

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

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| LOCATION | <p>Apex, Lehman College CUNY, Bronx, NY Lehman College, 250 Bedford Park Blvd West, Bronx NY 10468</p> <p><u>Sanction #:</u> 260109 <u>Time Trial:</u> 260156-TT</p> |
| FACILITY | <p>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.</p> <p>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.</p> |
| SESSIONS | <p><u>Session 1:</u> Saturday AM - Ages 8&U, 9-10, 11-12 - Warm-up 8:00 am, Meet: 9:00 am</p> <p><u>Session 2:</u> Saturday PM – Ages 13-14 & Open - Warm-up 1:30 pm, Meet: 2:30 pm</p> <p><u>Session 3:</u> Sunday AM - Ages 8&U, 9-10, 11-12 - Warm-up 8:00 am, Meet: 9:00 am</p> <p><u>Session 4:</u> Sunday PM – Ages 13-14 & Open - Warm-up 1:30 pm, Meet: 2:30 pm</p> <p>** Session Times may vary based upon number of entries</p> <p>Swimmers MUST provide their own Timers and counters for the 500 Free and 400 IM</p> |
| FORMAT | <p>All events are Timed Finals. The meet will be pre-seeded.</p> |
| ELIGIBILITY | <p>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.</p> <p>No Deck Registrations will be accepted</p> <p>Age on 1-10-26 will determine the swimmers age for entire meet.</p> |

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| DISABILITY SWIMMERS | Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. |
| ENTRY LIMITS | <p>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.</p> |
| DEADLINE | <p>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.</p> <p>2: The final entry deadline for this meet is January 2, 2026.</p> <p>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.</p> <p>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.</p> |
| ENTRY FEE | <p>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"</p> <p>*Swimmers who qualify for Outreach membership are eligible to have fees waived.</p> <p>Make check payable to: <u>Westchester Aquatic Club.</u></p> <p>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.</p> <p>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.</p> |
| 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. |

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| 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 | <p><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.</p> <p>Former Wolverine Kate Douglass has donated swag for meet - Heat winner prizes will be awarded</p> |
| 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 | <p>The current USA Swimming Rules and Regulations will apply.</p> <p>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.</p> |
| 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." |

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| 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 | <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> |
| AUDIO/ VISUAL STATEMENT | <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> |
| 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 |
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| 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 |
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| 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 Free | 84 – 13 & Over 50 Free |
| 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_____