



NDAC Winter Festival

January 4+5, 2020

Sanction # 200100

2020 MR NDAC Winter Festival

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **200100**
- LOCATION:** **Valley Central High School Natatorium, 1175 Route 17K, Montgomery, NY 12549**
- FACILITY:** **8-Lane, 25-yard, indoor pool with non-turbulent lane dividers. Colorado Timing System, 8-Lane Display Scoreboard. Tiered bleacher seating for spectators.**
- The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1 7:30am Warm-up – 9:00am Start**
Session 2 1:30pm Warm-up – 2:30pm Start
Session 3 7:30am Warm-up – 9:00am Start
Session 4 1:30pm Warm-up – 2:30pm Start
- FORMAT:** **USA Swimming rules govern the meet. All events are timed finals. Slow to fast standard pre-seed seeding.**
Metropolitan Association scratch rules will be in effect for this meet.
- 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.
No Time or NT will not be accepted. Deck entries only at the discretion of the Admin Official, proof of registration and swimmer's ID has to be shown.
- Age on **January 4, 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:** **Limit of 4 individual events and 1 relay per day.**
Entries will be accepted on a first come first serve basis.
Meet will be run using Hy-Tek's Meet Manager. All entries must be in yards, NTs will not be accepted. All entries must be sent in Meet Manager Format.
- U.S. Mail Entries/Payment to: **NDAC, PO Box 440, Red Hook, NY 12571**
Email Entries/Confirm Entry Receipt: entries@ndac.us
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 23, 2019.**
2: The final entry deadline for this meet is **December 28, 2019**
3: Metro entries received between **Sept.1 and Dec. 23, 2019**
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 Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$5 per individual event and \$10 per relay event** must accompany the entries.
Make check payable to: **NDAC.**
Payment must be received by **December 28, 2019** for email entries. Payment must be included with all mail entries. **Failure to pay entry fees by this deadline can result in teams being barred from the meet.**
- WARM-UP:** **Assigned warm-up procedures will be in effect.**

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.
AWARDS:	Events will be scored as follows: Morning sessions: 9-10, 11-12. Afternoon sessions: 8&Under, 14&Under, 15&Up. Individual events: Ribbons 1st- 8th. Relays: Ribbons 1st- 3rd.
OFFICIALS:	Meet Referee: John Staubi, jastaubi@gmail.com Officials wishing to volunteer should contact Meet Referee by December 30, 2017.
ADMIN. OFFICIAL:	Annette Mackrel entries@ndac.us
MEET DIRECTOR:	Annette Mackrel entries@ndac.us
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.
MAAP:	Current USA Swimming rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet.
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." Start End...1 meter 13' 0"; 5 meters 12' 0"; Turn End...1 meter 3' 6"; 5 meters 4' 0"
DISCLAIMER:	DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Valley Central School District, Northern Dutchess Aquatic Club (NDAC) , 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."
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."
DECK CHANGING:	Deck changes are prohibited.
ADMISSION:	\$8 per session, \$20 weekend pass (all 4 sessions), Daily Program (2 sessions) \$6

MERCHANTS:

Metro Swim Shop

PARKING:

Parking in appropriate marked spots. Illegally parked cars will be towed at the owner's expense.

Free parking is available on-site at the Valley Central Middle & High Schools.

NO parking allowed in the fire zone in front of the buildings OR on Route 17K. If you are parked illegally...you will be ticketed and towed at your own expense.

DIRECTIONS:

Mapquest: <http://www.mapquest.com/#e017787af2f6213d9b309b9a>

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Session 1

Saturday Morning Warm-ups: 7:30 AM / Start: 9:00 AM

Girls	Events	Boys
1	12&U 200 Freestyle*	2
3	9-10 50 Butterfly	4
5	11-12 100 Butterfly	6
7	9-10 100 Backstroke	8
9	11-12 50 Backstroke	10
11	9-10 50 Breaststroke	12
13	11-12 100 Breaststroke	14
15	9-10 50 Freestyle	16
17	11-12 50 Freestyle	18
19	9-10 200 Medley Relay	20
21	11-12 200 Medley Relay	22

* Awards for 8&U, 9-10, 11-12

Session 2

Saturday Afternoon Warm-up: 1:30 PM / Start: 2:30 PM

Girls	Events	Boys
23	8&U 100 Freestyle	24
25	Open 200 Freestyle	26
27	8&U 25 Butterfly	28
29	Open 100 Butterfly	30
31	8&U 50 Backstroke	32
33	Open 200 Backstroke	34
35	8&U 25 Breaststroke	36
37	Open 100 Breaststroke	38
39	8&U 50 Freestyle	40
41	Open 50 Freestyle	42
43	8&U 100 Medley Relay	44
45	13-14 200 Medley Relay	46
47	Open 200 Medley Relay	48
49	Open 500 Freestyle**	50

** Awards for 14&Under, 15&Up

Session 3

Sunday Morning Warm-ups:7:30 AM / Start: 9:00 AM

Girls	Events	Boys
51	12&U 200 I.M.*	52
53	9-10 100 Butterfly	54
55	11-12 50 Butterfly	56
57	9-10 50 Backstroke	58
59	11-12 100 Backstroke	60
61	9-10 100 Breaststroke	62
63	11-12 50 Breaststroke	64
65	9-10 100 Freestyle	66
67	11-12 100 Freestyle	68
69	9-10 200 Free Relay	70
71	11-12 200 Free Relay	72

* Awards for 8&U, 9-10, 11-12

Session 4

Sunday Afternoon Warm-up: 1:30 PM / Start: 2:30 PM

Girls	Events	Boys
73	8&U 100 I.M.	74
75	Open 200 I.M.	76
77	8&U 50 Butterfly	78
79	Open 200 Butterfly	80
81	8&U 25 Backstroke	82
83	Open 100 Backstroke	84
85	8&U 50 Breaststroke	86
87	Open 200 Breaststroke	88
89	8&U 25 Freestyle	90
91	Open 100 Freestyle	92
93	8&U 100 Free Relay	94
95	13-14 200 Free Relay	96
97	Open 200 Free Relay	98
99	Open 400 I.M.**	100

** Awards for 14&Under, 15&Up



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 a 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_____