [YWCA Middies, 515 North Street, White Plains, NY, 10605](#)
Email Entries/Confirm Entry Receipt: jyearwood@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, January 23, 2019](#).
2: The final entry deadline for this meet is [Tuesday, January 30, 2019](#).
3: Metro entries received between [January 24](#), and [January 30, 2019](#) 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 [\\$5.00](#) per individual even must accompany the entries.
Make check payable to: [White Plains YWCA](#)
Payment must be received by [January 30, 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:** [Warm up sessions will be assigned](#)

- 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.
- OFFICIALS:** **Meet Referee: [Andy Kass, middies@ywcaawpcw.org](mailto:middies@ywcaawpcw.org)**
Officials wishing to volunteer should contact Meet Referee
- MEET DIRECTOR and Admin Official:** **[John Yearwood, middies@ywcaawpcw.org](mailto:middies@ywcaawpcw.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, or behind the blocks**
“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.”
- DECK CHANGING:** **Deck Changing is Prohibited.**
- 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 \(16 and over\): \\$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 3rd 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.

Session 1		3 events	
Warm up	7:00 AM	Meet start	7:45 AM
Girls	Event		Boys
1	11 – 12 200 Breast		2
3	9-10yd 200 free		4
5	11-12 50 free		6
7	9-10 50 free		8
9	11-12 100 back		10
11	9-10 100 back		12
13	11-12 50 fly		14
15	9-10 100 fly		16
17	11-12 50 breast		18
19	9-10 50 breast		20
21	11-12 200 IM		22
23	9-10 100 IM		24
25	11-12 500 free		26

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Session 2		3 events	
Warm up	12:00 PM	Meet start	12:30 PM
Girls	Event		Boys
27	7&u 25 Back		28
29	8yr old 50 Back		30
31	7&u 25 Fly		32
33	8yr old 25 Fly		34
35	7&under 25 Breast		36
37	8yr old 50 Breast		38
39	7&under 25 Free		40
41	8yd old 25 Free		42
43	7&under 100 IM		44
45	8yr old 100 IM		46

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Session 3		3 events	
Warm up	2:45 PM	Meet start	3:45 PM
Girls	Event		Boys

47	Open 500 Free	48
49	13&over 100 Back	50
51	13&over 200 Fly	52
53	13&over 100 Breast	54
55	13&over 200 Free	56
57	13&over 200 IM	58

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Session 4	3 events		
Warm up	7:00 AM	Meet start	7:45 AM
Girls	Event		Boys
59	11-12 100 IM		60
61	9-10 200 IM		62
63	11 – 12 200 Free		64
65	9-10 100 Free		66
67	11 – 12 100 Fly		68
69	9 - 10 50 fly		70
71	11 – 12 100 Breast		72
73	9 - 10 100 breast		74
75	11 – 12 200 Back		76
77	11 – 12 50 Back		78
79	9 – 10 50 Back		80
81	11 – 12 100 Free		82

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Session 5	3 events		
Warm up	12:00 PM	Meet start	12:30 PM
Girls	Event		Boys
83	7&u 50 Back		84
85	8yr old 25 Back		86
87	7&u 50 Fly		88
89	8yr old 50 Fly		90
91	7&u 50 Breast		92
93	8yr old 25 Breast		94
95	7&u 50 Free		96
97	8yr old 50 Free		98

YWCA Middies Halloween Havoc			
Session 6	3 events		
Warm up	2:45 PM	Meet start	3:45 PM
Girls	Event		Boys
99	13& Over 400 IM		100
101	13& Over 50 Free		102
103	13& Over 100 Fly		104
105	13& Over 200 Breast		106
107	13& Over 100 Free		108
109	13& Over 200 Back		110

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 _____

