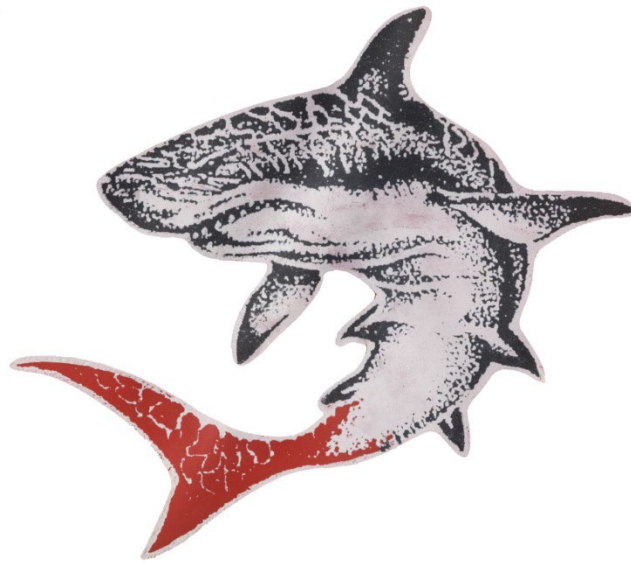


**Riverbank RedTails Swim Team  
18<sup>th</sup> International LC Invitational  
June 17<sup>th</sup> & 18<sup>th</sup>, 2023  
Lehman College APEX Center  
250 Bedford Park Blvd. West  
Bronx, NY 10468  
212-960-1134  
Metropolitan Swimming Sanction # 230611**



## **2023-MR RedTails International LC Invitational** **June 17-18, 2023**

**Invited Teams: LaGuardia Aquatic Club, NuFinmen, APEX, Kips Bay Makos, WEST, Flushing Flyers, Cross Island Y, Club Fit-JV, CAS Stingrays, Queens Aquatic Club, Match Point, NDAC, Red Fox, Swim Tech, Badger, YFD**

*\*Other interested clubs should contact the meet director*

# 2023 MR-RedTails International LC Invitational

## June 17-18, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 230611
- LOCATION:** **Lehman College APEX Center;**  
**250 Bedford Park Blvd. West Bronx, NY 10468**
- FACILITY:** Eight lanes 50 Meters Olympic size indoor pool, **pool depth is 4ft to 13ft.** Electronic timing system and non-turbulent lane lines will be used.  
The pool **has been** certified in accordance with Article 104.2.2C (4). A copy of such Certificate is on file with USA Swimming.
- SESSIONS:** **Saturday, June 17, 2023- Session I: 8:00am warm up- 9:15am Start**  
**Saturday, June 17, 2023- Session II: 2:00pm warm up- 3:15pm Start**  
**Sunday, June 18, 2023- Session III: 8:00am warm up- 9:15am Start**  
**Sunday, June 18, 2023- Session IV: 2:00pm warm up- 3:15pm Start**
- FORMAT:** **All events are Timed Finals**  
**The meet will Deck Seeded**
- ELIGIBILITY:** Open to all Invited 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. International swimmers invited by USA Swimming may attend.  
No "Deck Registrations" will be accepted. Age on **June 17<sup>th</sup>** 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. 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 allowed only 3 individual events and 1 relay per day.  
**Entries will be cut by team in order to maintain Metro swimming guidelines.**  
**HY-TEK entries w/ printout are preferred.**  
U.S. Mail Entries/Payment to: Riverbank State Park – Aquatics Complex:  
679 Riverside Drive.  
New York, NY 10031  
Email Entries/Confirm Entry Receipt: [RedTailsswimming@gmail.com](mailto:RedTailsswimming@gmail.com) or  
[Luis.trinidad@parks.ny.gov](mailto:Luis.trinidad@parks.ny.gov)  
**"[Click and Input if signature waiver required for Express Mailed Entries/Payment]"**
- DEADLINE:** **Entries must be received by: June 2, 2023. Metro Teams may enter prior to May 21, 2023**  
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 **\$7.00** per individual event, **\$10.00** per Relay event, and a **\$10.00** per swimmer Surcharge fee must accompany the entries.  
Make check payable to: **RedTails "NHT"**  
Payment must be received by **the entry deadline** 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:** **Lane assignments will be posted, if necessary, prior to each warm up session**
- 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:** A distinctive medal will be given to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> places. Ribbons for places 4 through 8. High Point awards will be given to top three individuals in each age division and top three teams.
- OFFICIALS:** **Meet Referee: Elaine Ang** [elaineang68@yahoo.com](mailto:elaineang68@yahoo.com)  
Officials wishing to volunteer should contact Meet Referee by **June 9th**
- ADMIN. OFFICIAL:** **Wendy Martinez** [bellamiamour@usa.net](mailto:bellamiamour@usa.net)
- MEET DIRECTOR:** **Luis Trinidad:** [RedTailsswimming@gmail.com](mailto:RedTailsswimming@gmail.com) or [Luis.Trinidad@parks.ny.gov](mailto:Luis.Trinidad@parks.ny.gov)
- 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 osu 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"**
- 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."  
**Pool depth is 4ft to 13ft.**
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **"Lehman College, New York State Parks and The Riverbank RedTails"**, 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." 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 METROPOLITAN 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 THEREWITH.**
- 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.**
- DRONE OPERATION:** **Operation of a drone, or any other flying apparatus, is prohibited over the venue (Pools, athletic/ coach areas, spectator areas and open ceiling locker rooms) any time athletes, officials, coaches and or spectators are present.**

**DECK**

**CHANGING:** Deck Changing is prohibited.

**MAAPP POLICY**

**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.**

**ADMISSION:**

Spectators are permitted. Tickets must be purchased in advance online for admission to each session Through Ticketleap. Teams will receive the ticket info link prior to the meet. Meet Mobile may also be available.

**MERCHANTS:**

Refreshments and food will not be available

**PARKING:**

Street parking will be available.

**PHOTOGRAPHY**

Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming Sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing Activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director and included in this announcement.

**DIRECTIONS:**

Please use google Maps



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.**

**Policy:** Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

**Notes:**

The above policy will be published in meet announcements and programs.

It is the Meet Director's responsibility to have forms available at the meet.

The Meet Director should check the actual ID against entry on form, and keep a file of submitted forms.

The intent is to promote accountability and to give Meet Directors and Referees a tool for managing concerns about photographers. Teams should consider providing a lanyard indicating that the photographer is registered.

See form, below.



## 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 \_\_\_\_\_

**Riverbank RedTails Swim Team  
18<sup>th</sup> International Meet Event List**

**Session I**

Saturday, June 17, 2023

8:00am Warm-up  
9:15am Start time

Women			Men	
1	15 & Over	200 Meter Individual Medley	2	
3	11-12	200 Meter Freestyle	4	
5	15 & Over	100 Meter Breaststroke	6	
7	11-12	50 Meter Breaststroke	8	
9	15 & Over	200 Meter Butterfly	10	
11	11-12	100 Meter Butterfly	12	
13	15 & Over	100 Meter Freestyle	14	
15	11-12	50 Meter Freestyle	16	
17	15 & Over	200 Meter Backstroke	18	
19	11-12	100 Meter Backstroke	20	
21	15 & Over	400 Meter Freestyle Relay	22	
23	11-12	200 Meter Medley Relay	24	

**Session II**

Saturday, June 17, 2023

2:00pm Warm-up  
3:15pm Start time

Women			Men	
25	13-14	200 Meter Individual Medley	26	
27	10 & U	200 Meter Freestyle	28	
29	13-14	100 Meter Breaststroke	30	
31	10 & U	50 Meter Breaststroke	32	
33	13-14	200 Meter Butterfly	34	
35	10 & U	100 Meter Butterfly	36	
37	13-14	100 Meter Freestyle	38	
39	10 & U	50 Meter Freestyle	40	
41	13-14	200 Meter Backstroke	42	
43	10 & U	100 Meter Backstroke	44	
45	13-14	400 Meter Freestyle Relay	46	
47	10 & U	200 Meter Medley Relay	48	

**Riverbank RedTails Swim Team  
18<sup>th</sup> International Meet Event List**

**Session III**

Sunday, June 18, 2023

8:00am Warm-up  
9:15am Start time

Women			Men
49	15 & Over	200 Meter Freestyle	50
51	11-12	200 Meter Individual Medley	52
53	15 & Over	100 Meter Butterfly	54
55	11-12	50 Meter Butterfly	56
57	15 & Over	200 Meter Breaststroke	58
59	11-12	100 Meter Breaststroke	60
61	15 & Over	50 Meter Freestyle	62
63	11-12	100 Meter Freestyle	64
65	15 & Over	100 Meter Backstroke	66
67	11-12	50 Meter Backstroke	68
69	15 & Over	400 Meter Medley Relay	70
71	11-12	200 Meter Freestyle Relay	72

\*\* High Point Awards Presentations \*\*

**Session IV**

Sunday, June 18, 2023

2:00 pm Warm-up  
3:15 pm Start time

Women			Men
73	13-14	200 Meter Freestyle	74
75	10 & U	200 Meter Individual Medley	76
77	13-14	100 Meter Butterfly	78
79	10 & U	50 Meter Butterfly	80
81	13-14	200 Meter Breaststroke	82
83	10 & U	100 Meter Breaststroke	84
85	13-14	50 Meter Freestyle	86
87	10 & U	100 Meter Freestyle	88
89	13-14	100 Meter Backstroke	90
91	10 & U	50 Meter Backstroke	92
93	13-14	400 Meter Medley Relay	94
95	10 & U	200 Meter Freestyle Relay	96

\*\* High Point Awards Presentations \*\*

\*\*Team Trophy Presentations\*\*



**Riverbank RedTails Swim Team**  
**18<sup>th</sup> International LC Invitational**  
**June 17<sup>th</sup> & 18<sup>th</sup>, 2023**

***Meet Entry Summary & Waiver***

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_  
Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Head Coach's Name \_\_\_\_\_  
Day Phone # \_\_\_\_\_  
Evening phone # \_\_\_\_\_  
E-Mail: \_\_\_\_\_

Fee Summary:

Female Individual Entries	_____	x \$ 7.00 =	_____
Male Individual Entries	_____	x \$ 7.00 =	_____
Female Relay Entries	_____	x \$10.00 =	_____
Male Relay Entries	_____	x \$10.00 =	_____
Swimmer Surcharge	_____	x \$10.00=	_____
Total of entry fees		=	_____

**\*Make check payable to Riverbank RedTails NHT. Deadline: Friday, 6/2/2023**

**Event Waiver:**

Upon acceptance of entries, swimmers, coaches, parents and spectators waive their right to all claims against New York State Office of Parks, Recreation and Historic Preservation, Riverbank State Park, Riverbank RedTails Swim Team, Lehman College, Metropolitan Swimming, their agents and representatives for any injury or loss of property occurring as a result of this meet.

I hereby certify that all swimmers that I am entering at the: 2023 MR- RedTails International LC Invitational Meet is currently registered with USA, FINA, other Swimming Federation. International swimmers invited by USA Swimming may attend. Verification is needed.

Print Name \_\_\_\_\_ Title \_\_\_\_\_  
Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Team official/coach)

Certified Coaches and team officials attending this meet: \_\_\_\_\_

**\*Entries will not be accepted without this signed waiver**