



YWCA Middies 8&under Meet
January 16, 2023
Sanction #: 230110

YWCA Middies 8&under Meet

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., 230110
- 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: Monday, January 16, 12:45 pm warm up, 1:30 pm start**
- FORMAT:** **All events will be timed finals. The meet will be seeded ahead of time.**
No deck seeding or additions will be added to the meet
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on **January 16, 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 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 3 events**
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) .
- U.S. Mail Entries/Payment to: **YWCA Middies, 515 North Street, White Plains, NY, 10605**
Email Entries/Confirm Entry Receipt: 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, December 27, 2022**
2: The final entry deadline for this meet is **Tuesday, January 2, 2023.**
3: Metro entries received between **December 28, 2022, and January 2, 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 **\$5.00** per individual event must accompany the entries.
*Swimmers qualifying for outreach membership are eligible to have this fee waived at request
Make check payable to: **YWCA Middies.**
Payment must be received by **January 3, 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.

WARM-UP:	Warm up sessions will be assigned and each team will have 20 minutes to complete. All lanes will open for the last 10 minutes for specific warm up.
SCRATCHES:	Scratch sheets will be turned in 15 minutes before the start of the meet
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:	Ribbons 1 st – 8 th place per age group.
OFFICIALS:	Meet Referee: Andy Kass, ark2ndbase@optimum.net Admin Official: John Yearwood Officials wishing to volunteer should contact Meet Referee by January 13, 2023 .
MEET DIRECTOR:	John Yearwood, jyearwood@ywcawpcw.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. 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.
SAFETY:	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 without the use of a backstroke ledge. 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, or behind the 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 Changing is 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. 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. AUDIO/VISUAL STATEMENT: DRONE OPERATION: DECK CHANGING: ADMISSION: 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 The YWCA of White Plains and the YWCA MIDDIES, Metropolitan Swimming Inc., USA Swimming Inc., 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 WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION. 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.

ADMISSION: Spectators will not be allowed at this meet.

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 3rd 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.

Order of Events

YWCA Middies 8&under Meet			
Session 1			
Warm up	12:45 PM	Meet start	1:30 PM
Girls	Event		Boys
1	8&under 100yd IM		2
3	7&under 25yd Backstroke		4
5	8yr old 50yd Backstroke		6
7	7&under 25yd Breaststroke		8
9	8yr old 50yd Breaststroke		10
11	8&under 50yd Freestyle		12
13	7&under 25yd freestyle		14

15	8yr old 50yd Butterfly	16
17	7&under 25yd Butterfly	18
19	8&under 100yd Freestyle	20

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 _____