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**NCAC 4th LCM Sprint Meet Invitational**

**July 3rd 2022**

**HOSTED BY:**

# **NILE CROCODILE AQUATIC CLUB**

**Held at Lehman College Pool, Lehman College, 250 Bedford Park Blvd West, Bronx NY 10468**

**SANCTION #** 220701 **Time Trial - #** 220750-T

### **METRO INVITED TEAMS**

**APEX, BKR, CENT, CFJV, CIY, FLY, FREE, HES, KBM, LGAC, LIAC, LIE, LIFE, LSA, MPNY, MAKOS,**

**PAC, PAT, QS, RED, STORM, TRI, TSC, VIP, WEST, 92 YFD**

**Any other teams who would like to be invited, please contact magdyshokry@hotmail.com**

**NCAC 4th LCM Sprint Meet Invitational**

**Sunday July 3rd, 2022**

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

Sanction # 220701 Time Trial - #220750-T

**LOCATION:** Lehman College pool, Lehman College, 250 Bedford Park Blvd West, Bronx NY 10468

**FACILITY:** Lehman College is an 8 lane 50 meter pool The meet will be run in the

DakTronics electronic timing system and an 8-line scoreboard.

The pool certified is in accordance with Article 104.2.2C (4)

**SESSIONS**: 1 session only SUNDAY 1:00 PM WARM UP. 2:00 PM MEET STARTS.

**FORMAT:** This will be a timed finals event. This will be a deck seeded event.

**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.

Age on May 1st, 2022, will determine age for the entire meet. There are no cuts for this

meet.

**DISABILITY**

**SWIMMER:** 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 be entered in 4 individual events. No NT’s will be accepted. Please

estimate LC times so we can get accurate timelines out.

Invited teams will be given priority in the acceptance of entries. The host team reserves the

right to refuse entries from teams that have a history of late or non-payment of entry fees.

Entries will be accepted on a first come, first served basis for invited teams.

Emailed Hy-Tek entry file is required.

NO DECK ENTRIES WILL BE ALLOWED.

U.S. Mail Entries/Payment to: Magdy Shokry

46 Nuvern Ave. Mt. Vernon, NY 10550

Email Entries/Confirm Entry Receipt: [magdyshokry@hotmail.com](mailto:magdyshokry@hotmail.com)

Sign Express Mail Waiver allowing delivery without signature.

**DEADLINE:** Final entries for all teams, MR/Outside LSC, must be received by: june23rd, 2022.

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 $10.00 per individual event must accompany the entries.

$10/swimmer facility surcharge.

\*Swimmers who qualify for Outreach membership are eligible to have fees waived.

Make check payable to: NCAC

Payment must be received by June 1st, 2022, 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 team reserves the right to assign lanes for warm-up based on the size of the

meet. Other lanes may be assigned by meet director’s discretion. No diving will be allowed

except in designated sprint lanes. All swimmers must be supervised by a coach.

**SCRATCH:** 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 awarded for places 1st – 8th for 12 & Under swimmers only

**OFFICIALS:** **Meet Referee:** Fleck Marinello [Flickdance@msn.com](mailto:Flickdance@msn.com) 845-406-1103

Officials wishing to volunteer should contact Meet Referee by email [flickdance@msn.com](mailto:flickdance@msn.com)

**Admin Official:** [MAGDYSHOKRY@HOTMAIL.COM](mailto:MAGDYSHOKRY@HOTMAIL.COM)

**MEET DIRECTOR:** Wendy Martinez [bellamiamour@gmail.com](mailto:bellamiamour@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.

**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.

**SAFETY:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present

throughout warmups 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

depthmeasured for adistance 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.

**DISCLAIMERS:** Upon acceptance of his/her entries, the participant waives all claims against Lehman

College, NCAC Swim team, Metropolitan Swimming Inc., USA Swimming Inc.,

their agents or representatives for any injury occurring because 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 were

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 USA SWIMMING AND [INSERT THE LSC] 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 THEREWITH.

**AUDIO/VISUAL**

**STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in

Changingareas, rest rooms, locker rooms or behind the starting blocks. “Operation of a

drone, or any otherflying apparatus, is prohibited over the venue (pools, athlete/coach

areas, spectator areas andopen ceiling locker rooms) any time athletes, coaches,

officials and/or spectators are present.”

**DECK**

**CHANGING:** DECK CHANGING IS PROHIBITED.

**ADMISSION**: $10.00 Adults/session. All spectators are encouraged to use the Meet Mobile App in

Conjunction.

**MERCHANT**: A concession stand will be available throughout the meet.

**PARKING:**  PARKING: Fee based (cash) parking provided through Lehman College at College

Supervised Lot, (100 yards from APEX).

**DIRECTIONS:** TO LEHMAN COLLEGE APEX Bedford Park Boulevard between Goulden and Paul Aves.

**BY SUBWAY:** Take the IRT #4 (Lexington) or IND ‘D’ to Bedford Park Boulevard and walk West

on Bedford Park Blvd. past Paul Ave. to entrance on south side of street.

**BY BUS:** FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central

Park Ave.) #20 or #2oX or (Yonkers via Getty Square/South Broadway/McClean

Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.

**BY CAR:** Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn

left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left

onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on

right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on

your right. Via Saw Mill River Parkway South (it becomes the Henry Hudson Parkway) to

Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the

subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park

Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn

left onto Goulden. Parking lots will be on your right.

**IMPORTANT!** IN CASE OF EMERGENCY: Pool Office: **718- 960-7123** Meet Desk: **718-960-1134**



#### 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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**NCAC 4th LCM Sprint Meet Invitational**

**Sunday 1:00 pm warm up. Meet starts 2:00 pm**

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| **GIRLS** | **EVENTS** | **BOYS** |
| **1** | **OPEN 50 M. BACK** | **2** |
| **3** | **OPEN 50 M. BREAST** | **4** |
| **5** | **OPEN 50 M. FLY** | **6** |
| **7** | **OPEN 50 M. FREE** | **8** |
| **9** | **OPEN 100 M. BACK** | **10** |
| **11** | **OPEN 100 M. BREAST** | **12** |
| **13** | **OPEN 100 M. FLY** | **14** |
| **15** | **OPEN 100 M. FREE** | **16** |
| **17** | **OPEN 200 M. BACK** | **18** |
| **19** | **OPEN 200 M. BREAST** | **20** |
| **21** | **OPEN 200 M. FLY** | **22** |
| **23** | **OPEN 200 M. FREE** | **24** |
| **25** | **OPEN 200 M. IM** | **26** |