



2024 MR SSC Summer Mad Dash

Saturday - June 8, 2024
Lehman College APEX
Bronx, NY

Sanctioned by USA Swimming through Metropolitan Swimming
Sanction # 240603 & 240653-TT

Invited Teams: **All Metro Teams**

All other teams, please email
ssc.meetentries@gmail.com for an invitation.



2024 MR SSC Summer Mad Dash

June 8, 2024

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **240603 & 240653-TT**

LOCATION: Lehman College APEX, 250 Bedford Park Blvd, Bronx, NY

FACILITY: **8 Lane 50 Meter Course with Daktronics OmniSport 2000 Timing & Scoreboard**
The competition course **Has NOT** been certified in accordance with Article 104.2.2C (4).

SESSIONS: **Session 1 – Saturday 6/8/24 8:00AM Warm Up – 9:05AM Start - Ages 9-10/13-14**
Session 2 – Saturday 6/8/24 1:30PM Warm Up – 2:35PM Start - Ages 11-12/15+

Time Trials may be available between sessions at \$10 each CASH.

FORMAT: **Timed Finals.**
Meet will be Deck Seeded.

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 **June 3, 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. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.

ENTRIES: **3 Events per day**
U.S. Mail Entries/Payment to: **Sachem Swim Club, PO Box 191, Ronkonkoma, NY 11779**

Email Entries/Confirm Entry Receipt: ssc.meetentries@gmail.com
Signature waiver required for Express Mailed Entries/Payment

DEADLINE: **Entries must be received by: June 1, 2024**
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: An entry fee of **\$12.50** per individual Prelim/Final or Distance event must accompany the entries.
An entry fee of **\$10.00** per individual Timed Final event must accompany the entries.
A **\$12.00** per swimmer facility surcharge must accompany the entries.
Make check payable to: **Sachem Swim Club of Long Island, Inc.**

Payment must be received by **June 8, 2024** 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: **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 all ages Places 1-3, Ribbons 4-8 for Timed Finals**

OFFICIALS: **Meet Referees:** Allen Wone ssc.allenwone@gmail.com 516-330-4229

Officials wishing to volunteer should contact the Meet Referee by **May 26, 2024.**

ADMIN. OFFICIAL: **Administrative Official:** **Brian Pfisterer** ssc.meetentries@gmail.com

MEET DIRECTOR: **Amanda Orner/Brian Pfisterer** ssc.meetentries@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: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims **Sachem Swim Club of Long Island, Lehman College, The City University of New York, 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 Sachem Swim Club of Long Island, Lehman College, The City University of New York, 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 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.**

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:

\$8.00 Per Person/Per Session (Under 12 FREE) CASH OR VENMO ONLY. NO CARDS TICKETS MAY BE AVAILABLE FOR ADVANCE PURCHASE. 250 Spectator MAX \$2.00 Programs Per Session

MERCHANTS:

May be available

PARKING:

Meter parking available on street or \$10/car in Lehman Parking lot.

DIRECTIONS:

250 Bedford Park Boulevard West (between Goulden and Paul Avenues).

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 CAR: Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit. Go left onto Van Cortlandt Ave. Proceed to Sedgwick Ave. Make left onto Sedgwick. Turn right at Goulden Ave and go to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on right. Via Saw Mill River Parkway South (becomes Henry Hudson Parkway) to Mosholu Parkway exit. At the second traffic light turn right onto Paul Ave. Go two blocks. At Bedford Park Boulevard turn right. APEX building is on left. Proceed to traffic light; turn left onto Goulden. Parking lot is on the right.

2024 MR SSC SUMMER MAD DASH

Order of Events

Session 1 - Ages 9-10 & 13-14

Saturday 6/8/24 8:00AM Warm Up – 9:05AM Start

Girls Event#	Event	Boys Event #
1	13-14 50 Freestyle	2
3	9-10 50 Freestyle	4
5	13-14 100 Backstroke	6
7	9-10 50 Backstroke	8
9	13-14 100 Breaststroke	10
11	9-10 50 Breaststroke	12
13	13-14 100 Butterfly	14
15	9-10 50 Butterfly	16
17	13-14 200 IM	18
19	9-10 200 IM	20
21	13-14 100 Freestyle	22
23	9-10 100 Freestyle	24
25	13-14 200 Freestyle	26

Session 2 - Ages 11-12 & 15 +

Saturday 6/8/24 1:30PM Warm Up – 2:35PM Start

Girls Event#	Event	Boys Event #
27	15+ 50 Freestyle	28
29	11-12 50 Freestyle	30
31	15+ 200 Backstroke	32
33	11-12 100 Backstroke	34
35	15+ 100 Breaststroke	36
37	11-12 50 Breaststroke	38
39	15+ 200 Butterfly	40
41	11-12 100 Butterfly	42
43	15+ 200IM	44
45	11-12 200IM	46
47	15+ 100 Freestyle	48
49	11-12 100 Freestyle	50
51	15+ 100 Backstroke	52
53	11-12 50 Backstroke	54
55	15+ 200 Breaststroke	56
57	11-12 100 Breaststroke	58
59	15+ 100 Butterfly	60
61	11-12 50 Butterfly	62
63	15+ 200 Freestyle	64
65	11-12 200 Freestyle	66



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 _____