2022 MR-RED MLK JR. Invitational meet

January 15-16, 2022

Sanction: # 220113

**SANCTION** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc,.

**LOCATION:** Yonkers Montessori School, 160 Woodlawn Avenue Yonkers, New York 10704

**FACILITY:** 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system. The pool has been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.

**NO SMOKING ALLOWED IN THE BUILDING**. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building.

**SESSIONS**: Session 1: Saturday, January 15, 2022 – All Ages – 1:00pm Warm-up, 2:00pm Start

 Session 2: Sunday, January 16, 2022 – All Ages – 8:00am Warm-up, 9:00am Start

**FORMAT:** All events are Timed Finals. The meet will be pre-seeded.

**INVITED TEAMS:** APEX Swim Club, Kips Bay Makos, NuFinmen Swimming, Nile Crocodile & NSCC

E**LIGIBILITY**: 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. No “Deck Registrations” will be accepted Age on January 15th will determine age for the entire meet.

**DISABILITY** Swimmer’s 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 will be capped at 150 swimmers per session. Swimmers may be entered in 4 individual events and 1 relay event per session. No NT’s will be accepted. The meet will be run on computer using Hy-Tek’s Meet Manager. Emailed Hy-Tek entry file is preferred. An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach. Please contact Danny Trinidad if you do not receive such a report within 2 days of your original email. Telephone or faxed entries will not be accepted. Email entries to: **RedTailsswimming@gmail.com**

**DEADLINE**: Tuesday, January 11, 2022. Invited Metro LSC teams will be given “priority” on a first come/first served basis. The Metro team’s entries must be received by January 4, 2022. Other interested teams may be accepted beginning on January 5th, as space allows.

**ENTRY FEE**: An entry fee of $6.00 per individual event and $10.00 per relay must accompany the entries. \*Swimmers who qualify for Outreach membership are eligible to have fees waived. Make check payable to**: RedTails NHT**. Personal checks are not accepted. Organizational Checks, Certified Bank Checks and Money orders are recommended. Payment must be received by January 11, 2022, unless otherwise arranged with the meet director.

**WARM-UP**: Team Lane assignments will be given at the meet.

**SCRATCHES**: The meet will be pre seeded. Scratches are due by Friday, January 14th.

**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**: Medals awarded to the top 3 finishers, Ribbons for places 4th through 8th.

**OFFICIALS** Meet Referee: Elaine Ang, email: Elaine.ang@metroswimming.org. Officials wishing to volunteer should contact Meet Referee by January 11, 2022

**ADMIN. OFFICIAL** Wendy Martinez

**MEET DIRECTOR** Luis Trinidad

**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 membercoach, it is the responsibility of the swimmer, or the swimmer’s legal guardian, to ensure compliance with this requirement”**

WATER DEPTH: 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system. NO SMOKING ALLOWED IN THE BUILDING. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. The pool has been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.

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

**ADMISSION** Adults $10.00. **Spectator Area - Limited to 150 Adults ONLY, 1 Spectator per athlete**

The Event will be livestreamed; a link will be provided to the attending teams.

**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 blocks

**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.

**MAAPP:** All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition. Officials and timers briefing: ▪ This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy. ▪ Make sure all interactions with athletes are observable and interruptible. ▪ Deck changing is prohibited. Report instances of deck changing to the meet referee/meet director. ▪ [IF ONLY ONE LOCKER ROOM/RESTROOM] Make sure you are not alone with an athlete in the locker room, including to use the restroom. Be proactive and tell the meet director immediately if this happens, even when it occurred through no fault of your own. Separate times have been delegated for your use. ▪ [IF MULTIPLE FACILITIES] There is a separate locker room/restroom for athletes and all other adults. Make sure that you are only using the facility marked for you.

Coaches briefing: ▪ This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy.

**PARKING**: Is available in two school lots and on street around the perimeter of the school and side streets. Please adhere to posted parking restrictions to avoid tickets. Car Pooling is recommended.

**DIRECTIONS:** From the North (choose 1 from below) Taconic Parkway South to Sprain South to Bronx River Parkway South. After Cross County Parkway exits, take the Second Bronx River Road Exit. Make a right onto Bronx River Road and the immediate left onto Wakefield Avenue. Go approximately 5 blocks. Pool entrance is at the corner of Wakefield Avenue and Woodlawn Avenue. 87 South to Exit 4, Cross County Parkway. Stay on Service Road South to Yonkers Avenue. Make a left onto Yonkers Avenue. Continue for approximately .25 mile and make a right onto Kimball Avenue. Bear left onto Sterling Avenue, Then Bear Left onto Woodlawn Avenue. Pool Entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

From Long Island Take 495 Long Island Expressway West towards Whitestone Bridge. Merge onto Cross Island Parkway North. Merge onto I295 North via Exit 33 Bronx/New England. Merge onto I695 /North Throgs Neck Expressway via Exit 10, I95 New Haven. I695 /North Throgs Neck becomes I95 North. Take the Baychester Avenue Exit 12 on the left. Turn slight right onto Baychester Avenue. Baychester Ave becomes East 241st street. East 241st becomes Wakefield Avenue. Turn right onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

From NY City 87 North towards Albany. Take the East 233rd Street Exit 13. Stay Straight on East 233rd Street and make 1st left onto Van Courtland Park East. Van Courtland Park east becomes Kimball Avenue. Turn Right onto Wakefield Avenue. Turn Left onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

**DISCLAIMER COVID PROTOCOL**

Upon acceptance of his/her entries, the participant waives all claims against Yonkers Montessori School, City of Yonkers & Riverbank State Park, The RedTails 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." An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS Yonkers Montessori School, City of Yonkers & Riverbank State Park, The RedTails Swim Team ,Metropolitan Swimming Inc., USA Swimming Inc., their agents AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

**COVID PROTOCOL**

**Athletes, Volunteers & Coaches** Must provide proof of Covid Vaccine to participate in the meet. Temperature checks will be done prior to entering the facility. All persons in the facility MUST wear a mask at all times.

**Coaches will be responsible to make sure the waivers are submitted, their athletes are fully vaccinated and wearing their masks during the competition.**

**SPECTATORS** Must provide proof of vaccine to enter the balcony. There is a limit of 1 spectator per swimmer. 150 spectator limit. Spectators must remain in the balcony and may not co-mingle with the swimmers during the event on the lower level.

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January 15-16, 2022

**Session 1 January 15, 2022- 1:00pm Warm up/ 2:00pm Start**

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| 1 | 8 & Under 25 Yard Butterfly |
| 2 | 12 & Under 100 Yard Butterfly |
| 3 | 13 & Over 200 Yard Butterfly |
| 4 | 12 & Under 50 Yard Backstroke |
| 5 | 13 & Over 100 Yard Backstroke |
| 6 | 8 & Under 25 Yard Breastroke |
| 7 | 12 & Under 100 Yard Breastroke |
| 8 | 13 & Over 200 Yard Breastroke |
| 9 | 12 & Under 50 Yard Free |
| 10 | 13 & Over 100 Yard Free |
| 11 | 12 & Under 200 Yard Medley Relay |
| 12 | 13 & Over 200 Yard Freestyle Relay |
| 13 | Open 200 Yard Individual Medley |

**Session 2 January 16, 2022- 8:00am Warm up/ 9:00am Start**

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| 14 | 12 & Under 50 Yard Butterfly |
| 15 | 13 & Over 100 Yard Butterfly |
| 15 |  8 & Under 25 Yard Backstroke |
| 17 | 12 & Under 100 Yard Backstroke |
| 18 | 13 & Over 200 Yard Backstroke |
| 19 | 12& Under 50 Yard Breastroke |
| 20 | 13 & Over 100 Yard Breastroke |
| 21 |  8 & Under 25 Yard Freestyle |
| 22 | 12 & Under 100 Yard Freestyle |
| 23 | 13 & Over 50 Yard Freestyle |
| 24 | 12 & Under 200 Yard Freestyle Relay |
| 25 | 13 & Over 200 Yard Medley Relay |
| 26 | Open 200 Yard freestyle |



**Metropolitan Swimming**

**Photographer Registration Form**

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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**INFORMED CONSENT/HOLD HARMLESS WAIVER FOR PARTICIPATION IN SWIM MEET**

DATE; January 15 & 16, 2022 MR-RED MLK JR. MEET AT MARK TWAIN POOL.

PURPOSE AND EXPLANATION OF PROCEDURE; I hereby consent to voluntarily engage in the Swim Meet at MARK TWAIN POOL on January 15 & 16, 2022, I have been informed that during my participation in the above-described Aquatic program, I will be asked to stop if any symptoms such as fatigue, shortness of breath, chest discomfort or similar occurrences appear. At this point, I have been advised that it is my complete right to decrease or stop exercise and that it is my obligation to inform the Instructor/Program/Coach personnel of my symptoms, should they develop. It is my understanding and I have been informed that there exists the possibility that during exercise and or competition of adverse changes including, but not limited to, abnormal blood pressure, fainting, dizziness, disorders of heart rhythm, and in very rare instances heart attack, stroke, or even death. I further understand and I have been informed that there exists the risk of bodily injury. Every effort will be made to minimize these occurrences by proper staff assessment of my condition before each session, staff supervision during exercise and by my own carful control of exercise efforts. I fully understand the risks associated with exercise, including the risk of bodily injury, heat attack, stroke or even death, but knowing these risks, it is my desire to participate as herein indicated. We (I), the undersigned, agree to release, hold harmless, and indemnify Riverbank State Park, The RedTails Swim team, Metropolitan Swimming, USA Swimming, YONKERS MONTESSORY ACADEMY, AND MARK TWAIN POOL its trustees, officers, agents, representatives and employees from and against any and all liability, lawsuits, claims, damages, or claims of injuries to my (our) child or children, including any negligent act or omission by the named above or its agents, representatives or employees, which are not the result of gross negligence, intentional neglect, or willful or wanton conduct by the named above. We have put in place preventative measures, as required by the CDC and the State of New York, to reduce the spread of COVID-19 and other communicable diseases; however, we cannot guarantee that you or your child(ren) will not become infected with COVID-19 or other communicable disease. Further, participating in this swim meet could increase your risk and your child(ren)’s risk of contracting COVID-19 or other communicable disease. I am aware of risks as described by the current outbreak of COVID-19, and agree to release and hold harmless the Riverbank State Park, The RedTails Swim Team, Metropolitan Swimming, USA Swimming, YONKERS MONTESSORY ACADEMY, AND MARK TWAIN POOL, its trustees, officers, agents, representatives and employees from and against any and all liability lawsuits, claims or damages arising from the transmission of any communicable diseases, including but not limited to COVID-19(SARS-COV2), before, during or after participation in this swim meet on January 15 & 16, 2022. The undersigned Participant acknowledges that participation in this swim meet is subject to certain inherent risks and accepts all risks on land or water while participating in these activities. I have been given an opportunity to ask questions as to the procedures. I have read this Informed Consent/Hold Harmless Waiver form, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily, without inducement.

Participant’s Name: ---------------------------------------- Signature: ------------------------------------ Date: ------------

Guardian Signature if under 18 years old: -----------------------------------------------------------------Date: ----------

Emergency Contact Information: ----------------------------------------------------------------------------------------------