



**YWCA Middies Hispanic Heritage Meet  
October 14-15, 2023  
Sanction #: 231014**

# YWCA Hispanic Heritage Meet

October 14/15, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 231014
- LOCATION:** [YWCA of White Plains](#)  
[515 North St.](#)  
[White Plains, NY 10605](#)
- FACILITY:** [One 6x7' lane 25 yard course. Non-turbulent lane lines. Colorado electronic timing system with 6 line scoreboard.](#)  
The pool [has](#) been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** [Session 1: Saturday, October 14, 7 am warm up, 7:50 am start \(13&overs\)](#)  
[Session 2: Saturday, October 14, 12 pm Warm Up, 12:30 pm Start \(8&under\)](#)  
[Session 3: Saturday, October 14, 2:30 pm warm up, 3:30 pm start \(9-12yr olds\)](#)  
[Session 4: Sunday, October 15, 7 am warm up, 7:50 am start \(13&over\)](#)  
[Session 5: Sunday, October 15, 12 pm Warm Up, 12:30 pm Start \(8&under\)](#)  
[Session 6: Sunday, October 15, 2:30 pm warm up, 3:30 pm start \(9-12yr olds\)](#)
- FORMAT:** [All events will be timed finals. Scratches will be due 30 minutes before the start of each session](#)  
[No deck registrations or additions will be added to the 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.  
Age on [October 14, 2023](#) will determine age for the entire meet.
- 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.**
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodation you might require. 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 3events per session](#)  
[This meet will be run using Hy-Tek’s Meet Manager. All files must be emailed in Hy-Tek format.](#)  
[An email confirming receipt of entries along with a meet manager report will be returned to the coach.](#)  
[If this report is not received within 2 days, contact John Yearwood \(\[jyearwood@ywcawpcw.org\]\(mailto:jyearwood@ywcawpcw.org\)\) .](#)
- U.S. Mail Entries/Payment to: [YWCA Middies, 515 North Street, White Plains, NY, 10605](#)  
Email Entries/Confirm Entry Receipt: [jyearwood@ywcawpcw.org](mailto:jyearwood@ywcawpcw.org)
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by [Tuesday, October 3, 2023](#).  
2: The final entry deadline for this meet is October 10, [2023](#).  
3: Metro entries received between October 5 and October 10, [2023](#) 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 Meet Director 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 even must accompany the entries.  
There will be a \$10 surcharge per swimmer  
\*Swimmers qualifying for outreach membership are eligible to have this fee waived at request  
Make check payable to: **White Plains YWCA**  
Payment must be received by **October 14, 2023** 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.
- Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact the Meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.
- WARM-UP:** **Warm up sessions will be assigned**
- 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: Andy Kass, [middies@ywcaawpcw.org](mailto:middies@ywcaawpcw.org)**  
Officials wishing to volunteer should contact Meet Referee
- MEET DIRECTOR and Admin Official:** **John Yearwood, [middies@ywcaawpcw.org](mailto:middies@ywcaawpcw.org), 914-949-6227 x151**
- 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:** Metropolitan Safety and Warm-up procedures will be in effect at this meet. 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 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."  
**The water depth is 3 feet at the shallow end and 10 feet deep at the diving end.**
- 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. The use of cell phones and cameras is prohibited from 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.**
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **the YWCA of White Plains and the YWCA Middies**, 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.

**ADMISSION:** Spectators will be allowed at the meet, until reaching the capacity level. Admission cost will be \$6 for spectators

**MERCHANTS:** Vendors will be at the meet selling merchandise. Concessions will be provided.

**PARKING:** Parking is available in the back of the YWCA. NO CARS to be parked in front.

**DIRECTIONS:** The YWCA is located at 515 North St., White Plains, NY opposite White Plain High School. Bryant Ave. is the nearest intersection.

From Hutchinson River Pkwy, North and South:

Take Exit 25 (Route 127, North St.) west toward White Plains. YWCA is on the left 1.5 miles.

From Cross Westchester Express (I-287):

Heading East (from Tappan Zee Bridge) take Exit 9A. Bear right and continue to the 3<sup>rd</sup> intersection,

Bryant Ave. Turn right and continue to North St. Turn left and drive one block. YWCA is on right.

Heading West (from Port Chester or Connecticut):

Take Exit 9S. After light bear right onto the Hutchinson River Pkwy South. Take Exit 25W as above.

From I-684:

Follow to end which merges with the Hutchinson River Pkwy. Take Exit 25W as above.

By Bus:

Bee Line Bus #5 (from bus terminal at Metro-North White Plains or Harrison Station.) For a bus schedule call: (914) 949-2020.

|                                     |  |
|-------------------------------------|--|
| YWCA Middies Hispanic Heritage Meet |  |
| Session 1 – 13&over 7am Warm-up     |  |
| MIXED 100 Back                      |  |
| MIXED 200 Fly                       |  |
| MIXED 100 Breast                    |  |
| MIXED 200 Free                      |  |
| MIXED 200 IM                        |  |

|                            |  |
|----------------------------|--|
| Session 2 8&u 12pm warm-up |  |
| Mixed 25 Free              |  |
| Mixed 25 Fly               |  |
| Mixed 25 Breast            |  |
| Mixed 25 Back              |  |
| Mixed 100 Free             |  |

|                                    |                        |  |
|------------------------------------|------------------------|--|
| Session 3 9-12yr olds 2:30 Warm-up |                        |  |
|                                    | Mixed 11-12 200 Breast |  |
|                                    | Mixed 9-10 200yd Free  |  |

|  |                       |  |
|--|-----------------------|--|
|  | Mixed 11-12 50 Free   |  |
|  | Mixed 9-10 50 free    |  |
|  | Mized 11-12 100 Back  |  |
|  | Mixed 9-10 100 back   |  |
|  | Mixed 11-12 50 Fly    |  |
|  | Mixed 9-10 100 fly    |  |
|  | Mixed 11-12 50 Breast |  |
|  | Mixed 9-10 50 breast  |  |
|  | Mixed 11-12 200 IM    |  |
|  | Mixed 9-10 100 IM     |  |

|                                      |                  |  |
|--------------------------------------|------------------|--|
| Hispanic Heritage Meet               |                  |  |
| Session 4 – 13&overs 7:00 am Warm-up |                  |  |
|                                      | Mixed 50 Free    |  |
|                                      | Mixed 100 Fly    |  |
|                                      | Mixed 200 Breast |  |
|                                      | Mixed 100 Free   |  |
|                                      | Mixed 200 Back   |  |

|                        |                 |  |
|------------------------|-----------------|--|
| Session 5 8&u 12pm W/U |                 |  |
| Event                  |                 |  |
|                        | Mixed 50 Free   |  |
|                        | Mixed 50 Fly    |  |
|                        | Mixed 50 Breast |  |
|                        | Mixed 50 Back   |  |
|                        | Mixed 100 IM    |  |

|                                    |                         |  |
|------------------------------------|-------------------------|--|
| Session 6 9-12yr olds – 2:30pm W/U |                         |  |
|                                    | Mixed 11-12 100 IM      |  |
|                                    | Mixed 9-10 200 IM       |  |
|                                    | Mixed 11-12 200 Free    |  |
|                                    | Mixed 9-10 100 Free     |  |
|                                    | Mixed 11-12 100 Fly     |  |
|                                    | Mixed 9 - 10 50 fly     |  |
|                                    | Mixed 11-12 100 Breast  |  |
|                                    | Mixed 9 - 10 100 breast |  |
|                                    | Mixed 11-12 200 Back    |  |
|                                    | Mixed 11-12 50 Back     |  |
|                                    | Mixed 9 – 10 50 Back    |  |

**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 \_\_\_\_\_