



2020 MR FREE IM READY MEET 11 & Over

11.14.20 - 11.15.20

Sanction #201105

Invited Teams:

Queens Aquatic Club
Farmingdale Swim Club
Life Time New York Swim Team

Other teams interested in participating please feel free to contact
Meet Manager Nikolay Shevchenko via Email at
Nikolay@FreedomAquatics.com



Name of the meet: 2020 MR FREE IM READY MEET for 11 & Over

SANCTION: #201105

DATES OF MEET: 11.14.20, 11.15.20

LOCATION: Brooklyn Sports Club.

ADDRESS: 1540 Van Siclen Ave, Brooklyn, NY 11239

FACILITY: 6 Lane by 25 yard competition pool.

The pool Has Not been certified in accordance with Article 104.2.2C (4)

WARM UP/SESSIONS: Coaches will assign warm-ups for swimmers.

Warm-up #1

Check in: 4:45pm

Warm Up: 5:00pm - 5:15pm

Warm-up #2

Check in: 5:05pm

Warm Up: 5:20pm - 5:35pm

Warm-up #3

Check in: 5:25pm

Warm Up: 5:40pm - 5:55pm

Warm-up #4

Check in: 5:45pm

Warm Up: 6:00pm - 6:15pm

FORMAT: This is a Timed Finals Meet. This meet will be Pre-Seeded.

ELIGIBILITY: Open to all Invited Teams and Freedom Aquatics 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 14th 2020 will determine age for the entire meet.

ENTRIES: All Athletes are limited to enter 3 individual events per session. Deck entries will not be accepted.

DEADLINE:

Entries must be received by: November 8th, 2020 at 12:00pm

**ENTRY FEE:**

\$ 25 Per Athlete, **Per Session**

\$ 10 FACILITY SURCHARGE FEE

COACHES: In accordance with Metropolitan Swimming 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: Trophies for Top 3 Places in overall IMR Standings, Must Compete in all of the IMR Events to be Eligible for Trophy. Age Group Categories: 11 Year Olds, 12 Year Olds, 13, Years Olds, 14 Years Olds, and 15 & over year olds. No awards for individual events will be provided.

OFFICIALS:

Title	Name	Phone number	E-mail
Meet Manager	Nikolay Shevchenko	917-819-1999	Nikolay@FreedomAquatics.com
Meet Director	John Yearwood	914-494-1743	coachyear@aol.com
Meet Referee:	Dan Collins		bpscg41@aol.com

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.

AUDIO/VISUAL STATEMENT:**Drones:**

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, behind the blocks or locker rooms "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."

POLICY: Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming meet, must complete and submit a Photographer Registration Form to the Meet Manager before commencing activity.

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 may be used at the discretion of the meet Referee



All applicable adults participating in or associated with this meet, acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.

Make sure all interactions with athletes are observable and interruptible.
Current USA Swimming and Metropolitan Swimming certification is required for all officials and the Meet Referee may check your cards.

SAFETY: NEW Special Safety Protocol will be in place! Please review and sign the attachment below under the “events page”. 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 NEW Special Safety Protocols.

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.

USA SWIMMING DISCLAIMER:

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 RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] 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 THEREWITH.

MEET DECORUM:

Anyone found vandalizing the facility or Freedom Aquatics property; stealing or displacing and/or any disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Brooklyn Sports Club Facility, Freedom Aquatics, Freedom Aquatics Inc, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury or health issues occurring as a result of the meet. It is understood that Brooklyn Sports Club Facility, Freedom Aquatics Inc.,



USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from any liabilities or claims for damages arising by reason of injuries or health issues to anyone during the conduct of the meet.

DECK CHANGING: Is Prohibited

TECH SUIT/SWIMWEAR POLICY: Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. "Tech suits" are not permitted at this meet for 12 & under swimmers. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams. A list of restricted suit can be found on the Metropolitan Swimming Website; <https://www.teamunify.com/team/mrlsc/page/news/247846/12--under-tech-suit-ban---updated-82420>

ADMISSION: No spectators will be permitted to observe the meet. This meet will be live streamed on Freedom Aquatics social media sites. Meet results will be made available on Meet Mobile.

HEAT SHEETS: Meet Heat Sheets will be available on Meet Mobile

RESULTS: Will be available on Meet Mobile

PARKING: There is ample Free parking available by the facility.



2020 MR FREE IM READY MEET SAFETY PROTOCOL

All swimmers and parents **MUST** adhere to the following guidelines and protocols in place in order to provide the safest environment to conduct this meet.

After reading these guidelines, and reviewing them with your swimmer, please sign the attached waiver form to confirm that you are fully aware of these new safety protocols as well as disciplinary actions associated with them.

Health Screenings

Temperature screening will be required upon entry of Brooklyn Sports Club Facility. Adults on the pool deck must affirm that they have not travelled to any state that is on the NYS quarantine List in the last 14 days. Anyone found that may have traveled will be asked to leave immediately. Coaches will affirm that their entered swimmers have not travelled to any state that is on the NYS quarantine list in the past 14 days.

Safety Guidelines

Check-in Procedures for Athletes, volunteers, and coaches will take place in front of the entrance of Brooklyn Sports Club Facility. Face coverings are required. All Participants must adhere to social distancing rules while awaiting to get their temperature screen. Volunteers will be issued a wrist-band to wear and allowed in the facility. Athletes will proceed to enter the building and go to the appropriate locker room to change.

Spectators, Parents and Guardians

There will be no spectators, parents and guardians allowed in The Brooklyn Sport Club Facility. This meet will be live streamed on Freedom Aquatics social media sites. Meet results will be made available on meet mobile.

Swimmers

All swimmers entering the facility will be required to wear a face covering.

Swimmers will enter the facility in an orderly manner, practicing social distancing and will follow the instructions of the Safety Marshall's, Coaches and/or Meet Volunteers.

Meet Protocols

Swimmers will be staged in the 25 Yard Competition pool deck area under the supervision of a Safety Marshall.



Only the current heat will be on the competition pool deck prior to each heat. All timers should practice social distancing and maintain 6 feet apart from each other and all swimmers.

Swimmers will place their towel and other belongings in the plastic bins which will be placed next to their chairs behind starting blocks. A designated parent volunteer will bring these bins to the wading pool area.

Upon completion of each heat, swimmers will cool down by swimming to the other side of the pool and will proceed to the wading pool area to retrieve their belongings (if any) and will then proceed to the 25 yard pool deck and/or areas designated by their coach to wait for their next event.

All Swimmers, Coaches, Attendees and Volunteers

Face coverings must be worn **AT ALL TIMES** while inside the Brooklyn Sports Club Facility. Anyone found to not be wearing a face covering will be asked to leave the facility immediately.

Please adhere to all protocols above so that we may continue to provide meets for our swimmers. Any violation of the protocols outlined above may lead to the Brooklyn Sports Club facility voiding our rental agreement.



2020 MR FREE IM READY MEET

Waiver Form

I, the undersigned parent or guardian, attest that I read the above protocols in their entirety and have reviewed the contents with my swimmer(s).

Name of the
Swimmer(s) _____

In addition, I acknowledge that I am aware that there are risks to me of exposure to directly or indirectly arising out of, contributed to, by, or resulting from:

- An outbreak of any and all communicable disease, including but not limited to, the virus "severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)", which is responsible for Coronavirus Disease (COVID-19) and/or any mutation or variation thereof;

In consideration of having the opportunity to participate as a member, competitor or volunteer and in acknowledging that I am aware of and willing to assume the risks associated with this activity, I hereby voluntarily agree to waive, hold harmless and indemnify Freedom Aquatics, Queens Aquatics Club, Brooklyn Sports Club Facility and all trustees, agents, volunteers and employees from any and all claims, demands, damages and causes of action of any nature whatsoever arising out of ordinary negligence which I, my heirs, my assigns or successors may have against them for, on account of, or by reason of my participation in the above activities. I indicate my agreement to hold harmless elective noted below.

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Parent or
Guardian's Name _____

Signature _____ Date _____



EVENTS

Reminder: Events are Limited to 3 per swimmer

SATURDAY - Session #1		SUNDAY - Session #2	
November 14th		November 15th	
	200 BREASTSTROKE MIXED		100 BREASTSTROKE MIXED
1	15 & over	8	13 & Over
	50 BUTTERFLY MIXED		50 BREASTSTROKE MIXED
2	11-12	9	11-12
	100 BUTTERFLY MIXED		200 BUTTERFLY MIXED
3	13 & Over	10	15 & over
	100 FREESTYLE MIXED		50 FREESTYLE MIXED
4	15 & over	11	Open
	50 BACKSTROKE MIXED		200 BACKSTROKE
5	11-12	12	15 & over
	100 BACKSTROKE MIXED		100 INDIVIDUAL MEDLEY MIXED
6	13 & Over	13	11-12
	200 FREESTYLE		200 INDIVIDUAL MEDLEY
7	11 & Over	14	13 & Over
IM Ready Scoring Events:		To get "IM Ready," swimmers compete in a series of five events at shorter distances. Once swimmers complete each event, you can log-in to USA Swimming Deck Pass to find out where you rank against all the other swimmers on your team. You do not need to complete the IM Ready program to participate in the IM Xtreme. It is simply a stepping stone.	
11-12	200 FR, 50 Back, 50 Breast, 50 Fly, 100 IM		
13 - 14	200 FR, 100 Back, 100 Breast, 100 Fly, 200 IM		
15 -18	200 FR, 100 Back, 100 Breast, 100 Fly, 200 IM		
Non-Scoring Events:			
Open	50 Freestyle		
15 & Over	200 Breast, 100 Freestyle, 200 Fly, 200 Back		



Metropolitan Swimming

Photographer Registration Form

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 _____