

# 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 !*

**January 20-21, 2024**

Apex, Lehman College

Bronx, New York

High Point Awards - Prizes for Heat Winners

Sanction: # 240109  
Time Trial # 240154-TT

**SANCTION** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction: # 240109, Time Trial # 240154-TT

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

**FACILITY** Lehman College is an 8 lane 50 Meter pool with a bulkhead. The meet will start in the deep end of the pool. Dak Tronics electronic timing system and an 8-line scoreboard. 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 8&U, 9-10, 11-12 - Warm-up 8:00 am, Meet: 9:00 am  
Session 2: Saturday PM – Ages 13-14 & Open - Warm-up 1:30 pm, Meet: 2:30 pm  
Session 3: Sunday AM - Ages 8&U, 9-10, 11-12 - Warm-up 8:00 am, Meet: 9:00 am  
Session 4: Sunday PM – Ages 13-14 & Open - 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 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 1-20-24 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.

**ENTRY  
LIMITS**

3 Individual events and 1 Relay per Day

**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, 2024.

2: The final entry deadline for this meet is January 9, 2024.

3: Metro entries received between January 2, 2024 and January 9, 2024, 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 \$5 per individual event, \$10.00 per Relay event and \$15 per Facility Surcharge must accompany the entries. Make check payable to: "**Westchester Aquatic Club**"

\*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 20, 2024, 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.

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**

Team Lane assignments will be given at the meet. Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warmups will include general warm up lanes and sprint lanes. One Way Sprint lanes must be monitored by the swimmers' coach. All swimmers must enter the pool from the starting end of the pool. One Way sprint lanes will start 20 minutes before the end of the warm ups at the competition end of the pool.

**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.

<b>COACHES</b>	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.
<b>AWARDS</b>	<b><u>Awards for top 8 Places in Overall IMX Standings</u></b> , 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 1-3 <sup>rd</sup> Places for ages 12&U.  Heat winner prizes will be awarded
<b>OFFICIALS</b>	<b>Meet Referee: Flick Marinello, email: <a href="mailto:flickdance@msn.com">flickdance@msn.com</a></b> 845-406-1103 Officials wishing to volunteer should contact Meet Referee by October 10, 2018
<b>ADMIN. OFFICIAL</b>	<b>Michael Gonzalez</b>
<b>MEET DIRECTOR</b>	<b>Carle Fierro</b> , email: <a href="mailto:carleswim@aol.com">carleswim@aol.com</a>
<b>RULES</b>	The current USA Swimming Rules and Regulations will apply. <b>The USA Swimming Code of Conduct is in effect for the duration of the meet.</b> The overhead start procedure may be used at the discretion of the meet Referee.
<b>SAFETY</b>	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."
<b>MAAPP POLICY</b>	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.

<b>WATER DEPTH</b>	Information about water depth measured for a distance of 3 feet 3-1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls. 12'6" deep: 1.0 meter from deep/dive end & 8': 5.0 meters from dive end. 3'6" deep: 1.0 meters from shallow/turn end 4'6" deep 5.0 meters from turn end.
<b>DISCLAIMER</b>	<p>Upon acceptance of his/her entries, the participant waives all claims against Westchester Aquatic Club, CUNY, Lehman College, 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."</p> <p>First Line of response: LG, then campus security and EMS if required.</p>
<b>AUDIO/ VISUAL STATEMENT</b>	<p>Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms.</p> <p>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 are prohibited.</p>
<b>DECK CHANGING:</b>	Deck changes are prohibited.
<b>ADMISSION</b>	Admissions: \$10 per person 12 and older, \$5.00 per child.
<b>MERCHANTS</b>	Metro Swim Shop and Parents Food Concession
<b>PARKING</b>	Parking Lot adjacent to the Apex Pool on on street.
<b>DIRECTIONS</b>	<a href="https://maps.app.goo.gl/Qtkw4duBGuQzMwbd6">https://maps.app.goo.gl/Qtkw4duBGuQzMwbd6</a>

**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	8&U 200 Free Relay	2
3	10&U 200 Free relay	4
5	11-12 200 Free relay	6
7	8&U 100 IM	8
9	9-10 200 IM	10
11	11-12 100 back	12
13	8&U 50 Back	14
15	9-10 100 Back	16
17	11-12 50 Free	18
19	8&U 50 Free	20
21	9-10 50 Free	22
23	11-12 500 Free *	24

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

**Session 2 – 13-14 & Open Session (Open Ages 12 & Over) – 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
25	Open 200 Free Relay	26
27	13-14 200 Free relay	28
29	Open 200 Back	30
31	13-14 200 Back	32
33	Open 50 Free	34
35	13-14 50 Free	36
37	Open 200 Breast	38
39	13-14 200 Breast	40
41	Open 400 IM *	42
43	13-14 400 IM *	44

**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 3 – 12 & Under Session – 8:00 am w/u – 9:00 am Start**

Girls Events	Event Description	Boys Events
45	10&U 200 Medley Relay	46
47	11-12 200 Medley Relay	48
49	9-10 200 Free	50
51	8&U 100 Free	52
53	11-12 200 IM	54
55	9-10 100 Fly	56
57	8&U 50 Fly	58
59	11-12 100 Fly	60
61	9-10 100 Breast	62
63	8&U 50 Breast	64
65	11-12 100 Breast	66

**Session 4 – 13-14 & Open Session (Open Ages 12 & Over) – 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
67	13-14 200 Medley Relay	68
69	Open 200 Medley relay	70
71	13-14 200 IM	72
73	Open 200 IM	74
75	13-14 200 Fly	76
77	Open 200 Fly	78
79	13-14 500 Free *	80
81	Open 500 Free *	82

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 \_\_\_\_\_