



# 2023-MR-NCAC-Fifth Sprint Meet Invitation

At Mark Twain Pool, Yonkers Montessori Academy

**January 29<sup>th</sup>, 2023**

Sanctioned by USA Swimming, Metropolitan Swimming, Inc.

Sanction #230109 , Time Trial # 230155-T

Invited Teams: The following Metro teams are invited until the session has met the maximum either via timeline or capacity as required by NYS Regulations:

APEX, CFJV, KBM, LGAC, LIAC, LIFE, NCAC, NSCC, NYSH, PAC, RED, STORM, TWISTER, VIP, 92 YFD,  
and SJCC-CT Other Teams: Please contact [magdyshokry@hotmail.com](mailto:magdyshokry@hotmail.com) for an invite based on availability.

# 2023- MR – NCAC Fifth Sprint Meet Invitation

**Sunday, January 29<sup>th</sup>, 2023**

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 230109, Time Trials 230155-T

**LOCATION:** Mark Twain Pool, Yonkers Montessori Academy, 160 Woodlawn Avenue, Yonkers NY 10704

**FACILITY:** 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system. 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 stand and are not authorized to be in any other part of the building.

**"The competition course has been certified in accordance with 104.2.2C(4).**

**The copy of such certification is on file with USA Swimming."**

**SESSION:** One session Warm up 8:30 am, meet Starts 9:30 am

**FORMAT:** **This is a Timed Finals Meet. This meet will be Pre-Seeded, NO SCRATCHES, NO CHANGES will be permitted at the table.**

**ELIGIBILITY:** Invited Teams: The following Metro teams are invited until the session has met the maximum either via timeline or capacity as required by NYS Regulations: APEX, CFJV, KBM, LGAC, LIAC, LIFE, NCAC, NSCC, NYSH, PAC, RED, STORM, VIP, and SJCC-CT. Any other Teams: Please contact magdyshokry@hotmail.com for an invite based on availability.

All swimmers participating in this meet must be registered by the first day of the swim meet.

No "Deck Registrations" will be accepted

The age of 29 January 2023 will determine the age for the entire swim meet.

## **DISABILITY SWIMMERS:**

Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require." Contact the meet director if you need special consideration. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.

## **ENTRIES:**

All Athletes are limited to enter 4 events. **Deck entries will not be accepted. NT's will not be accepted. NTs will be REJECTED.**

Hy-Tek Email entries will be accepted.

U.S. Mail Entries/Payment to: **MAGDY SHOKRY 126 Hoyt Street, APT 5K, Stamford, CT, 06905** Email Entries/Confirm Entry Receipt: **magdyshokry@hotmail.com**

Express Mail Entries – please waive signature. Host Club may waive meet entry fees & Facility surcharge for registered outreach swimmers.

Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

**SEE IMPORTANT INFORMATION AT THE END FOR MEET ENTRY PROCEDURE AND REQUIRED WAIVER SIGNATURE!**

## **DEADLINE:**

1: Metro LSC teams will be given priority on a first come/first served basis. Metro team's entries must be received by **January 14, 2023**

2: The final entry deadline for this meet is **January 22, 2023**

3: Metro entries received between **December 29<sup>th</sup>, 2023, and January 14, 2023**

will be entered first. An email confirming receipt of entries will be sent if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days.

## **ENTRY FEE:**

An entry fee of **\$7.50 per individual** event must accompany the entries.  
**\$2.00 per swimmer for Facility surcharge.**

Please Make a check payable to: **NCAC**

Payment must be received by **January 29<sup>th</sup>, 2023**, 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.

**WARM-UP:** General warm up with assigned lanes for the first 50 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the heat sheet.

**SCRATCHES:** This swim meet will be **PRE-SEEDED**. No scratches/changes will be permitted on the day of the meet.

**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:** Medals for 1-3 places, ribbons for 4-8 places, all events, all ages.

**OFFICIALS:** Meet Referee "Felicity Marinello" [flickdance@msn.com](mailto:flickdance@msn.com),  
Officials wishing to volunteer should contact Meet Referee by **January 24<sup>th</sup>, 2023**.

**ADMIN. OFFICIAL: Magdy Shokry** [magdyshokry@hotmail.com](mailto:magdyshokry@hotmail.com)

**MEET DIRECTOR:** Wendy Martinez [bellamiamour@gmail.com](mailto:bellamiamour@gmail.com),

**Please use [magdyshokry@hotmail.com](mailto:magdyshokry@hotmail.com) for all correspondence regarding entries and/or the meet.**

**RULES:** Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") will govern this meet. The USA Swimming Code of Conduct is In effect for the duration of the meet. The overhead start procedure ("fly-overs") will be used.

**SAFETY:**

All swimmers must wear footwear upon leaving the pool area. Metropolitan safety and Warm-up procedures will be in effect. 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. 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”**

**"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."**

**“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.”**

**No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302 of the USA Swimming Rulebook.**

**"Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this swim meet."**

**WATER DEPTH:** 12 feet in deep end, 4 feet in shallow end.

**DISCLAIMER:**

Upon acceptance of his/her entries, the participant waives all claims against **NCAC**, Mark Twain Pool, Yonkers Montessori Academy **Metropolitan Swimming Inc., USA Swimming Inc.**, their agents, or representatives for any injury occurring because 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."

**An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS NCAC, Mark Twain Pool, Yonkers Montessori Academy Metropolitan Swimming Inc., USA Swimming Inc., AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.**

### **AUDIO/VISUAL STATEMENT:**

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.

**DRONE OPERATION:** 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:** \$10.00 per any individual Spectator over 10 years old.

**PARKING:** THERE ARE Parking lot at the school, and on the streets around the school.

**CAPACITY:** Pool Deck – Capacity dependent on current NYS Regulations Spectator Stands – Capacity dependent on current NYS Regulations All unvaccinated people in the event venue will be required to wear a face covering that covers the nose and mouth when appropriate social distance guidelines of 6 feet of separation cannot be maintained. All unvaccinated swimmers will be required to wear a face covering at all times. Face coverings maybe removed immediately before a race or warm up poolside as the swimmer steps on the block or enters the pool (backstroke). Face Coverings – as defined by NYS Regulations, a face covering can be any of the following, but must cover the nose and mouth: - Medical grade mask/respirator (N95) - Surgical mask - Cloth face covering (Bandana or other similar cloth) The attached waiver of liability must be filled out by each person who enters the pool deck (swimmers, coaches, officials, volunteers). Persons under the age of 18 must have the legal guardian sign the waiver. Waivers for swimmers must be submitted with their team’s entries. Entries will NOT BE accepted without the waiver!

**DIRECTIONS:** From NY City 87 North towards Albany. Take the East 233rd Street Exit 13. Stay Straight on East 233rd Street and make 1st left onto Van Courtland Park East. Van Courtland Park east becomes Kimball Avenue. Turn Right onto Wakefield Avenue. Turn Left onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

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January 29<sup>th</sup>, 2023

| NUMBERS | E.V.E.N.T.S.           |
|---------|------------------------|
|         |                        |
| 1.      | MIXED 50 BK            |
| 2.      | MIXED 8 & UNDER 25 BK  |
| 3.      | MIXED 200 BK           |
| 4.      | MIXED 100 BK           |
| 5.      | MIXED 50 BR            |
| 6.      | MIXED 8 & UNDER 25 BR  |
| 7.      | MIXED 200 BR           |
| 8.      | MIXED 100 BR           |
| 9.      | MIXED 100 IM           |
| 10.     | MIXED 50 FR            |
| 11.     | MIXED 8 & UNDER 25 FR  |
| 12.     | MIXED 200 FR           |
| 13.     | MIXED 100 FR           |
| 14.     | MIXED 50 FLY           |
| 15.     | MIXED 8 & UNDER 25 FLY |
| 16.     | MIXED 200 FLY          |
| 17.     | MIXED 100 FLY          |
| 18.     | MIXED 200 IM           |

Time Trials are open for any event not in this meet event list