



**Aqua Gems  
Swimming and  
MWDA**



**Heats and Treats Invitational Distance  
Session November 1, 2019  
Invited are all teams in Metro, Bergen Co.  
Barracudas, New Paltz Hawks, JFAC Jersey  
Flyers, Club Fit NJ, Kingston Swim Club,  
Lifetime, Wave NJ, Albany Starfish,  
Sanction #191103**

# Aqua Gems Swimming and MWDA Heats and Treats Distance Session November 1, 2019

- Sanction:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #
- Location:** **Minisink Valley High School Pool 2320 Rte. 6 Slate Hill, NY 10973**
- FACILITY:** 25-yard pool with 8 lanes with non-turbulent lane lines. There is seating for available for spectators. Colorado electronic timing system and the 8 - line scoreboard will be used. the pool **has not been** certified in accordance with Article 104.2.2c (4)
- SESSIONS:** **Session 1: 4:30 p.m. warm-up, 5:15 p.m. start, Friday, November 1, 2019**
- Format:** **This meet is a timed final event.  
the meet will be deck seeded.**
- 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 November 1, 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 meet referee of any disability prior to the competition.
- Entries:** **All athletes are limited to three (3) individual events.  
Deck entries will be accepted, space permitting.  
NT entries will not be accepted except for host teams  
Hy-Tek entries will be accepted. An entry summary with a signed waiver must be received by  
October 15, 2019**
- U.S. mail Entries/Payment to: Minisink Aquatics  
PO Box 2  
Slate Hill, NY 10973
- Email Entries/Confirm Entry Receipt: [MWDAENTRIES@GMAIL.COM](mailto:MWDAENTRIES@GMAIL.COM)  
**if sending Express Mail, please sign the waiver on the front.**
- DEADLINE:** 1: The final entry deadline for this meet is October 18, 2019  
2: All Metro team Entries will be entered in the order they were received, as space allows until 9/17/19 and all entries from other LSC's will be entered in the order they were received after 9/20/19, as space allows.
- ENTRY FEE:** An entry fee of **\$6.00** per individual event must accompany the entries.  
Make check payable to: **Minisink Valley Aquatics**  
Payment must be received by 11/1/19 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 with assigned lanes for the first 30 minutes. Sprint lanes and general lanes will be available for the remaining 15 minutes. Lane assignments will be distributed along with the scratch sheet for each session.
- 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:** Regular Sessions:  
Awards will be given in all events for 1st through 8th places to each age group.
- OFFICIALS:** Meet Referee: **Ron Sommers 2sommer@2sommer.com 908 307-4996**  
Officials wishing to volunteer should contact Meet Referee by **October 18, 20198**  
Admin Official: **Julie Coache/Ethan Fergus**
- MEET DIRECTORS:** **Ethan Fergus 845.222.0814 and Julie Coache 845.697.5029**
- 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:** 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 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls.”  
**Shallow End: 1.0 Meter = 3’10” 5.0 Meters = 4’ 1”**  
**Deep End : 1.0 meter = 12’7” 5.0 Meters= 11’10”**
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Minisink Valley School District, Minisink Valley Aquatics, Devilfish Aquatics Inc., 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 or locker rooms or behind starting blocks - 202.3 and 202.4.**  
**“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.”**
- DECK CHANGING** Deck Changing is prohibited
- ADMISSION:** **\$5 per session adults. Kids Free. Programs \$3.00**
- MERCHANTS:** Swimsuits, bags, towels, goggles and apparel will be available on site. Hot and Cold dishes, snacks, desserts, and beverages will be available for purchase.
- PARKING:** **There is ample free parking at the high school. The pool is located at the rear of the high school.**

**DIRECTIONS:** From the NYS Thruway North take Exit 16 to Route 17 West. Follow Route 17 West to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. The Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field. From the NYS Thruway South exit at Route 84 West. Follow Route 84 West to Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past S Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field. From Route 84 take Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the football field.

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## **ORDER OF EVENTS**

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*Session 1  
Friday PM  
November 1, 2019  
Warm-ups: 4:30 PM  
Start 5:15 PM*

| Girls Event # | Age Group Event          | Boys Event # |
|---------------|--------------------------|--------------|
| 1             | Open 500 yd. Freestyle   | 2            |
| 3             | Open 400 yd. Ind. Medley | 4            |
| 5             | Open 1650 yd. Freestyle  | 6            |

*The 1650 will be swam Fastest to slowest alternating girls/boys. You must provide your own timer*



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