

WESTCHESTER AQUATIC CLUB

THE COACH CHRIS DEWEY MEMORIAL IMX MEET !



*Coach Chris was such a presence, he loved, believed in and inspired everyone he met.
All who had the opportunity to know him could capture his spirit just thinking about him.
Chris has left us with so many, many great memories – We Love & Miss You –*

JANUARY 21-22, 2023

YONKERS MONTESSORI SCHOOL

YONKERS, NEW YORK

HIGH POINT AWARDS - PRIZES FOR HEAT WINNERS

SANCTION: 230101

LOCATION : Yonkers Montessori School, 160 Woodlawn Avenue Yonkers, New York 10704

FACILITY: 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system. The pool has been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end. “The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.”

NO SMOKING ALLOWED IN THE BUILDING. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building.

SESSIONS: **Session 1:** Saturday AM - Ages 13-14 & Open - Warm-up 8:00 am, Meet: 9:00 am

Session 2: Saturday PM – Ages 8&U, 9-10, 11-12 - Warm-up 1:30 pm, Meet: 2:30 pm

Session 3: Sunday AM - Ages 13-14 & Open - Warm-up 8:00 am, Meet: 9:00 am

Session 4: Sunday PM – Ages 8&U, 9-10, 11-12 - Warm-up 1:30 pm, Meet: 2:30 pm

Swimmers MUST provide their own Timers and counters for the 500 Free and 400 IM

FORMAT: All events are Timed Finals. The meet will be pre-seeded.

ELIGIBILITY Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers from invited teams. All swimmers participating in this meet must be registered by the first day of the meet. No “Deck Registrations” will be accepted. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.

Age on 1-21-23 will determine the swimmers age for entire meet.

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 will be capped at 250 swimmers per session

Swimmers may be entered in 3 individual events and 1 relay event per session.

The meet will be run on computer using Hy-Tek's Meet Manager. An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach.

Please contact Carle Fierro if you do not receive such a report within 2 days of your original email. Telephone or faxed entries will not be accepted.

U.S. Mail Entries/Payment to:

Westchester Aquatic Club

5 White Birch Road South Pound Ridge, New York 10576

Email Entries/Confirm Entry Receipt: Email entries to: Carleswim@aol.com Please sign the "signature waiver" on envelope for entries sent by Express Mail

DEADLINE : 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by January 2, 2023.

2: The final entry deadline for this meet is January 10, 2023.

3: Metro entries received between January 2, 2023 and January 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 event, \$10.00 per relay & a \$10 Surcharge per swimmer must accompany the entries.

*Swimmers who qualify for Outreach membership are eligible to have fees waived.

Make check payable to: **Westchester Aquatic Club.**

Payment must be received by January 21, 2023, unless otherwise arranged with the meet director 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: Team Lane assignments will be given at the meet.

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: **Awards for top 8 Places in Overall IMX Standings**, Must Compete in all of the IMX Events to be Eligible for Trophy. Age Group Categories, 8&U (Must Swim all 8 &U Events for both sessions), 9 Year Olds, 10 Year Olds, 11 Year Olds, 12 Year Olds, 13-14s and Open. Medals for Relays 1-3rd Places for ages 12&U.

Heat winner prizes will be awarded

OFFICIALS **Meet Referee: Flick Marinello, email: flickdance@msn.com** 845-406-1103
Officials wishing to volunteer should contact Meet Referee by October 10, 2018

ADMIN. OFFICIAL: **Michael Gonzalez**

MEET DIRECTOR **Carle Fierro**, email: carleswim@aol.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."

WATER DEPTH: 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system.
NO SMOKING ALLOWED IN THE BUILDING.

Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. The pool has been certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.

DISCLAIMER Upon acceptance of his/her entries, the participant waives all claims against Yonkers Montessori School, City of Yonkers & Westchester Aquatic Club , 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. 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 Yonkers Montessori School, City of Yonkers & Westchester Aquatic Club , Metropolitan Swimming Inc., USA Swimming Inc., their agents 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.

MAAPP: 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 condition of participation in the conduct of this competition.

**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 blocks

DRONES:

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.

Officials and timers briefing:

- This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy.
- Make sure all interactions with athletes are observable and interruptible.
- Deck changing is prohibited. Report instances of deck changing to the meet referee/meet director.
- [IF ONLY ONE LOCKER ROOM/RESTROOM] Make sure you are not alone with an athlete in the locker room, including to use the restroom. Be proactive and tell the meet director immediately if this happens, even when it occurred through no fault of your own. Separate times have been delegated for your use.
- [IF MULTIPLE FACILITIES] There is a separate locker room/restroom for athletes and all other adults. Make sure that you are only using the facility marked for you.

Coaches briefing:

- This meet is conducted according to current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy.

**DECK
CHANGING:**

Deck changes are prohibited.

ADMISSION

Spectator Area - Limited to 150 Adults ONLY, 1 Spectator per athlete - Must Provide Proof of Covid Vaccine or a Negative PCR Test dated no earlier than October 20, 2021 & temperature check upon entry. Adults \$10.00 The stands must be cleared after each session.

The Event will be livestreamed, a link will be provided to the attending teams.

MERCHANTS Metro Swim Shop

PARKING: Is available in two school lots and on street around the perimeter of the school and side streets. Please adhere to posted parking restrictions to avoid tickets. Car Pooling is recommended.

DIRECTIONS **DIRECTIONS: from the North (choose 1 from below)**

Taconic Parkway South to Sprain South to Bronx River Parkway South. After Cross County Parkway exits, take the Second Bronx River Road Exit. Make a right onto Bronx River Road and the immediate left onto Wakefield Avenue. Go approximately 5 blocks. Pool entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

87 South to Exit 4, Cross County Parkway. Stay on Service Road South to Yonkers Avenue. Make a left onto Yonkers Avenue. Continue for approximately .25 mile and make a right onto Kimball Avenue. Bear left onto Sterling Avenue, Then Bear Left onto Woodlawn Avenue. Pool Entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

DIRECTIONS: from Long Island

Take 495 Long Island Expressway West towards Whitestone Bridge. Merge onto Cross Island Parkway North. Merge onto I295 North via Exit 33 Bronx/New England. Merge onto I695 /North Throgs Neck Expressway via Exit 10, I95 New Haven. I695 /North Throgs Neck becomes I95 North. Take the Baychester Avenue Exit 12 on the left. Turn slight right onto Baychester Avenue. Baychester Ave becomes East 241st street. East 241st becomes Wakefield Avenue. Turn right onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

DIRECTIONS: from NY City

87 North towards Albany. Take the East 233rd Street Exit 13. Stay Straight on East 233rd Street and make 1st left onto Van Courtland Park East. Van Courtland Park east becomes Kimball Avenue. Turn Right onto Wakefield Avenue. Turn Left onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

Session I – 13-14 and Open – 8:00 am w/u – 9:00 am Start

Swimmers **MUST** provide their own timers and counters for the 500 Free & 400 IM

Girls Events	Event Description	Boys Events
1	Open 200 Free Relay	2
3	13-14 200 Free relay	4
5	Open 400 IM *	6
7	13-14 400 IM *	8
9	Open 50 Free	10
11	13-14 50 Free	12
13	Open 200 Back	14
15	13-14 200 Back	16
17	Open 200 Breast	18
19	13-14 200 Breast	20

Swimmers may be entered in 4 individual events and 1 relay event per Session I.

Session II – 12 & Under Session – 1:30 pm w/u – 2:30 pm Start

Swimmers **MUST** provide their own timers and counters for the 500 Free & 400 IM

Girls Events	Event Description	Boys Events
21	8&U 200 Free Relay	22
23	10&U 200 Free relay	24
25	11-12 200 Free relay	26
27	8&U 100 IM	28
29	9-10 200 IM	30
31	11-12 100 back	32
33	7&U 25 Back	34
35	8&U 50 Back	34
37	9-10 100 Back	36
39	11-12 50 Free	38
41	7&U 25 Free	42
43	8&U 50 Free	44
45	9-10 50 Free	46
47	11-12 500 Free *	48

Swimmers may be entered in 3 individual events and 1 relay event per Session II.

* Distance events may be limited to the fastest 4 heats conform with the timeline.
Wolverines reserve the rights to keep their swimmers in the distance events.

Session III – 13-14 and Open – 8:00 am w/u – 9:00 am Start

Swimmers **MUST** provide their own timers and counters for the 500 Free & 400 IM

Girls Events	Event Description	Boys Events
49	13-14 200 Medley Relay	50
51	Open 200 Medley relay	52
53	13-14 200 IM	54
55	Open 200 IM	56
57	13-14 200 Fly	58
59	Open 200 Fly	60
61	13-14 500 Free *	62
63	Open 500 Free *	64

Session IV – 12 & Under Session – 1:30 pm w/u – 2:30 pm Start

Girls Events	Event Description	Boys Events
65	10&U 200 Medley Relay	66
67	8&U 200 Medley relay	68
69	11-12 200 Medley Relay	70
71	9-10 200 Free	72
73	8&U 100 Free	74
75	11-12 200 IM	76
77	9-10 100 Fly	78
79	8&U 50 Fly	80
81	11-12 100 Fly	82
83	9-10 100 Breast	84
85	8&U 50 Breast	86
87	11-12 100 Breast	88

Swimmers may be entered in 3 individual events and 1 relay event per sessions 3 and 4.

* Distance events may be limited to the fastest 4 heats conform with the timeline.

Wolverines reserve the rights to keep their swimmers in the distance events.

Swimmers **MUST** provide their own timers and counters for the 500 Free & 400 IM



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_____