

**2023 MR NCAC**

**Third LCM Sprint**

**SUNDAY, July 9<sup>th</sup>, 2023**

**Hosted by:**



**At LEHMAN COLLEGE**

**Sanction # 230702 and Time Trial # -230750-T**

**INVITED TEAMS:**

APEX, 92YFD, BAD, BKR, CENT, CIY, FLY, FREE, HS, HES, KBM, LGAC, LIFE, MAKO,  
NCAC, NFS, NSCC, QNS, RED, STORM, WEST.SJCC-CT

**Other teams interested please contact [magdysbokry@hotmail.com](mailto:magdysbokry@hotmail.com)**

## 2023 MR NCAC Third LCM Sprint Meet

**Sunday, July 9<sup>th</sup>, 2023**

**SANCTION** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Metro Sanction # **230702** Time Trial # **230750 -T**

**LOCATION** Lehman College pool, Lehman College, 250 Bedford Park Blvd West, Bronx NY 10468

**FACILITY** Lehman College is an 8 lane 50 meter pool The meet will be run in the DakTronics electronic timing system and an 8-line scoreboard.

The competition course has not been certified in accordance with Article 104.2.2C (4).”

**SESSIONS** **Session 1: Sunday 1:00 PM Warm Up, 2:00 PM Start**  
**Time trial available at the end of the session. \$10.00 each, Cash.**

**Afternoon session warm-up and start times may be adjusted after the meet entries deadline. All teams will be notified.**

**FORMAT** This is a LCM meet. Timed finals format. No Deck entries allowed. The meet will be deck seeded. See scratch procedure below.

**ELIGIBILITY** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. Age on July 9<sup>th</sup> 2023 will determine age for the entire 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

**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:** All athletes are limited to enter a maximum of 4 individual events for this session.  
U.S. Mail Entries / Payment to NCAC  
Address: 126 Hoyt Street, APT 5K, Stamford, CT 06905.

**DEADLINE:** Entries must be received by: July 4<sup>th</sup>, 2023  
An email confirming receipt of entries if you provide an email contact.  
Please contact the meet director if you don't receive such report within 2 days of your original email.

**ENTRY FEE:** An entry fee of **\$10.00 for each individual entry. \$10.00 facility surcharge** for each swimmer. \$10.00 surcharge per swimmer. Host Club may waive meet entry fees & facility surcharge and swimmer surcharge for registered outreach swimmers. 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:** Warm Up Lanes will be Assigned.

**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 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:** [Medals Places 1-3, Ribbons 4-8](#)

**MEET REFEREES:** Felicity Marinello [flickdance@msn.com](mailto:flickdance@msn.com). **Wishing to volunteer should contact the Meet Referee(s) by May31, 2023.**

**ADMIN. OFFICIAL:** [magdyshokry@hotmail.com](mailto:magdyshokry@hotmail.com)

**MEET DIRECTOR:** **Wendy Martinez, [Bellamiamour@gmail.com](mailto:Bellamiamour@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 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. Lifeguards, AED device available to athletes participating in 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:** 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." 1 Meter – 15 Feet, 5 Meter – 12 Feet

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims NCAC Swim Team, Lehman College, Apex Aquatic, 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 NCAC Swim Team, Apex Aquatic Center, Lehman College, 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 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.

**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 Per Person. (Under 12 FREE) CASH ONLY. NO CARDS.

No glass will be permitted on the deck. A Swim Vendor may be available throughout the entire meet.

**U.S. Mail Entries/Payment to:** **Magdy Shokry**  
**126 Hoyt Street-APT 5K**  
**Stamford, CT 06905**

**Email Entries/Confirm Entry Receipt:** [magdysokry@hotmail.com](mailto:magdysokry@hotmail.com)

**PARKING:** Fee based (cash) parking provided through Lehman College at College Supervised Lot, (100 yards from APEX).

**DIRECTIONS:** TO LEHMAN COLLEGE APEX Bedford Park Boulevard between Goulden and Paul Aves.

- BY SUBWAY:** Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street.
- BY BUS:** FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.
- BY CAR:** Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right. Via Saw Mill River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before

**IMPORTANT! IN CASE OF EMERGENCY: Pool Office: 718- 960-7123 Meet Desk: 718-960-1134**

# 2023-MR-NCAC THIRD LCM SPRINT

SUNDAY, JULY 9<sup>TH</sup>, 2023 @LEHMAN COLLEGE

WARM UP 1:00 PM MEET STARTS 2:00 PM

EVENT NUMBER	EVENTS
1	GIRLS 200 M. MEDLEY RELAY
2	BOYS 200 M. MEDLEY RELAY
3	OPEN 200 M. IM
4	OPEN 50 M. BACK
5	OPEN 50 M. BREAST
6	OPEN 50 M. FLY
7	OPEN 50 M. FREE
8	OPEN 200 M. FREE
9	OPEN 100 M. BACK
10	OPEN 100 M. BREAST
11	OPEN 100 M. FLY
12	OPEN 100 M. FREE
13	OPEN 200 M. BACK
14	OPEN 200 M. BREAST
15	OPEN 200 M. FLY
16	GIRLS 200 M. FREE RELAY
17	BOYS 200 M. FREE RELAY

TIME TRIALS ARE OPEN FOR ANY EVENT





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