



**Washingtonville Seahawks and MWDA
Sink or Swim Invitational February 7, 2020
Invited are all teams in Metro, Bergen Co.
Barracudas, New Paltz Hawks, JFAC Jersey
Flyers, Pacers, Club Fit NJ, Kingston Swim
Distance Sanction #200203**



Washingtonville Seahawks and MWDA Sink or Swim Distance February 7, 2020

- Sanction:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #
- Location:** Valley Central High School Natatorium, 1175 Route 17K Montgomery, NY 12549
- FACILITY:** 25-yard pool with 8 lanes with bulkhead and non-turbulent lane lines. There is seating for 300 spectators. Colorado electronic timing system and the 6 - line scoreboard will be used. the pool **has not been** certified in accordance with Article 104.2.2c (4)
- SESSIONS:** **Session 1: 5:30 p.m. warm-up, 6:15 p.m. start, Friday, February 7, 2020**
- 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 February 7, 2020 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) events per day.
Deck entries will be accepted, space permitting.
NT entries will not be accepted.
Hy-Tek entries will be accepted. An entry summary with a signed waiver must be received by January 29, 2020**
- U.S. mail Entries/Payment to: Washingtonville Seahawks
PO Box 155
Washingtonville, NY 10992
Email Entries/Confirm Entry Receipt: MWDAENTRIES@GMAIL.COM
if sending Express Mail, please sign the waiver on the front.
- DEADLINE:** 1: The final entry deadline for this meet is January 29, 2020
2: **All Metro and Invited team Entries will be entered in the order they were received, as space allows until 1/10/20 and all entries from other LSC's will be entered in the order they were received, as space allows.**
3: Metro and all invited entries received between 1/11/20 and 1/26/20 and all other 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 **MWDAentries@gmail.com** if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$6.00** per individual event must accompany the entries.
Make check payable to: **Washingtonville Seahawks**
Payment must be received by 2/7/20 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. Sprints will be done within the 30 minutes. Lane assignments will be distributed along with the scratch sheet for each session. Coaches are responsible for enforcing feet first entry during warmup. Host teams can warmup prior to the start of general warmup**
- 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.
- DECK:** Deck Changes are prohibited.

- 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. for 10 and under, 11/12, 13/14 and 15 and over
- OFFICIALS:** **Meet Referee: Ron sommer@2sommer.com 908.307.4996**
Officials wishing to volunteer should contact Meet Referee by January 29, 2019
Admin Official: Ethan Fergus/Julie Ledger
- MEET DIRECTORS:** **Ethan Fergus/Julie Ledger 845.222.0814**
- 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:** Disclaimer: Upon acceptance of his/her entries, the participant waives all claims against Valley Central School District, Washingtonville Seahawks Swim Club, M-W 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.”
Use of Audio or Visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms - 202.3 and 202.4.
- 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.”
- ADMISSION:** **\$5 per session / \$10 per day for 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 high school.**
- DIRECTIONS:** **From East/West; Take I-84 to exit 5 (Maybrook). Get off at exit 5 and turn onto route 208 north. Proceed about 1.2 miles and turn left onto Route 17K West. Once on 17K, proceed about 1.0 mile to Valley Central High School on the left. (1175 RT-17K Montgomery, NY 12549).**

Washingtonville Seahawks and Devilfish Aquatics
Sink or Swim Distance
February 7, 2020
ORDER OF EVENTS

Session 1
Friday PM
February 7, 2020
Warm-ups: 5:30 PM
Start 6:15 PM

Girls Event #	Age Group Event	Boys Event #
1	Open 500 Freestyle	2
3	12 & Under 200 yd. Ind. Medley	4
5	Open 400 yd. Ind. Medley	6
7	Open 1650 Freestyle	8

The 1650 will be swam fastest to slowest alternating Girls and Boys you must supply 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 _____