

BGC-N. Westchester Marlins Swim Team



Marlins Winter Sprint Meet

Important:

Afternoon session: Warm-Up at 11:30am – Start at 12:30pm

January 11, 2020

Sanction # 200109

Time Trials Sanction # 200155 -T

- SANCTION:** Held under the sanction #200109 and Time Trials Sanction # 200155-T
- LOCATION:** Boys & Girls Clubs of Northern Westchester – Trotta Millennium Pool
351 Main Street – Mount Kisco, NY 10549 – (914) 666-8069 # 115
- FACILITY:** 25-yard indoor pool with eight 7-foot lanes. Non-turbulent lane-lines. Seating for 200 spectators. Colorado electronic timing system, with an eight-line scoreboard.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1 (Saturday morning):** 8-U and 9-10 → Warm-up 8:00am – Start 9:00am
Session 2 (Saturday afternoon): 11-12 and 13-Over → Warm-up 11:30am – Start 12:30pm
- FORMAT:** All events will be held as timed finals – All events will be deck seeded
- 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 January 11, 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 the meet referee of any disability prior to the competition.
- ENTRIES:** **Swimmers are limited to 5 events per session and 1 relay. Sessions MAY be limited to 3 ½ hours before scratches.**
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 or Team Unify.
Email ALL entries to Monique Grayson at mggrayson@gmail.com . Payment must be received by Saturday, January 11, 2020.
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.

Make checks payable to: **Boys & Girls Clubs of Northern Westchester**
Mail to: BGNW Marlins Swim Team – January Winter Sprint Meet
351 Main Street
Mount Kisco, NY 10549
Email entries to: mggrayson@gmail.com
- 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 27, 2019.**
2: The final entry deadline for this meet is **January 3, 2020**
3: Metro entries received between **December 28, 2019** and **January 3, 2020** 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 the Meet Director if you do not receive such a report within 2 days of your original email.
- AWARDS:** Individual and Relay events 12-Under: medals: 1st-3rd; ribbons: 4th-8th.
- ENTRY FEE:** An entry fee of \$5.00 per individual event and \$10.00 per relay team must accompany the entries.*
*Swimmers qualifying for outreach membership are eligible to have this fee waived at request
Make check payable to: **Boys & Girls Clubs of Northern Westchester.**
Payment must be received by **January 11, 2020** for email entries.
Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** Lane assignment will be given at the meet. First 35 minutes will be general warm-up.
Last 20 minutes: 2 or more lanes will be open for one-way sprint.
All other lanes will remain open for general warm-up.

- 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.
- OFFICIALS:** **Meet Referee:** veppner@gmail.com
Officials wishing to volunteer should contact the Meet Referee by **January 3, 2020**
- MEET DIRECTOR:** Michael Rocco – michaelrocc@gmail.com
Questions: Dennis Munson – Aquatic Director/Head Coach – 914-666-8069 # 115
- ADMIN. OFFICIAL:** Michael Rocco – michaelrocc@gmail.com
- 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.
- 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”**
- 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.*
“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.”
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
Deep end: at 1m: **9’0”**; at 5m: **7’6”** – **Shallow end:** at 1m: **4’0”**; at 5m: **4’6”**
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against the Boys & Girls Clubs of Northern Westchester, The Marlins Swim Team, 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."**
- DECK CHANGING:** **Deck Changing is prohibited.**
- MAAPP:** Current USA Swimming Rules, including the Minot Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.
- ADMISSION:** Adults: \$10.00 per session – Children 10&U: \$5.00 per session –
Meet heat sheets will be available on meet mobile / No programs will be sold
- MERCHANTS:** The Metro Swim Shop may be in attendance at the meet. Food will be available in designated area only. Food and glass bottles will not be allowed on deck or in the locker rooms.
- PARKING:** Parking is available at the Club. Additional parking may be available across the street in hospital lot.

DIRECTIONS:

From I-684 North or South: Take exit 4 to route 172 west (towards Mt. Kisco). Drive approximately 2 miles. Take 117 North (keep right at traffic light). Go one block. Just before traffic light, turn right into B/G Club driveway. Enter pool from the main entrance.

From Long Island: Take Whitestone Bridge, to the Hutchinson Parkway North, to I-684 north, to exit 4 (then proceed as above).

From Saw Mill Parkway North: Take exit 33, Readers Digest Road. Cross railroad tracks and keep right. At traffic light, make a left turn on route 117 (it will become Main Street). Pass 2 traffic lights. Just before the third traffic light, turn right into B/G Club driveway.

From Taconic Parkway South:

Take exit for route 133, Mount Kisco. At traffic light, make a right turn. At next traffic light, turn right and follow signs for Mt. Kisco (on route 133 east). Drive approximately 4 miles. At the end of 133, turn right onto route 117 South (Main Street). Pass 2 traffic lights. Just after the third traffic light, make an immediate left turn into the B/G Club driveway.

HOTELS:

The Holiday Inn in Mount Kisco (1 Holiday Inn Drive – Mount Kisco, NY 10549) will give a preferred rate if coaches mention that they are attending a meet at the Boys & Girls Club. 914-241-2600

Session 1: Saturday morning, January 11:

Warm-up: 8:00am

Start: 9:00am

| GIRLS | AGE | EVENT | BOYS |
|-------|------|-------------------------------|------|
| 1 | 8&U | 100yd Freestyle <u>Relay</u> | 2 |
| 3 | 9-10 | 200 yd Freestyle <u>Relay</u> | 4 |
| 5 | 8&U | 25 yd Backstroke | 6 |
| 7 | 9-10 | 50 yd Backstroke | 8 |
| 9 | 8&U | 25 yd Freestyle | 10 |
| 11 | 9-10 | 50 yd Freestyle | 12 |
| 13 | 8&U | 25 yd Breaststroke | 14 |
| 15 | 9-10 | 50 yd Breaststroke | 16 |
| 17 | 8&U | 25yd Butterfly | 18 |
| 19 | 9-10 | 50 yd Butterfly | 20 |
| 21 | 10&U | 100 Indiv. Medley | 22 |

Session 2: Saturday afternoon, January 11:

Warm-up: 11:30am

Start: 12:30pm

| GIRLS | AGE | EVENT | BOYS |
|-------|-------|-------------------------------|------|
| 23 | 11-12 | 400 yd Freestyle <u>Relay</u> | 24 |
| 25 | 13&O | 400 yd Freestyle <u>Relay</u> | 26 |
| 27 | 13&O | 800 yd Freestyle <u>Relay</u> | 28 |
| 29 | 11-12 | 100 yd Butterfly | 30 |
| 31 | 13&O | 100 yd Butterfly | 32 |
| 33 | 11-12 | 100 yd Backstroke | 34 |
| 35 | 13&O | 100 yd Backstroke | 36 |
| 37 | 11-12 | 100 yd Breaststroke | 38 |
| 39 | 13&O | 100 yd Breaststroke | 40 |
| 41 | 11-12 | 100 yd Freestyle | 42 |
| 43 | 13&O | 100 yd Freestyle | 44 |
| 45 | 11&O | 200 yd Indiv. Medley | 46 |



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 _____