

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

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

**September 18th, 2022**

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

**Sanction #** **220901**, **Time Trial** **# 220951**

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, LIFE, NCAC, NSCC, NYSH, PAC, RED, STORM, TWISTER, VIP, 92 YFD, and SJCC-CT Other Teams: Please contact magdyshokry@hotmail.com for an invite based on availability.

**2022- MR – NCAC First Sprint Meet Invitation**

**Sunday, September 18, 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

**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, LIFE, 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 September 18,

2022 will determine age for the entire meet.

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

**SWIMMERS:** 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. **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, MT. VERNON NY,**

**10550 Email Entries/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 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!**

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

team’s entries must be received by **September 03, 2022**

2: The final entry deadline for this meet is September 12, 2022

3: Metro entries received between **August 26, 2022, and September 02, 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.**

Please Make a check payable to: **NCAC**

Payment must be received by September 18, 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 PRE-SEEDED. No scratches/changes will be permitted on the day**

**of the meet.**

**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:** Medals for 1-3 places, ribbons for 4-8 places , all events, all ages.

**OFFICIALS:** Meet Referee “Filicity Marinello” [flickdance@msn.com](mailto:flickdance@msn.com),

Officials wishing to volunteer should contact Meet Referee by **September 15, 2022.**

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

**MEET DIRECTOR:** Wendy Martinez [bellamiamour@gmail.com](mailto:bellamiamour@gmail.com),

**Please use** [magdyshokry@hotmail.com](mailto:magdyshokry@hotmail.com) **for all correspondence regarding**

**entries and/or the meet.**

**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

(“fly-overs”) will be used.

**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:** 12 feet in deep end, 4 feet in shallow end.

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

**NCAC,** Mark Twain Pool, Yonkers Montessori Academy **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 were**

**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 RISKS**

**ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD**

**HARMLESS NCAC,** Mark Twain Pool, Yonkers Montessori Academy

**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 permitted

in 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 per any individual Spectator over 10 years old.**

**PARKING:** THERE ARE Parking lot at the school, and on the streets around the school.

**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

covering at all times. 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 First Sprint Meet Invitation**

**September 18th, 2022**

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| **EVENT**  **#** | **EVENTS** |
| **1** | **MIXED OPEN 100 YARD IM** |
| **2** | **MIXED 8 & UNDER 25 YARD FREE** |
| **3** | **MIXED OPEN 50 YARD FREE** |
| **4** | **MIXED OPEN 100 YARD FREE** |
| **5** | **MIXED OPEN 200 YARDS FREE** |
| **6** | **MIXED 8 & UNDER 25 YARD BACK** |
| **7** | **MIXED OPEN 50 YARD BACK** |
| **8** | **MIXED OPEN 100 YARD BACK** |
| **9** | **MIXED OPEN 200 YARD BACK** |
| **10** | **MIXED 8 & UNDER 25 YARD BREAST** |
| **11** | **MIXED OPEN 50 YARD BREAST** |
| **12** | **MIXED OPEN 100 YARD BREAST** |
| **13** | **MIXED OPEN 200 YARD BREAST** |
| **14** | **MIXED 8 & UNDER 25 YARD BUTTERFLY** |
| **15** | **MIXED OPEN 50 YARD BUTTERFLY** |
| **16** | **MIXED OPEN 100 YARD BUTTERFLY** |
| **17** | **MIXED OPEN 200 BUTTERFLY** |
| **18** | **MIXED OPEN 200 YARD IM** |

**Time Trials are open for any event not in the meet event list**