

Westchester Aquatic Club

The Coach Chris Dewey Memorial Trophy 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 10-11, 2026

Apex, Lehman College

Bronx, New York

High Point Awards - Prizes for Heat Winners

Sanction #: 260109

Time Trial: 260156-TT

LOCATION	Apex, Lehman College CUNY, Bronx, NY Lehman College, 250 Bedford Park Blvd West, Bronx NY 10468 <u>Sanction #:</u> 260109 <u>Time Trial:</u> 260156-TT
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	<u>Session 1:</u> Saturday AM - Ages 8&U, 9-10, 11-12 - Warm-up 8:00 am, Meet: 9:00 am <u>Session 2:</u> Saturday PM – Ages 13-14 & Open - Warm-up 1:30 pm, Meet: 2:30 pm <u>Session 3:</u> Sunday AM - Ages 8&U, 9-10, 11-12 - Warm-up 8:00 am, Meet: 9:00 am <u>Session 4:</u> Sunday PM – Ages 13-14 & Open - Warm-up 1:30 pm, Meet: 2:30 pm ** Session Times may vary based upon number of entries 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 1-10-26 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 - A Total of 6 Individual Events & 2 Relays per meet. Swimmers may swim any 6 events in the meet (3 individual events per day) Top 8 swimmers who scored the most single age performance points for their age group will win high point. Age Groups for High Point Trophies: 8&U Girls and Boys, 9-10 Girls and Boys, 11-12 Girls and Boys, 13-14 Girls and Boys, 15 & Over Girls and Boys, Medals for Relays 1-3rd Places for ages 12&U.
DEADLINE	1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by December 29, 2025. 2: The final entry deadline for this meet is January 2, 2026. 3: Metro entries received between December 5, 2025 and January 1, 2026, 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 \$20 per swimmer 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: <u>Westchester Aquatic Club.</u> Payment must be received by January 10, 2026, 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.
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	<u>Awards for top 8 Places in Overall Standings</u>, Swimmers may swim any 6 events in the meet (3 individual events per day) Top 8 swimmers who scored the most single age performance points for their age group will win high point. Age Groups for High Point Trophies: 8&U Girls and Boys, 9-10 Girls and Boys, 11-12 Girls and Boys, 13-14 Girls and Boys, 15 & Over Girls and Boys, Medals for Relays 1-3rd Places for ages 12&U. Former Wolverine Kate Douglass has donated swag for meet - Heat winner prizes will be awarded
OFFICIALS	Meet Referee: Flick Marinello, email: flickdance@msn.com 845-406-1103 Officials wishing to volunteer should contact Meet Referee by January 5, 2026
ADMIN. OFFICIAL	Michael Gonzalez
MEET DIRECTOR	Carle Fierro, email: carleswim@aol.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."

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	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.
DISCLAIMER	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." First Line of response: LG, then campus security and EMS if required.
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 are prohibited.
DECK CHANGING:	Deck changes are prohibited.
ADMISSION	Admissions: \$10.00 per person
MERCHANTS	Metro Swim Shop and Parents Food Concession
PARKING	Parking Lot adjacent to the Apex Pool on on street.
DIRECTIONS	https://maps.app.goo.gl/Qtkw4duBGUQzMwbd6

Session 1 — 12 & Under 8:00 AM WU - 9:00 AM Start (Saturday AM)

Girls Events	Boys Events
1 – 8 & Under 200 Free Relay	2 – 8 & Under 200 Free Relay
3 – 10 & Under 200 Free Relay	4 – 10 & Under 200 Free Relay
5 – 11–12 200 Freestyle	6 – 11–12 200 Freestyle
7 – 8 & Under 100 IM	8 – 8 & Under 100 IM
9 – 9–10 200 IM	10 – 9–10 200 IM
11 – 11–12 100 IM	12 – 11–12 100 IM
13 – 8 & Under 50 Back	14 – 8 & Under 50 Back
15 – 9–10 100 Back	16 – 9–10 100 Back
17 – 11–12 100 Back	18 – 11–12 100 Back
19 – 8 & Under 50 Free	20 – 8 & Under 50 Free
21 – 9–10 50 Free	22 – 9–10 50 Free
23 – 11–12 500 Free *	24 – 11–12 500 Free *

Session 4 — 13 & Over 1:30 PM WU - 2:30 PM Start (Saturday PM)

Girls Events	Boys Events
25 – 13 & Over 200 Free Relay	26 – 13 & Over 200 Free Relay
27 – 13 & Over 200 Back	28 – 13 & Over 200 Back
29 – 13 & Over 100 IM	30 – 13 & Over 100 IM
31 – 13 & Over 50 Back	32 – 13 & Over 50 Back
33 – 13 & Over 200 Breast	34 – 13 & Over 200 Breast
35 – 13 & Over 100 Free	36 – 13 & Over 100 Free
37 – 13 & Over 50 Free	38 – 13 & Over 50 Free
39 – 13 & Over 100 Fly	40 – 13 & Over 100 Fly
41 – 13 & Over 400 IM *	42 – 13 & Over 400 IM *

Swimmers **MUST** provide their own timers and counters for the 500 Free & 400 IM

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

Session 1 — 12 & Under 8:00 AM WU - 9:00 AM Start (Sunday AM)

Girls Events	Boys Events
43 – 10 & Under 200 Medley Relay	44 – 10 & Under 200 Medley Relay
45 – 11–12 200 Medley Relay	46 – 11–12 200 Medley Relay
47 – 8 & Under 25 Free	48 – 8 & Under 25 Free
49 – 11–12 50 Free	50 – 11–12 50 Free
51 – 9–10 200 Free	52 – 9–10 200 Free
53 – 11–12 200 IM	54 – 11–12 200 IM
55 – 8 & Under 100 Free	56 – 8 & Under 100 Free
57 – 9–10 100 Fly	58 – 9–10 100 Fly
59 – 11–12 100 Fly	60 – 11–12 100 Fly
61 – 8 & Under 25 Fly	62 – 8 & Under 25 Fly
63 – 9–10 100 Breast	64 – 9–10 100 Breast
65 – 11–12 100 Breast	66 – 11–12 100 Breast
67 – 8 & Under 25 Breast	68 – 8 & Under 25 Breast

Session 4 — 13 & Over 1:30 PM WU - 2:30 PM Start (Sunday PM)

Girls Events	Boys Events
69 – 13 & Over 200 Medley Relay	70 – 13 & Over 200 Medley Relay
71 – 13 & Over 200 Free	72 – 13 & Over 200 Free
73 – 13 & Over 100 Breast	74 – 13 & Over 100 Breast
75 – 13 & Over 200 Fly	76 – 13 & Over 200 Fly
77 – 13 & Over 50 Breast	78 – 13 & Over 50 Breast
79 – 13 & Over 200 IM	80 – 13 & Over 200 IM
81 – 13 & Over 100 Back	82 – 13 & Over 100 Back
83 – 13 & Over 50 Fly	84 – 13 & Over 50 Fly
85 – 13 & Over 500 Free *	86 – 13 & Over 500 Free *

Swimmers **MUST** provide their own timers and counters for the 500 Free

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



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_____