

**WESTCHESTER AQUATIC CLUB  
WOLVERINES  
PRESENT**



**THE TINA FICARELLI MEMORIAL  
2023 SEASON STARTER INVITATIONAL !**

**OCTOBER 14-15, 2023**

**YONKERS MONTESSORI SCHOOL**

**YONKERS, NEW YORK**

**SANCTION: # 231009**

# The Tina Ficarelli Memorial 2023 Season Starter Invitational !

October 14-15, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.  
Sanction #: 231009
- 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 competition course has NOT been certified in accordance with Article 104.2.2C (4) 10 feet in deep end, 4 feet in shallow end.
- 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 PM – Distance Session - All Age Groups - Warm-up 2:00 pm  
Meet: 3:00 pm
- Session 2: Sunday AM Session - Ages 8&U, 9-10, 11-12 - Warm-up 8:00 am  
Meet: 9:00 am
- Session 3: Sunday PM – Ages 13&Over - Warm-up 1:30 pm Meet: 2:30 pm
- FORMAT:** All events are Timed Finals. Scratches will be due 30 minutes prior to the start of 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. "No Deck Registrations" will be accepted. Age on 10-14-23 will determine the swimmers age for 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:** Saturday Distance Session, Entry Limits

Swimmers may swim 3 Individual Events and 1 Relay

**DEADLINE:** Sunday Sessions, Entry Limits

Swimmers may swim up to 4 Individual Events per Session and 1 Relay,

The meet will be run on computer using Hy-Tek's Meet Manager. Emailed Hy-Tek entry file is preferred. A Master Sheet must accompany all entries. 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.

**ENTRY FEE:** An entry fee of \$ 5.00 per individual event, \$10.00 per relay & a \$10 Facility Surcharge per swimmer must accompany the entries

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.

Make check payable to: Westchester Aquatic Club.

**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:** Fun Prizes will be awarded to all heat winners.

12&U Events: Medals 1st through 3rd, Ribbons 4th place thru 8th Place Individual Events and Medals 1st through 3rd for 12&U Relay Events.

**OFFICIALS** Meet Referee: Flick Marinello, email: [flickdance@msn.com](mailto:flickdance@msn.com) 845-406-1103  
Officials wishing to volunteer should contact Meet Referee by October 10, 2023

ADMIN. OFFICIAL: Michael Gonzalez [mgonzalez5@yonkerspublicschools.org](mailto:mgonzalez5@yonkerspublicschools.org)

MEET DIRECTOR: Carle Fierro, email: [carleswim@aol.com](mailto: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 Swimming Safety Guidelines 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 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.

Meet Marshalls, Lifeguards and facility managers will be available to provide services if needed.

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: 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system. 10 feet in deep end, 4 feet in shallow end.

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.

**DISCLAIMER:**           DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Yonkers City School District, Yonkers Montessori School, 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.

**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:**           Spectator Area - Limited to 150 person Adults \$10.00, children \$5.00 The stands must be cleared after each session.

**MERCHANTS:**           Parent Food Concession. 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.

October 14, 2023 - Session 1 - Distance Session - 2:00 pm w/u & 3:00 pm Start

<u>Female #</u>	<u>Event</u>	<u>Male #</u>
1	10&U 200 Medley Relay	2
3	11-12 200 Medley Relay	4
5	Open 200 Free Relay	6
7	10&U 100 IM	8
9	11-12 100 IM	10
11	11 & Over 200 IM	12
13	10&U 100 Free	14
15	9-12 200 Free	16
17	11 & Over 100 Free	18
19	10&Over 500 Free*	20

\*500 Free maybe limited to 3-4 fastest heats & must provide your own timer for 500 Fr.

Swimmers may swim 3 Individual Events and 1 Relay

October 15, 2023 - Session 2 - Age Group Session - 8:00 am wu & 9:00 am Start

<u>Female #</u>	<u>Event</u>	<u>Male #</u>
21	10&U 200 Free Relay	22
23	12&U 200 Free Relay	24
25	6&U 25 Free	26
27	7-8 25 Free	28
29	10&U 50 Free	30
31	11&Over 50 Free	32
33	6&U 25 Back	34
35	7-8 25 Back	36
37	10&U 50 Back	38
39	11&Over 50 Back	40
41	8&U 25 Breast	42
43	10&U 50 Breast	44
45	11&Over 50 Breast	46
47	8&U 25 Fly	48
49	10&U 50 Fly	50
51	11&Over 50 Fly	52

Swimmers may swim 4 Individual Events and 1 Relay



October 15, 2023 - Session 3 - 13&Over Session - 1:30 pm wu & 2:30 pm Start\*  
\*(warmup time may be adjusted based upon am session entries)

<u>Female #</u>	<u>Event</u>	<u>Male #</u>
53	13&Over 200 Medley Relay	54
55	13&Over 200 Free	56
57	13&Over 50 Free	58
59	13&Over 100 Fly	60
61	13&Over 200 Fly	62
63	13&Over 100 Breast	64
65	13&Over 200 Breast	66
67	13&Over 100 Back	68
69	13&Over 200 Back	70
71	13&O 400 IM*	72

\*400 IM maybe limited to 4 fastest heats & must provide your own timer.

Swimmers may swim 4 Individual Events and 1 Relay



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