



2025 MR NDAC Kevin Storrs' Winter Festival Invitational December 6-7, 2025

Invited Teams: all Metro teams, AD-HAWKS, AD-Kingston Hurricanes, AD-Albany Starfish, AD-Clifton Park Halfmoon Piranhas, AD-Delmar Dolphins, AD-Tiger Aquatics, AD-Uncle Sam, NE-Snapper Swim SC, NJ-North Jersey Barracudas, NJ-Ridgewood Breakers, NJ-Sussex YMCA.

Other teams wishing to participate should contact the Meet Director.

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **251206**
- LOCATION:** **Valley Central High School Natatorium, 1175 Route 17K, Montgomery, NY 12549**
- FACILITY:** **Valley Central HS Natatorium is an 8 lane, 25 yard competition pool with Colorado Timing System and Scoreboard.**
The competition course has **NOT been** certified in accordance with Article 104.2.2C (4).
- SESSIONS:** **Session 1: Sat AM 7:30 AM Warmups – 9:00 AM Start**
Session 2: Sat PM 1:00 PM Warmups – 2:00 PM Start
Session 3: Sun AM 7:30 AM Warmups – 9:00 AM Start
Session 4: Sun PM 1:00 PM Warmups – 2:00 PM Start
- FORMAT:** **All events are swum as timed finals. NTs will not be accepted.**
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 **December 6, 2025** 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:** **Athletes are permitted 5 individual events plus 1 relay per day. NT entries are not permitted.**
U.S. Mail Entries/Payment to: **NDAC, PO Box 440, Red Hook, NY 12571**
Email Entries/Confirm Entry Receipt: ndacswim@gmail.com
- DEADLINE:** **Entries must be received by: November 27th, 2025**
Entries will be accepted in order they are received.
An email confirming receipt of entries will be sent. Please contact the Meet Director if you do not receive confirmation of receipt within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$10 per individual event, \$20 per relay**, and a **\$7.50 athlete surcharge** must accompany the entries.
Make check payable to: **NDAC**
Payment must be received by **November 30, 2025**. 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:** **Assigned warmups will be in effect. The host team will post warmup assignments before the meet. All swimmers must be supervised by a coach during warm-ups.**
- 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:** **Awards for Individual events for 8 & Under, 9-10, 11-12 will be given for places 1-8.**

OFFICIALS:	Meet Referee: Annette Mackrel , annette.mackrel@gmail.com , 845-853-5937 Officials wishing to volunteer should contact the Meet Referee by Dec 4, 2025
ADMIN. OFFICIAL:	Anna Belliveau: bell78@gmail.com
MEET DIRECTOR:	Emi Olsson: ndacswim@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. Swimmers who come without a coach must contact the Meet Director and will be assigned a coach on deck.
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 will be on deck during warmups and sessions. AED is located on the pool deck.
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:	Start End: depth at 1 meter is 10'8"; depth at 5 meters is 9'9" Turn End: depth at 1 meter is 3'4"; depth at 5 meters in 4'0"
DISCLAIMER:	DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Valley Central School District, Northern Dutchess 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:	\$8 per session, \$25 all session meet pass. Free admission for 10 & under. Printed Heat Sheets will be available for \$3.
MERCHANTS:	Swimsuits, goggles and apparel will be available on site. Food will be available for purchase.
PARKING:	Parking is available. Cars will be towed if not in designated parking lot.

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Session 1

Warm-ups 7:30 AM – Start 9:00 AM

Girls	Event	Boys
1	12&Under 200 Free	2
3	9-10 50 Fly	4
5	11-12 100 Fly	6
7	9-10 100 Back	8
9	11-12 50 Back	10
11	9-10 50 Breast	12
13	11-12 100 Breast	14
15	9-10 50 Free	16
17	11-12 50 Free	18
19	9-10 200 Medley Relay	20
21	11-12 200 Medley Relay	22

Session 2

Warm-ups 1:00 PM – Start 2:00 PM

Girls	Event	Boys
23	13&Over 50 Back	24
25	8&Under 100 Free	26
27	Open 200 Free	28
29	8&Under 25 Fly	30
31	Open 100 Fly	32
33	8&Under 50 Back	34
35	Open 200 Back	36
37	8&Under25 Breast	38
39	Open 100 Breast	40
41	8&Under 50 Free	42
43	Open 50 Free	44
45	8&Under 100 Medley Relay	46
47	13-14 200 Medley Relay	48
49	15&Over 200 Medley Relay	50
51	Open 500 Free	52

Session 3**Warm-ups 7:30 AM – Start 9:00 AM**

Girls	Event	Boys
53	12&Under 200 IM	54
55	9-10 100 Fly	56
57	11-12 50 Fly	58
59	9-10 50 Back	60
61	11-12 100 Back	62
63	9-10 100 Breast	64
65	11-12 50 Breast	66
67	9-10 100 Free	68
69	11-12 100 Free	70
71	9-10 200 Free Relay	72
73	11-12 200 Free Relay	74

Session 4**Warm-ups 1:00 PM – Start 2:00 PM**

Girls	Event	Boys
75	13&Over 50 Fly	76
77	8&Under 100 IM	78
79	Open 200 IM	80
81	8&Under 50 Fly	82
83	13&Over 50 Breast	84
85	Open 200 Fly	86
87	8&Under 25 Back	88
89	Open 100 Back	90
91	8&Under 50 Breast	92
93	Open 200 Breast	94
95	8&Under 25 Free	96
97	Open 100 Free	98
99	8&Under 100 Free Relay	100
101	13-14 200 Free Relay	102
103	15&Over 200 Free Relay	104
105	Open 400 IM	106



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 _____