

# **BGC-N. Westchester Marlins Swim Team**



## **November Distance Meet**

**Sunday, November 10, 2019**

**Sanction # 191116**

**Time Trials Sanction # 191155-T**

# BGNW Distance Meet

Sunday, November 10, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 191116 - Time Trials Sanction # 191155-T)
- LOCATION:** Boys & Girls Clubs of Northern Westchester – Trotta Millennium Pool  
351 Main Street – Mount Kisco, NY 10549 – (914) 666-8069
- FACILITY:** 25-yard indoor pool with eight 7-foot lanes. Non-turbulent lane-lines. Seating for 200 spectators. Colorado electronic timing system, with an eight-line scoreboard. The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Sunday Morning: 12&Under 500 free; 13-18 400 IM; 11-12 400 IM – warm-up 8:00am – start 9:00am  
Sunday Afternoon: 1650 free only – warm-up 12:30pm – start 1:30pm  
PM Session warm-up and start **MAY** be adjusted once all entries are received. Teams will be notified.
- FORMAT:** All events will be held as timed finals - Deck seeding -  
**Note Re: Afternoon session - 1650 free:** The session will run fastest to slowest, alternating women and men. Depending on the number of entries in the 1650, this session **may** be split up into 2 sessions, with an additional 15-20 minutes warm-up in between sessions.  
**All teams will be contacted by November 6th if the 1650 session will be divided into 2 sessions.**
- 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 November 10, 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 2 events per session.** The meet will run on computer using Hy-Tek's Meet Manager. **All sessions MAY be limited to 3 ½ hours before scratches,**  
Teams must submit entries using an export file of Hy-Tek Team Manager. Payment must be received by Sunday, November 10, 2019. NT (no time), paper entries, phoned or faxed entries will NOT be accepted. An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach. Please email Monique if you do not receive such a report within 2 days of your original email. Email all entries to Monique Grayson at [mggrayson@gmail.com](mailto:mggrayson@gmail.com)
- ENTRY FEE:** An entry fee of **\$5.00** per individual event must accompany the entries\*  
\*Swimmers qualifying for outreach membership are eligible to have this fee waived at request  
Make checks payable to: **Boys & Girls Clubs of Northern Westchester**  
**Mail to:** BGNW Marlins Swim Team – Distance Meet – att.: Monique Grayson  
351 Main Street  
Mount Kisco, NY 10549  
**Payment** must be received by **November 10, 2019**  
Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- DEADLINE:**
- 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams' entries must be received by **October 25, 2019.**
  - 2: The final entry deadline for this meet is **November 1, 2019**
  - 3: Metro entries received between **October 26, 2019** and **November 1, 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 the Meet Director if you do not receive such a report within 2 days of your original email.

- WARM-UP:** **Morning Session (500 free & 400 IM)**: First 40 minutes will be general warm-up. Lane assignment will be given at the meet. Last 15 minutes: 2 or more lanes will be open for one-way sprint. All other lanes will remain open for general warm-up.  
**Afternoon Session (1650 free)**: First 30 minutes will be general warm-up. Lane assignment will be given at the meet. Last 10 minutes: 2 or more lanes will be open for one-way sprint. All other lanes will remain open for general warm-up.
- 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:** Individual events 12-Under: medals: 1st-3<sup>rd</sup>; ribbons: 4th-8<sup>th</sup>.
- OFFICIALS:** **Meet Referee:** Vincent Eppner – [veppner@gmail.com](mailto:veppner@gmail.com)  
Officials wishing to volunteer should contact the Meet Referees no later than **October 25, 2019**.
- MEET DIRECTORS:** Monique Grayson – [mggrayson@gmail.com](mailto:mggrayson@gmail.com) (or Michael Rocco – [michaelrocc@gmail.com](mailto:michaelrocc@gmail.com))  
Questions: Dennis Munson – Aquatic Director – 914-666-8069 # 115
- ADMIN. OFFICIALS:** Michael Rocco – [michaelrocc@gmail.com](mailto:michaelrocc@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."  
**Deep end: at 1m: 9’0”; at 5m: 7’6” – Shallow end: at 1m: 4’0”; at 5m: 4’6”**
- 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.***  
***“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.”***
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against the Boys & Girls Clubs of Northern Westchester, The Marlins 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."**
- DECK CHANGING:** **Deck Changes are prohibited.**
- MAAPP:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet

- ADMISSION:** Adults: \$7.00 – Programs are included in this fee.
- MERCHANTS:** The Metro Swim Shop may be in attendance at the meet - Food will be available in designated area only – Food and glass bottles will not be allowed on deck or in the locker rooms.
- PARKING:** Parking is available at the Boys & Girls Club and may be available across the street at NW Hospital
- DIRECTIONS:**  
From I-684 North or South: Take exit 4 to route 172 west (towards Mt. Kisco). Drive approximately 2 miles. Take 117 North (keep right at traffic light). Go one block. Just before traffic light, turn right into B/G Club driveway. Enter pool from the main entrance.  
From Long Island: Take Whitestone Bridge, to the Hutchinson Parkway North, to I-684 north, to exit 4 (then proceed as above).  
From Saw Mill Parkway North: Take exit 33, Readers Digest Road. Cross railroad tracks and keep right. At traffic light, make a left turn on route 117 (it will become Main Street). Pass 2 traffic lights. Just before the third traffic light, turn right into B/G Club driveway.  
From Taconic Parkway South:  
 Take exit for route 133, Mount Kisco. At traffic light, make a right turn. At next traffic light, turn right and follow signs for Mt. Kisco (on route 133 east). Drive approximately 4 miles. At the end of 133, turn right onto route 117 South (Main Street). Pass 2 traffic lights. Just after the third traffic light, make an immediate left turn into the B/G Club driveway.  
 PS: Additional parking may be available across the street in hospital parking lot.
- HOTELS:** The Holiday Inn in Mount Kisco (1 Holiday Inn Drive – Mount Kisco, NY 10549) will give a preferred rate if coaches mention that they are attending a meet at the Boys & Girls Club. 914-241-2600

## BGNW MARLINS DISTANCE MEET – NOVEMBER 10, 2019

### MORNING SESSION: 8:00am Warm-up 9:00am Start

General warm-up 8:00-8:40am - Sprint lanes and continued general warm-up 8:40-8:55am

WOMEN	EVENT	MEN
1	12-under 500 Free	2
3	13-18 400 IM	4
5	11-12 400 IM	6

Awards will be given to 10-U and 11-12 - Results will be for 10-Under, 11-12, 13-14 and 15-18

**Time permitting, there will be 10 minutes warm-up before events 4 & 5**

### AFTERNOON SESSION: 1:30pm Warm-up 2:15pm Start

General warm-up 1:30pm-2:00pm - Sprint lanes and continued general warm-up 2:00-2:10pm

If morning session finishes early, warm-up time for afternoon session may start earlier but meet start time will not change

**This session will run fastest to slowest, alternating women & men.**

**Depending on the number of entries in the 1650, this session may be split into 2 sessions with 15-20 minutes warm-up in between sessions.**

**All teams will be contacted no later than Sunday, November 6th, if the session is divided into 2 sessions**

WOMEN	EVENT	MEN
7	Open 1650 Free	8

**Awards will be given to 12-under swimmers only**

**Note: All 500 free and 1000 free Split times from the 1650 will be uploaded to SWIMS**



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

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 \_\_\_\_\_