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**2022-MR-NCAC-Fourth Sprint Meet Invitation**

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

**Saturday January 8th, 2022**

**Sanctioned by USA Swimming thru Metropolitan Swimming, Inc.**

**Sanction # 220110**

Invited Teams: The following Metro teams are invited until the session has met the maximum either via timeline or capacity as required by NYS Regulations:

APEX, CFJV, KBM, LGAC, NCAC, NSCC, NYSH, PAC, PATS, RED, STORM, VIP, and SJCC-CT Other Teams: Please contact magdyshokry@hotmail.com for an invite based on availability.2021 MR NCAC Sprint Meest Invitation

**2022-MR-NCAC-Fourth Sprint Meet Invitation**

**Saturday, January 8th, 2022**

**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:** One session 2:00 pm warm up, 3:00 pm meet starts.

**FORMAT:** This is a Timed Finals Meet. This meet will be pre-seeded.

NO SCRATCHES, NO CHANGES will be permitted at the table.

**ELIGIBILITY:** Invited Teams: The following Metro teams are invited until the

session has met the maximum either via timeline or capacity as

required by NYS Regulations: APEX, CFJV, KBM, LGAC, NCAC,

NSCC, NYSH, PAC, RED, STORM, VIP, and SJCC-CT Any other

Teams: Please contact magdyshokry@hotmail.com for an invite

based on availability. All swimmers participating in this meet must be

registered by the first day of the meet. No “Deck Registrations” will

be accepted Age on January 8th, 2022 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:** All Athletes are limited to enter 4 events plus relays**. Deck entries will**

**not be accepted. NT’s will not be accepted. NTs will be rejected.**

Hy-Tek Email entries will be accepted. U.S. Mail Entries/Payment to:

**MAGDY SHOKRY, 46 Nuvern Ave. Mount Vernon, NY 10550**

**Email Entries / magdyshokry@hotmail.com**

**Confirm Entry Receipt: magdyshokry@hotmail.com**

Express Mail Entries – please waive signature. Host Club may waive

meet entry fees & facility surcharge for registered outreach swimmers.

Coaches should contact the meet director and identify registered

swimmers whom they wish considered for waiver of fees when

submitting meet entries. **SEE IMPORTANT INFORMATION AT**

**THE END FOR MEET ENTRY PROCEDURE AND**

**REQUIRED WAIVER SIGNATURE!**

**OUTREACH Host club may waive meet entry fees & facility surcharge for registered**

**STATEMENT outreach swimmers. Coaches should contact meet director and identify**

**registered swimmers whom they wish considered for waive of fees**

**submitting meet entries**

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

basis. Metro team’s entries must be received by **December 30th, 2021**

2: The final entry deadline for this meet is **January 4th, 2022.**

3: Metro entries received between December 25thst, 2021 and, January

4th, 2022 will be entered first. An email confirming receipt of entries

will be sent if you provide an email contact. Please contact Meet

Director if you do not receive such a report within 2 days.

**ENTRY FEE:** An entry fee of **$7.50 per individual** event, must accompany the

entries. **$2.00 per swimmer** for Facility surcharge, **$10.00** for

Spectators, only for first 150 persons Please Make a check

payable to: **Magdy Shokry** Payment must be received by January 8th

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:** General warm up with assigned lanes for the first 50 minutes. Sprint

lanes and General lanes will be available for the remaining 10 minutes.

Lane assignments will be distributed along with the heat sheet.

**SCRATCHES:** This meet will be PRESEEDED. No scratches/changes will be

permitted on the day of the meet.

**COACHES:**  In accordance with Metropolitan Swimming Inc. Policy, only those 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 starts 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:** 12 feet in deep end, 4 feet in shallow end.

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

against **NCAC, NSCC, 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 where 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 RISK ASSOCIATED WITH EXPOSURE TO

COVID-19 AND FOREVER RELEASE AND HOLD **HARMLESS NCAC,**

**Metropolitan Swimming Inc., USA Swimming Inc., 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

WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19

RELATED TO PARTICIPATION IN THIS COMPETITION.

**AUDIO/VISUAL**

**STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is

not permittedin changing areas, rest rooms, locker rooms or behind

the starting blocks.

**DRONE**

**OPERATION:** 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 changes are prohibited.**

**ADMISSION**: **$10.00 for each 14 years old and older, 150 Spectators only are allowed**

**to be attendant in this meet.**

**PARKING**: THERE ARE PLENTY OF GARAGES AROUND THE BUILDING

PLUS, STREETS

**CAPACITY:** Pool Deck – Capacity dependent on current NYS Regulations

Spectator Stands – Capacity dependent on current NYS Regulations

All unvaccinated people in the event venue will be required to wear a

Face covering that covers the nose and mouth when appropriate social

distance guidelines of 6 feet of separation cannot be maintained.

All unvaccinated swimmers will be required to wear a face

always covering. Face coverings maybe removed immediately

before a race or warm up poolside as the swimmer steps on the block

or enters the pool (backstroke). Face Coverings – as defined by NYS

Regulations, a face covering can be any of the following, but must

cover the nose and mouth: - Medical grade mask/respirator (N95) –

Surgical mask - Cloth face covering (bandana or other similar cloth)

The attached waiver of liability must be filled out by each person who

enters the pool deck (swimmers, coaches, officials, volunteers).

Persons under the age of 18 must have the legal guardian sign the

waiver. Waivers for

swimmers must be submitted with their team’s entries. **Entries will**

**NOT BE accepted without the waiver!**

**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.

**2022 MR NCAC Fourth Sprint Meet Invitation**

**Saturday January 8th, 2022**

**Warm-up 2:00 PM, Meet Starts 3:00 PM**

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| --- | --- |
| **Event #** | **EVENTS** |
| **1** | **Mixed 100 IM.** |
| **2** | **Mixed 200 BR.** |
| **3** | **Mixed 100 BK.** |
| **4** | **Mixed 50 FLY.** |
| **5** | **Mixed 200 FR.** |
| **6** | **Mixed 100 BR.** |
| **7** | **Mixed 50 BK.** |
| **8** | **Mixed 200 FL.** |
| **9** | **Mixed 100 FR.** |
| **10** | **Mixed 50 BR.** |
| **11** | **Mixed 200BK.** |
| **12** | **Mixed 100 FL.** |
| **13** | **Mixed 50 FR.** |
| **14** | **Mixed 200 IM.** |

**WAIVER**

INFORMED CONSENT/HOLD HARMLESS WAIVER FOR PARTICIPATION MEET DATE: January 8th, 2022 NCAC SWIM TEAM AT MARTWAIN POOL PURPOSE AND EXPLANATION OF PROCEDURE I hereby consent to voluntarily engage in the Swim Meet at MARK TWAIN POOL on January 8th, 2022. I have been informed that during my participation in the above-described Aquatic program, I will be asked to stop if any symptoms such as fatigue, shortness of breath, chest discomfort or similar occurrences appear. At this point, I have been advised that it is my complete right to decrease or stop exercise and that it is my obligation to inform the Instructor/Program/Coach personnel of my symptoms, should they develop. It is my understanding and I have been informed that there exists the remote possibility that during exercise and or competition of adverse changes including, but not limited to, abnormal blood pressure, fainting, dizziness, disorders of heart rhythm, and in very rare instances heart attack, stroke, or even death. I further understand and I have been informed that there exists the risk of bodily injury including, but not limited to injurers to the muscles, ligaments, tendons, and joints of the body. Every effort will be made to minimize these occurrences by proper staff assessment of my condition before each session, staff supervision during exercise and by my own carful control of exercise efforts. I fully understand the risks associated with exercise, including the risk of bodily injury, heat attack, stroke or even death, but knowing these risks, it is my desire to participate as herein indicated. We (I), the undersigned, agree to release, hold harmless, and indemnify the NILE CROCODILE AQUATIC CLUB , Metropolitan Swimming, USA Swimming, YONKERS MONTESSORY ACADEMY, AND MARK TWAIN POOL its trustees, officers, agents, representatives and employees from and against any and all liability, lawsuits, claims, damages, or claims of injuries to my (our) child or children, including any negligent act or omission by the named above or its agents, representatives or employees, which are not the result of gross negligence, intentional neglect, or willful or wanton conduct by the named above. We have put in place preventative measures, as required by the CDC and the State of New York, to reduce the spread of COVID-19 and other communicable diseases; however, we cannot guarantee that you or your child(ren) will not become infected with COVID-19 or other communicable disease. Further, participating in this swim meet could increase your risk and your child(ren)’s risk of contracting COVID-19 or other communicable disease. I am aware of risks as described by the current outbreak of COVID-19, and agree to release and hold harmless the NCAC SWIM TEAM, Metropolitan Swimming, USA Swimming, YONKERS MONTESSORY ACADEMY, AND MARK TWAIN POOL, its trustees, officers, agents, representatives and employees from and against any and all liability lawsuits, claims or damages arising from the transmission of any communicable diseases, including but not limited to COVID-19(SARS-COV2), before, during or after participation in this swim meet on January 20, 2022. The undersigned Participant acknowledges that participation in this swim meet is subject to certain inherent risks and accepts all risks on land or water while participating in these activities. I have been given an opportunity to ask questions as to the procedures. I have read this Informed Consent/Hold Harmless Waiver form, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily, without inducement.

Participant’s Name (Printed): --------------------------------------------------------------------------------------------------

Participant’s Signature: ------------------------------------------------ Date: --------------------------------------------------

Guardian Signature if under 18 years old: -------------------------Date: --------------------------------------------------

Emergency Contact Information: ----------------------------------------------------------------------------------------------