



**2022 MR FREE
FREEDOM JANUARY MEET
01.15.22 - 01.16.22**

Meet Sanction #220111
Time Trial Sanction #220153-T

Teams interested in participating please contact Meet Director Nikolay Shevchenko via
e-mail at Nikolay@FreedomAquatics.com



Name of the meet: **2022 MR FREE JANUARY MEET**

MEET SANCTION: #220111, **Time Trial SANCTION** #220153-T

DATES OF MEET: **01.15.22 -01.16.22**

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: 4:00pm - 5:00pm Coaches will assign warm-ups for swimmers.

START OF THE MEET: 5:00pm

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

ELIGIBILITY: Open to all 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 January 15th 2022** will determine age for the entire meet.

ENTRIES: All Athletes are limited to enter **4 individual events and 2 relay events per session.**

DEADLINE:

Entries must be received by: **January 2nd, 2022 at 12:00pm**

ENTRY FEE*:

\$ 11 per event

\$ 10 athlete surcharge fee

***Swimmers qualifying for outreach membership are eligible to have this fee waived at request.**

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: **Ribbons and Medals.**



OFFICIALS:			
Title	Name	Phone #	E-mail
Meet Manager	Antonio Gaspar	347-856-3667	Antonio@FreedomAquatics.com
Meet Director/Administrative Official:	Nikolay Shevchenko	917-819-1999	Nikolay@FreedomAquatics.com
Meet Referee:	Annie Fosteris		APFosteris@gmail.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: A limited number of spectators will be permitted in the bleachers on the pool deck. Tickets must be purchased ahead of time.

MEET RESULTS: 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.



2022 MR FREE **FREEDOM** JANUARY MEET

SAFETY PROTOCOL

All swimmers, coaches, parents and spectators 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 safety protocols as well as disciplinary actions associated with them.

Health Screenings

Temperature screening **may be** required upon entry to the Brooklyn Sports Club Facility.

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 will be required.** Volunteers will be issued a safety vest when entering the facility. Athletes will proceed to enter the building and go to the appropriate locker room to change.

Spectators, Parents and Guardians

Spectators will be allowed to observe the meet from the bleacher area. All spectators must attest that they have received at least the first dose of the COVID vaccination. All tickets must be purchased prior to the meet. Tickets will not be available for purchase at the door. Spectators will be asked to enter the facility through the back entrance located in the back right hand corner of the parking lot. Any spectator attempting to enter through the main entrance will be redirected to the back entrance. Spectators will not be permitted to utilize restrooms on the pool deck and will instead be directed to restroom facilities located in the front lobby area. To access this area, spectators will exit the building and re-enter from a back entrance (Meet Marshalls will be available to guide spectators). Spectators will need to stay seated during the meet and refrain from interacting with their swimmers and/or accessing any other locations within the facility.

Swimmers

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. Swimmers will place their towel and other belongings in the plastic bins which will be placed next to their chairs behind starting blocks.

All Swimmers, Coaches, Attendees and Volunteers

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.



2022 MR FREE **FREEDOM JANUARY MEET** Waiver Form

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

Name of the Swimmer, Coach, Parent, etc._____

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, spectator 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 and 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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Swimmer, Parent, Coach or Guardian's Name

Signature _____ **Date** _____



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 _____



JANUARY 15th			JANUARY 16th	
SATURDAY - Session #1 - 12 & Under			SUNDAY - Session #3 - OPEN	
1	12 & Under		16	OPEN
	100 FREESTYLE RELAY GIRLS			200 FREE MIXED
2	12 & Under		17	OPEN
	100 FREESTYLE RELAY BOYS			50 FREESTYLE MIXED
3	10 & Under		18	OPEN
	25 FLY MIXED			100 FREESTYLE MIXED
4	12 & Under		19	OPEN
	50 FLY MIXED			100 FLY MIXED
5	10 & Under		20	OPEN
	25 BACKSTROKE MIXED			200 FLY MIXED
6	12 & Under		21	OPEN
	50 BACKSTROKE MIXED			100 BACK MIXED
7	10 & Under		22	OPEN
	25 BREASTSTROKE MIXED			200 BACK MIXED
8	12 & Under		23	OPEN
	50 REASTSTROKE MIXED			100 BREAST MIXED
9	10 & Under		24	OPEN
	25 FREESTYLE MIXED			200 BREAST MIXED
10	12 & Under		25	OPEN
	50 FREESTYLE MIXED			100 IM Mixed
11	12 & Under		26	OPEN
	100 MEDLEY RELAY GIRLS			200 IM MIXED
12	12 & Under		27	OPEN
	100 MEDLEY RELAY BOYS			1650 FREE MIXED
SATURDAY - Session #2 - OPEN			SUNDAY - Session #4 - OPEN	
13	OPEN		TIME TRIALS SESSION	
	500 FREE MIXED			
14	OPEN			
	400 IM MIXED			
15	OPEN			
	200 FREE MIXED			