

**FALL KICK-OFF INVITE**

**October 5-6, 2019**

## Invited Teams: APEX, AQUA, BAC(NJ), BAD, BGNW, COND, CENT, CFJV, COL, EHY, FA, GAEL, HES, LGAC, LIAC, LSA, LBA, MAKOS, MPNY, NYAC, NYCA, NYCP, NYSA, RED, RA, STORM, TRI, TS, TVSC, YFD, YMID

## Metropolitan Swimming

## Sanction #191013

FALL KICK-OFF INVITE

October 5-6, 2019

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| **SANCTION:** | Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **#** |  |
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| **LOCATION:** | Lehman College, 250 Bedford Park Blvd. New York NY 10468 |  |
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| **FACILITY:** | Lehman College is an 8 lane 50 meter pool with a bulkhead. The meet will be run in the deep-end of the pool (25 Yards) and the shallow end will be used for continuous warm up and warm downs. Dak-Tronic electronic timing system and an 8-line scoreboard.  The pool has beencertified in accordance with Article 104.2.2C (4) |  |
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| **SESSIONS:** | Session 1: Saturday AM: 7:00 AM Warm Up – 8:00 AM Start (11-12, 15 & Over, Open)  Session 2: Saturday PM: 1:00 PM Warm-Up – 2:00 PM Start (8&U, 10&U, 13-14, 10-14)  Session 3: Sunday AM: 7:00 AM Warm Up – 8:00 AM Start (11-12, 15 & Over, Open)  Session 4: Sunday PM: 1:00 PM Warm-Up – 2:00 PM Start (8&U, 10&U, 13-14, 10-14)  \*WARM UP AND START TIMES FOR SESSIONS 2 & 4 MAY BE ADJUSTED AFTER THE MEET ENTRY DEADLINE. ALL TEAMS WILL BE NOTIFIED. |  |
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| **FORMAT:** | This is a timed final meet.  This meet will be deck seeded with coaches checking in/scratching all swimmers. |  |
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| **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 **October 5, 2019** will determine age for the entire meet. |  |
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| **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. |  |
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| **ENTRIES:** | All swimmers must be members of USA Swimming to enter and compete in this meet.  There will be 8&U, 10&U, 10-14, 11-12, 13-14 and 15 & Over and Open Events.  Swimmers may compete up to 4 individual events and 1 relay per day.  A SWIMS Times Recon will be done at least one week prior to the meet. Entry times not found in SWIMS will be scratched. NT’s will not be accepted.  \*Host team reserves the right to limit the 400IM and 500 Freestyle to 32 Swimmers.  Swimmers entered in the 400im and 500 freestyle must provide their own timer  U.S. Mail Entries/Payment to: Badger Swim Club Inc. 119 Rockland Rd. Larchmont, NY 10538  Email Entries/Confirm Entry Receipt: [meetentries@badgerswimclub.com](mailto:meetentries@badgerswimclub.com) |  |
|  | Sign Express Mail Waiver allowing delivery without signature |  |
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| **DEADLINE:** | **Entries must be received by :** The final entry deadline for this meet is September 26, 2019.  No updates of times. |  |
|  | 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. |  |
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| **ENTRY FEE:** | An entry fee of $6.00per individual event, $8.00 for 400 IM and 500 Freestyle, and $12.00 per relay, plus $4.00 per swimmer Surcharge must accompany the entries.    Make check payable to: **Badger Swim Club Inc.**  Payment must be received by September 27,2019 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. |  |
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| **WARM-UP:** | Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. All swimmers must be supervised by a credentialed coach at all times Warm ups will include general warm-up lanes and then sprint lanes for the last 15-minutes. The Shallow end of the pool will remain open for general warm-up. No diving will be permitted except in designated sprint lanes. |  |
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| **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.  Metro Scratch rules will be followed. Please consult your guidelines.  Coaches must make sure that their swimmers understand that once they are scratched, they will NOT be reentered in the session. Coaches should inform their swimmers to leave plenty of time for traffic etc.  The coach of a swimmer that was seeded in an event, and is a No-Show (NS) in the event, must positively check the swimmer for the next days’ events in order for that swimmer to be eligible to compete in the rest of the meet.  Failure to scratch a swimmer entered in more than four (4) Individual events in a day will result in that swimmer having to swim the first four events for which he/she is entered. No exceptions. |  |
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| **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. |  |
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| **AWARDS:** | Ribbons for Individual Events for 1st through 8th places in the 8 & Under, 10 & Under, 11-12 age groups will be presented. |  |
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| **OFFICIALS:** | **Meet Referee**: Jeff Chu - [jcswim01@gmail.com](mailto:jcswim01@gmail.com)  Officials wishing to volunteer should contact Meet Referee by **October 4, 2019** |  |
| **ADMIN. OFFICIAL:** | **Administrative Official**: Wendy Martinez [wendy.martinez1@lehman.cuny.edu](mailto:wendy.martinez1@lehman.cuny.edu) |  |
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| **MEET DIRECTOR:** | Wendy Martinez – [meetentries@badgerswimclub.com](mailto:meetentries@badgerswimclub.com)  Only Metropolitan Swimming Certified USA Swimming Coaches questions will be entertained. All parents are to speak with their individual team’s coaches regarding specific needs. |  |
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| **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. | |
|  | Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet. | |
| **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**” | |
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| **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." | |
|  | Water depth from end of pool in deep end is: 13 feet at 1 meter / 12 feet at 5 meters | |
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| **DISCLAIMER:** | DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Badger Swim Club Inc., Lehman College, 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 block’s** **“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.”** | |
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| **DECK CHANGING:** | **Deck changes are prohibited.** | |
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| **ADMISSION:** | Tickets will be sold online at www.badgerswimclub.com/tickets.  Cost will be $8 per ticket online. Tickets will be $10 at the door. | |
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| **MERCHANTS:** | T.B.D. | |
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| **PARKING:** | Free Parking for Coaches and Officials with USA Swimming Credentials  Parking at College Supervised Lot, (100 yards from APEX). | |
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| **DIRECTIONS:** | Lehman College, 250 Bedford Park Blvd. New York NY 10468  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 | |
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**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\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  |  | **SATURDAY MORNING- 7AM WARM UP; 8AM START** |  |  |
|  |  |  |  |  |
| **EVENT #** | **FEMALE** |  | **MALE** | **EVENT #** |
| 1 | 11-12 | 200 YD FREESTYLE RELAY | 11-12 | 2 |
| 3 | 15 & Over | 200 YD FREESTYLE RELAY | 15 & Over | 4 |
| 5 | 11-12 | 100 YD BACKSTROKE | 11-12 | 6 |
| 7 | 15 & Over | 100 YD BACKSTROKE | 15 & Over | 8 |
| 9 | 11-12 | 50 YD BREASTSTROKE | 11-12 | 10 |
| 11 | 15 & Over | 200 YD BREASTSTROKE | 15 & Over | 12 |
| 13 | 11-12 | 100 YD BUTTERFLY | 11-12 | 14 |
| 15 | 15 & Over | 100 YD BUTTERFLY | 15 & Over | 16 |
| 17 | 11-12 | 200 YD FREESTYLE | 11-12 | 18 |
| 19 | 15 & Over | 200 YD FREESTYLE | 15 & Over | 20 |
| 21 | 11-12 | 50 YD FREESTYLE | 11-12 | 22 |
| 23 | 15 & Over | 50 YD FREESTYLE | 15 & Over | 24 |
| 25 | OPEN | 400 YD IM | OPEN | 26 |
|  |  |  |  |  |
|  |  | **SATURDAY AFTERNOON- 1PM WARM UP; 2PM START** |  |  |
| **EVENT #** | **FEMALE** |  | **MALE** | **EVENT #** |
|  |  |  |  |  |
| 27 | 13-14 | 200 YD FREESTYLE RELAY | 13-14 | 28 |
| 29 | 10 & U | 200 YD FREESTYLE RELAY | 10 & U | 30 |
| 31 | 8 & U | 100 YD FREESTYLE RELAY | 8 & U | 32 |
| 33 | 10-14 | 200 YD FREESTYLE | 10-14 | 34 |
| 35 | 8 & U | 50 YD BACKSTROKE | 8 & U | 36 |
| 37 | 10 & U | 100 YD BACKSTROKE | 10 & U | 38 |
| 39 | 13-14 | 100 YD BACKSTROKE | 13-14 | 40 |
| 41 | 8 & U | 25 YD BREASTSTROKE | 8 & U | 42 |
| 43 | 10 & U | 50 YD BREASTSTROKE | 10 & U | 44 |
| 45 | 13-14 | 200 YD BREASTSTROKE | 13-14 | 46 |
| 47 | 8 & U | 50 YD BUTTERFLY | 8 & U | 48 |
| 49 | 10 & U | 100 YD BUTTERFLY | 10 & U | 50 |
| 51 | 13-14 | 100 YD BUTTERFLY | 13-14 | 52 |
| 53 | 8 & U | 25 YD FREESTYLE | 8 & U | 54 |
| 55 | 10 & U | 50 YD FREESTYLE | 10 & U | 56 |
| 57 | 13-14 | 50 YD FREESTYLE | 13-14 | 58 |

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|  |  | **SUNDAY MORNING- 7AM WARM UP; 8AM START** |  |  |
|  |  |  |  |  |
| **EVENT #** | **FEMALE** |  | **MALE** | **EVENT #** |
| 59 | 11-12 | 200 YD MEDLEY RELAY | 11-12 | 60 |
| 61 | 15 & Over | 200 YD MEDLEY RELAY | 15 & Over | 62 |
| 63 | 11-12 | 50 YD BACKSTROKE | 11-12 | 64 |
| 65 | 15 & Over | 200 YD BACKSTROKE | 15 & Over | 66 |
| 67 | 11-12 | 200 YD IM | 11-12 | 68 |
| 69 | 15 & Over | 100 YD BREASTSTROKE | 15 & Over | 70 |
| 71 | 11-12 | 100 YD BREASTSTROKE | 11-12 | 72 |
| 73 | 15 & Over | 200 YD BUTTERFLY | 15 & Over | 74 |
| 75 | 11-12 | 50 YD BUTTERFLY | 11-12 | 76 |
| 77 | 15 & Over | 100 YD FREESTYLE | 15 & Over | 78 |
| 79 | 11-12 | 100 YD FREESTYLE | 11-12 | 80 |
| 81 | OPEN | 500 FREESTYLE | OPEN | 82 |
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|  |  |  |  |  |
|  |  | **SUNDAY AFTERNOON- 1PM WARM UP; 2PM START** |  |  |
|  |  |  |  |  |
| **EVENT #** | **FEMALE** |  | **MALE** | **EVENT #** |
| 83 | 13-14 | 200 YD MEDLEY RELAY | 13-14 | 84 |
| 85 | 10 & U | 200 YD MEDLEY RELAY | 10 & U | 86 |
| 87 | 8 & U | 100 YD MEDLEY RELAY | 8 & U | 88 |
| 89 | 10-14 | 200 YD IM | 10-14 | 90 |
| 91 | 8 & U | 25 YD BACKSTROKE | 8 & U | 92 |
| 93 | 10 & U | 50 YD BACKSTROKE | 10 & U | 94 |
| 95 | 13-14 | 200 YD BACKSTROKE | 13-14 | 96 |
| 97 | 8 & U | 50 YD BREASTSTROKE | 8 & U | 98 |
| 99 | 10 & U | 100 YD BREASTSTROKE | 10 & U | 100 |
| 101 | 13-14 | 100 YD BREASTSTROKE | 13-14 | 102 |
| 103 | 8 & U | 25 YD BUTTERFLY | 8 & U | 104 |
| 105 | 10 & U | 50 YD BUTTERFLY | 10 & U | 106 |
| 107 | 13-14 | 200 YD BUTTERFLY | 13-14 | 108 |
| 109 | 8 & U | 50 YD FREESTYLE | 8 & U | 110 |
| 111 | 10 & U | 100 YD FREESTYLE | 10 & U | 112 |
| 113 | 13-14 | 100 YD FREESTYLE | 13-14 | 114 |