



2025 MR NDAC Sprint Pentathlon

October 12, 2025

Sanction Number #251009

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **251009**
- LOCATION:** **Bard College Pool, Stevenson Gym, Bard College, Annandale-on-Hudson, NY 12504**
- FACILITY:** **25 yard pool with six 7-foot lanes; non-turbulent lane lines; seating for 150 available; Colorado electronic timing system and scoreboard.**
The competition course **has NOT** been certified in accordance with Article 104.2.2C (4).
- SESSIONS:** **1 Session. Warm-ups at 7:30 am – Meet starts at 8:30 am**
- FORMAT:** **All events are timed finals. Slow to fast seeding. Deck seeded.**
- 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. 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 **October 12, 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:** **Swimmers are permitted 5 individual events per session.**
U.S. Mail Entries/Payment to: **NDAC, PO Box 440, Red Hook, NY 12571**
Email Entries/Confirm Entry Receipt: **ndacswim@gmail.com**
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **September 30, 2025**.
2: The final entry deadline for this meet is **October 1, 2025**.
3: Metro Entries received between **September 12, 2025** and **October 1, 2025**.
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 the 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 and **\$7.50** per swimmer surcharge must accompany the entries.
Make check payable to: **NDAC**.
Payment must be received by **October 4, 2025** 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:** **General warm-up procedures will be in effect**
- 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:	Events will be scored as following: 6&Under, 8&Under, 10&Under, 11-12 Individual Events: Ribbons for places 1-6 13-14, 15-18 Pentathlon, must swim all 5 events: High Point Awards will be given to the top 3 individuals in 13-14 and 15-18 age categories.
OFFICIALS:	Meet Referee: Annette Mackrel, Email: annette@annettemackrel.com, cell: 845-853-5937 Officials wishing to volunteer should contact the Meet Referee by October 9, 2025.
ADMIN. OFFICIAL:	Anna Belliveau, Email: bell78@gmail.com
MEET DIRECTOR:	Emi Olsson, Email: 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.
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. Life guards and AED on site.
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: Water depth at 1 meter from the wall is 13 feet, at 5 meters it is 12 feet. Turn end: Water depth at 1 meter from the wall is 4 feet, at 5 meters it is 4.5 feet.
DISCLAIMER:	DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Bard College and 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:	All spectators are encouraged to use the Meet Mobile App in conjunction with the free wifi provided by the facility. Electronic Heat Sheets will be made available for free on the Meet Mobile App. Printed Heat Sheets will be available for \$2.
MERCHANTS:	Swimsuits, goggles and apparel will be available on site. Food will be available for purchase.

PARKING:

Parking lot on Annandale Rod across the Stevenson Gym. Illegally parked cars will be towed at the owner's expense.

DIRECTIONS:

Put Stevenson Athletic Center, Bard College into GPS.

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Girls	Events	Boys
1	6&U 25 Free	2
3	8&U 25 Free	4
5	10&U 50 Free	6
7	11-12 50 Free	8
9	13-18 50 Free	10
11	6&U 25 Back	12
13	8&U 25 Back	14
15	10&U 50 Back	16
17	11-12 50 Back	18
19	13-18 50 Back	20
21	8&U 25 Breast	22
23	10&U 50 Breast	24
25	11-12 50 Breast	26
27	13-18 50 Breast	28
29	8&U 25 Fly	30
31	10&U 50 Fly	32
33	11-12 50 Fly	34
35	13-18 50 Fly	36
37	10&U 100 IM	38
39	11-12 100 IM	40
41	13-18 100 IM	42



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 _____