



**NYS Spring Frenzy  
May 12 – 14  
Felix V Festa Middle School  
30 Parrot Rd. West Nyack, NY  
Sanction # 230510**

**Invited Teams: ACE-NJ, AG, AGUA, APEX, AQRC-NJ, BAD, BB-NJ, BBSC, BGNW, BMA-NJ, CAT-NJ, CENT, CFB, CFJV, COND, CSC, CSD, DA, DESC-NJ, DVWM, EAST, EHY, ESC-NJ, FA, FAST, FREE, GAEL, GATORS-NJ, HAA, HAWKS, HCY-NJ, HS, HVD, HYB, IA, JCC, JFAC, KBM, KDS, LBA, LGAC, LIAC, LIE, LS, LSA, MAKO, MPNY, MVA, MWSC, NBS, NDAC, NJB-NJ, NRYS, NYAC, NYCC, PAC, PBAC, PATS, QNS, RAC, RFAC, RY-NJ, SCY-NJ, SHY, SMC, SPAR, SS, SSC, SSCT-NJ, SSL, ST, SWAG, SWIM70-CT, TMID, TRS, TS, TSC, VAC, WAC, WAV-NJ, WEST, WSA, WSSC, WYF-NJ, YBAR, YFD**

Additional teams that would like to be added to the invitation can email the meet director at [newyorksharksaquatics@gmail.com](mailto:newyorksharksaquatics@gmail.com)

# NYS Spring Frenzy

May 12 – 14

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #
- LOCATION:** Felix V Festa Middle School, 30 Parrot Rd, West Nyack NY 10884
- FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lane lines. Colorado electronic timing system and an 8-line scoreboard. Seating for 600 spectators. The competition course has not been certified in accordance with Article 104.2.2C (4).
- SESSIONS:** **Session 1 Friday PM Distance**                      **6:00 PM Warm up / 6:30 Start**  
**Session 2 Saturday**    **8:30 AM Warm up / 9:40 Start**  
**Session 3 Sunday**    **8:30 AM Warm Up 9:40 Start**
- FORMAT:** All Events are Timed Finals.  
On deck seeding is in effect for the meet. Host club reserves the right to seed from off deck depending on number of entries accepted. Team representatives will be notified of any change.
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.  
All swimmers participating in this meet must be registered by the first day of the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.  
No Deck Registrations will be accepted.  
Age on May 12, 2023 will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require.
- ENTRIES:** Swimmers may enter up to 2 events on Friday night and 5 events per session on Saturday / Sunday. NT's will NOT be accepted. The host club reserves the right to keep their swimmers in the meet.  
If necessary, the 400 IM and 400 Free will be limited to the 5 Fastest heats of each men and women. The host team retains the right to keep its swimmers entered in these events.  
  
U.S. Mail Entries/Payment to:  
NYSA Goshen  
7 Garden Terrace  
Goshen NY 10924  
  
Email Entries/Confirm Entry Receipt: [newyorksharksaquatics@gmail.com](mailto:newyorksharksaquatics@gmail.com)  
Please note: Sign express mail waiver allowing delivery without signature.
- DEADLINE:** Entries must be received by: May 5, 2023  
Entries 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 the Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** A per swimmer facility surcharge of \$15.00 and an entry fee of \$10.00 per individual event.  
  
Entry fees must accompany the entries  
Make check payable to: New York Sharks Aquatics Goshen Incorporated  
Payment must be received by May 10, 2022 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:** Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. Warm-up lanes and times will be assigned by the host team. Warm-up schedules will be posted at

the scoring desk. Coaches are responsible for enforcing feet first entry during warm-ups and supervision of swimmers. No diving is permitted except in designated sprint lanes.

**SCRATCHES:** Coaches will be given scratch sheets upon check-in for all sessions. Coaches must present current coaches credentials in order to receive team scratch sheets. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual event 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:** Ribbons will be awarded to for places 1<sup>st</sup> – 8<sup>th</sup> only.  
Coaches must pick up their team awards at the end of the meet. Awards will not be mailed.

**OFFICIALS:** Meet Referee: Ron Sommer (2sommer@2sommer.net)  
Officials wishing to volunteer should contact the Meet Referee by November 25, 2022.

**ADMIN. OFFICIAL:** Administrative Official: Cathie Sommer (newyorksharksentries@gmail.com)

**MEETDIRECTOR:** Melissa Kubik (newyorksharksentries@gmail.com)

**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. 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 the 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.

All swimmers must wear footwear upon leaving the pool area.  
Food available is not guaranteed to be free from allergens. Please inquire before consuming.

Lifeguards will be supervising this event. EMTs and AED will also be available at the meet.

**MAAPP POLICY:** All 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 MAAPP is a condition of participation in the conduct of this competition.

**WATER DEPTH:** Start End: 1 meter 13' 0"; 5 meters 12' 0"; Turn End: 1 meter 3' 6"; 5 meters 4'0"

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Clarkstown Central School District, New York Sharks Aquatics Goshen Incorporated, 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.

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:** \$10.00 Admission per session.  
Meet Programs available (while supplies last) for \$5.00 per session.  
All spectators are encouraged to use the Meet Mobile App in conjunction with the free wifi provided by the facility. Electronic Heat Sheets will be made available for free on the Meet Mobile app.

**MERCHANTS:** Ultimate Swim Shop will be available for the purchase of swim related items

**PARKING:** There is ample on-site parking next to the pool. All families must park in the school lots to avoid ticketing or towing.  
Attendees should not park on the grass or any restricted areas. If you are parked illegally...you will be ticketed and towed at your own expense.

**DIRECTIONS:** From the George Washington Bridge: Take Palisades Interstate Parkway north to exit 10. Make right off the exit onto Germonds Road....

.From the Tappan Zee Bridge: Take the NYS Thruway (i-87N) to exit 13N (Palisades Interstate Parkway N) Take Palisades North to Exit 10. Make a right off the exit onto Germonds Road...

... Follow Germonds Road through the intersection of Germonds Road and Route 304 and turn left onto Parrott Road. The entrance for the pool is down the walkway at the end of the tennis courts.

**Grievances (disputed finishes, etc.) must be made to the Meet Referee who will have the final say. It is each team's responsibility to make sure their swimmers are on time to be seeded.**

Girls Event Number	Event Description	Boys Event Number
<b>Friday Warm Up @ 6:00</b>		
<b>Meet Start @ 6:30</b>		
1	12 & Under 200 IM	2
3	11 & Over 400 IM	4
5	12 and Under 400 Freestyle	6
7	13 and Older 400 Freestyle	8
<b>Saturday Warm Up @ 8:30</b>		
<b>Meet Start @ 9:40</b>		
9	12 & Under 200 Freestyle	10
21	13 & Older 200 Freestyle	22
11	12 & Under 100 Breaststroke	12
23	13 & Older 100 Butterfly	24
13	12 & Under 50 Backstroke	14
25	13 & Older 200 Breaststroke	26
15	12 & Under 100 Butterfly	16
27	13 & Older 100 Backstroke	28
17	12 & Under 50 Freestyle	18
29	13 & Older 50 Freestyle	30
19	11 / 12 200 Breaststroke	20
<b>Sunday Warm Up @ 8:30</b>		
<b>Meet Start @ 9:40</b>		
31	11 / 12 200 Butterfly	32
43	13 & Older 200 IM	44
33	12 & Under 50 Breaststroke	34
45	13 & Older 100 Breaststroke	46
35	12 & Under 100 Backstroke	36
47	13 & Older 200 Backstroke	48
37	12 & Under 50 Butterfly	38
49	13 & Older 100 Freestyle	50
39	12 & Under 100 Freestyle	40
51	13 & Older 200 Butterfly	52
41	11 / 12 200 Backstroke	42



## Metropolitan Swimming Photographer Registration Form

**All Metropolitan Swimming Teams need to include this in the meet information packet. Please file this form with the Safety 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 \_\_\_\_\_