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**NILE CROCODILE**

**AQUATIC CLUB**

**NCAC First Sprint Meet**

**SEPTEMBER 29th, 2019**

**At Mark Twain Pool, Yonkers Montessori Academy**

**Sanction # 190901**

**Time Trial Sanction # 190951-T**

**This Meet will have 5 Hot Heats. The winner of that heat will receive a $10.00 gift card**

**These 5 Events will be Randomly called**

**NCAC First Sprint Meet**

**September 29th, 2019**

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

**LOCATION:** Mark Twain Pool, Yonkers Montessori Academy, 160 Woodlawn Avenue,

Yonkers NY 10704

**FACILITY:** 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 stand 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). 12 feet in deep end, 4 feet in shallow end.

**SESSION:** Sunday Warm-up @ 10:00 AM Meet Starts @ 11:00 AM September29th, 2019.

**FORMAT:** Timed finals Deck seeding will be in place.

**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 09/29/2019 will determine age for the entire meet.

**DISABILITY:**  Swimmers with disabilities are encouraged to attend. Contact the meet

**SWIMMERS:** 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 5 events per day. The meet will be run on computer

using Hy-Tek’s Meet Manager. Teams must submit entries using an export file

of Hy-Tek Team Manager. Email ALL entries to MagdyShokry@hotmail.com

Payment must be received by Sunday, September 29th, 2019. An email

confirming receipt of entries and a meet entries report will be sent to the

coach. Please contact Monique if you do not receive such a report within 2

days of your original email.

NT (no time), paper, phone or fax entries will NOT be accepted. U.S. Mail

Entries/ Payment to: Magdy Shokry 61-28 -172 St. Fresh Meadows, NY 11365.

**DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis.

Metro teams’ entries must be received by September 19th, 2019.

2: The final entry deadline for this meet is September 25th, 2019.

3: Metro entries received between September 18th, and September 24th

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 event and $10 for each relay must

accompany the entries. Make check payable to: NCAC Payment must be

received by September 26th, 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:** General warm-up will be in place; team assignment lanes will be posted.

**SCRATCHES:** Coaches will be given scratch sheets upon check. 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 given to 1-8 places for 12 and under only, heat winner will

be awarded too for all events.

**OFFICIALS:**

**Meet Referee:** Frank A. Zarnitz, anssec180@msn.com. (917) 284-0477

Officials wishing to volunteer should contact Meet Referee

**ADMIN OFFICIAL:** Magdy Shokry (magdyshokry@hotmail.com)

**MEET Director:** Wendy Martinez bellamiamour@usa.net

**RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse

Prevention Policy (“MAAPP”), will govern this meet. 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.

**“Deck changes are prohibited”**

**“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”**

**STARTING:** Any swimmer entered in the meet must be certified by a USA Swimming

member –coach Rule as being proficient in performing a racing start or must

start each race from within the lane.

**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.

**POLICY:** Any photographer or videographer, who intends to take pictures at a

Metropolitan Swimming sanctioned meet, must complete and submit a

Photographer Registration Form to the Meet Director before commencing

activity. Forms are available on the Metropolitan Swimming website as well

as from the Meet Director. Swimmer’s families, taking photos of their

children from the spectator area, are not subject to this policy.

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims

against Mark Twain Pool, Yonkers Montessori Academy, Nile Crocodile

Aquatic Club, Metropolitan Swimming Inc., & USA Swimming Inc., and

their agents or representatives for any injury occurring as a result of the meet.

**ADMISSION:** $5.00 Admission $2.00 Programs

**MERCHANTS:** Food and Beverage Concessions provided by NCAC Swim Team.

**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

**PARKING:** parking free in street in front of the swimming pool out of the Campus.

**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.

**DIRECTIONS:** From Long Island Take 495 Long Island Expressway West towards Whitestone

Bridge. Merge onto Cross Island Parkway North. Merge onto I295 North via Exit

33Bronx/New England. Merge onto I695 /North Throgs Neck Expressway via Exit

10, I95New 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.

**DIRECTIONS:** 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.

**Compliance:** 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. Deck Except where venue facilities require otherwise,

changing into or out of swimsuits other

**Sunday September 29th, 2019**

**Warm-up 10:00 AM - Meet Starts 11:00 AM**

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| **GIRLS** | **EVENTS** | **BOYS** |
| **1** | **12 & Under 100 Medley Relay** | **2** |
| **3** | **13 & Over 200 Medley Relay** | **4** |
| **5** | **8 & Under 25 Free** | **6** |
| **7** | **12 & Under 50 Free** | **8** |
| **9** | **13 & Over 50 Free** | **10** |
| **11** | **8 & Under 25 Back** | **12** |
| **13** | **12 & Under 50 Back** | **14** |
| **15** | **13 & Over 50 Back** | **16** |
| **17** | **8 & Under 25 Breast** | **18** |
| **19** | **12 & Under 50 Breast** | **20** |
| **21** | **13 & Over 50 Breast** | **22** |
| **23** | **8 & Under 25 Butterfly** | **24** |
| **25** | **12 & Under 50 Butterfly** | **26** |
| **27** | **13 & Over 50 Butterfly** | **28** |
| **29** | **12 & Under 100 IM** | **30** |
| **31** | **13 & Over 100 IM** | **32** |
| **33** | **12 & Under 100 Free Relay** | **34** |
| **35** | **13 & Over 200 Free Relay** | **36** |