

BGC-N. Westchester Marlins Swim Team



Teams Invited:

BGNW – AGUA – COND – YMID - WEST

Other teams may send an email to request inclusion – zhojnacki@bgcnw.com

December 14-Under Invitational

**Prelims & Finals (Top 16) for 11-12 and 13-14
Timed Finals for 8-Under and 10-Under**

December 1-2-3, 2023

**Sanction # 231206
Time Trials Sanction # 231253-TT**

Marlins December 14-Under Invitational

BGNW / AGUA / COND / YMID / WEST

Other teams should may send an email to request inclusion – zhojnacki@bgcnw.com

Friday, Saturday, Sunday, December 1-2-3, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # **231206** - Time Trials Sanction # **231253-TT**
- LOCATION:** Boys & Girls Clubs of Northern Westchester – Trotta Millennium Pool
351 Main Street – Mount Kisco, NY 10549 – (914) 666-8069 # 115
- FACILITY:** 25-yard indoor pool with eight 7-foot lanes. Non-turbulent lane-lines. Seating for 200 spectators.
Colorado electronic timing system, with an eight-line scoreboard.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Friday –**
Session 1: (11-14) 400 IM & 500 Free – **Timed Finals** → warm-up 5:00pm – start 6:00pm
Saturday –
Session 2: (11-12 and 13-14) - **Prelims** → warm-up 8:00am – start 9:00am
Session 3: (8-Under & 10-Under) - **Timed Finals** → **warm-up 1:00pm – start 2:00pm**
Session 4: (11-12 and 13-14) – **FINALS (Top 16)** → warm-up 4:30pm – start 5:30pm
Sunday –
Session 5: (11-12 and 13-14) - **Prelims** → warm-up 8:00am – start 9:00am
Session 6: (10-Under) - **Timed Finals Pentathlon** → warm-up 1:00pm – start 2:00pm
Session 7: (11-12 and 13-14) – **FINALS (Top 16)** → warm-up 4:30pm – start 5:30pm
- FORMAT:** 11-12 and 13-14 events will be held as Prelims and Finals events (except for the 400 IM and 500 free - timed finals) and for the relays (timed finals at the finals sessions).
All 8-Under and 10-Under events will be held as timed finals – The meet may 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 **December 1, 2023**, will determine age for the entire meet. **Sessions may be limited to 150-200 swimmers.**
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodation 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 11-14 are limited to 3 events + 1 relay per prelims/finals session.**
The top 16 qualifiers will advance to Finals.
Swimmers 10-Under are limited to 4 events on Saturday, and 5 events on Sunday.
The meet will be run on computer using Hy-Tek's Meet Manager.
Teams must submit entries using an export file of Hy-Tek Team Manager.
Email ALL entries to Monique Grayson at mgrayson@gmail.com
Payment must be received by **Friday, December 1, 2023.**
An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach. Please contact Monique if you do not receive such a report within 2 days of your original email. NT (no time), paper, phone or fax entries will NOT be accepted.
- Make checks payable to: **Boys & Girls Clubs of Northern Westchester**

Mail to: BGNW Marlins Swim Team – BGNW December 14-Under Invitational - att.: Zac Hojnacki
351 Main Street
Mount Kisco, NY 10549

- DEADLINE:** 1: Entries will be accepted on a first come/first served basis.
2: The final entry deadline for this meet is **November 22, 2023**.
3: 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 **\$7.00** per timed final event, **\$10.00** per prelim/final events and **\$15.00** per relay.
SURCHARGE FEE: In addition, a **\$15.00** facility surcharge per swimmer must accompany the entries.
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.
Make checks payable to: **Boys & Girls Clubs of Northern Westchester**.
Payment must be received by **December 1, 2023**, for all entries.
Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** Lane assignment will be given at the meet. One-way sprints at discretion of meet referee.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each Timed Finals session. All scratches are due no later than 30 minutes prior to the start of each session. Coaches are asked to indicate **clearly** individual events scratches and which swimmers will not be participating in the session.
All Finals will be pre-seeded.
- 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:** Ribbons will be given to Top 8 Finishers for 10-under swimmers.
Special High Point Awards for Top 3 girls and Top 3 boys for the Pentathlon session.
Medals for Top 8 Finalists and Top 3 relays for 11-14 swimmers.
- OFFICIALS:** **Meet Referee: Brian Fagan – kahuna8698@yahoo.com**
Officials wishing to volunteer should contact the Meet Referees by **November 22, 2023**.
- ADMIN. OFFICIAL** Monique Grayson – mggrayson@gmail.com
- MEET DIRECTOR :** Monique Grayson - mggrayson@gmail.com and/or Zac Hojnacki – zhojnacki@bgcnw.com
Questions: Zac Hojnacki – Head Coach – 914-666-8069 # 115 or zhojnacki@bgcnw.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.
- Medical supervision will be provided by the Boys & Girls Club of Northern Westchester lifeguarding staff.

- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, and locker rooms.
The use of cell phones and cameras is prohibited from behind the starting blocks.
"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."
- MAAPP:** 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:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
Deep end: at 1m: **9'0"**; at 5m: **7'6"** – **Shallow end:** at 1m: **4'0"**; at 5m: **4'6"**
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against the Boys & Girls Clubs of Northern Westchester, The Marlins Swim Team, 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."**
- DECK CHANGING:** **Deck Changing is prohibited.**
- ADMISSION:** **Spectators will be permitted with \$10 admission fee** for all prelims and timed finals sessions. Admission will be **free for Finals**. Paper programs will not be available at the meet. The meet will be live streamed, and a link provided on the Marlins website: bgnwmarlins.com. Meet results may be made available on Meet Mobile.
Disclaimer: we may live stream or use the back rooms for athlete seating if needed based on session sizes. If we move to a live stream for the prelims, we will assess the \$10 admission fee for finals instead of prelims.
- SEATING:** Bleacher seating available for athletes and spectators.
Athletes may also be seated in overflow rooms at hosts discretion.
- PARKING:** Parking is available at the Club.
- DIRECTIONS:** **DIRECTIONS:**
From I-684 North or South: Take exit 4 to route 172 west (towards Mt. Kisco). Drive approximately 2 miles. Take 117 North (keep right at traffic light). Go one block. Just before the traffic light, turn right into B/G Club driveway. Enter the pool from the main entrance.
From Long Island: Take Whitestone Bridge, to the Hutchinson Parkway North, to I-684 north, to exit 4 (then proceed as above).
From Saw Mill Parkway North: Take exit 33, Readers Digest Road. Cross railroad tracks and keep right. At the traffic light, make a left turn on route 117 (it will become Main Street). Pass 2 traffic lights. Just before the third traffic light, turn right into B/G Club driveway.
From Taconic Parkway South:
Take exit for route 133, Mount Kisco. At the traffic light, make a right turn. At the next traffic light, turn right and follow signs for Mt. Kisco (on route 133 east). Drive approximately 4 miles. At the end of 133, turn right onto route 117 South (Main Street). Pass 2 traffic lights. Just after the third traffic light, make an immediate left turn into the B/G Club driveway.
- HOTELS:** The Mount Kisco Hotel (1 Holiday Inn Drive – Mount Kisco, NY 10549) will give a preferred rate if coaches mention that they are attending a meet at the Boys & Girls Club. 914-241-2600

Friday, December 1, 2023

Session 1 – 11-14 – Timed Finals – Limit of 1 event per swimmer

Warm-up: 5:00pm Start: 6:00pm

GIRLS	EVENT	BOYS
1	400 yd IM	2
3	500 yd Freestyle	4

Saturday, December 2, 2023

Session 2 – 11-12 & 13-14 - PRELIMS

Max. of 3 individual events per swimmer

Warm-up: 8:00am Start: 9:00am

GIRLS	AGE	EVENT	BOYS
5	11-12	200 yd Free Relay (PM)	6
7	13-14	200 yd Free Relay (PM)	8
9	11-12	50 yd Freestyle	10
11	13-14	50 yd Freestyle	12
13	11-12	200 yd Backstroke	14
15	13-14	200 yd Backstroke	16
17	11-12	100 yd Butterfly	18
19	13-14	100 yd Butterfly	20
21	11-12	200 yd Freestyle	22
23	13-14	200 yd Freestyle	24
25	11-12	100 yd Breaststroke	26
27	13-14	100 yd Breaststroke	28
29	11-12	50 yd Backstroke	30

Session 3 – 8-Under & 10-Under – Timed Finals

Max. of 4 individual events per swimmer

Warm-up: 1:00pm Start: 2:00pm

GIRLS	AGE	EVENT	BOYS
31	8-Under	100 yd Free Relay	32
33	10-Under	100 yd Free Relay	34
35	8-Under	25 yd Freestyle	36
37	10-Under	50yd Freestyle	38
39	8-Under	25 yd Backstroke	40
41	10-Under	50 yd Backstroke	42
43	8-Under	100 yd Freestyle	44
45	10-Under	50 yd Breaststroke	46
47	8-Under	25 yd Breaststroke	48
49	10-Under	50 yd Butterfly	50
51	8-Under	25 yd Butterfly	52

Session 4 – 11-12 & 13-14 – FINALS – TOP 16**Warm-up: 4:30pm Start: 5:30pm**

GIRLS	AGE	EVENT		BOYS
5	11-12	200 yd	Free Relay	6
7	13-14	200 yd	Free Relay	8
13	11-12	200 yd	Backstroke	12
15	13-14	200 yd	Backstroke	14
17	11-12	100 yd	Butterfly	16
19	13-14	100 yd	Butterfly	18
21	11-12	200 yd	Freestyle	20
23	13-14	200 yd	Freestyle	22
25	11-12	100 yd	Breaststroke	26
27	13-14	100 yd	Breaststroke	28
9	11-12	50 yd	Freestyle	10
11	13-14	50 yd	Freestyle	12
29	11-12	50 yd	Backstroke	30

Sunday, December 3, 2023**Session 5 – 11-12 & 13-14 - PRELIMS****Max. of 3 individual events per swimmer****Warm-up: 8:00am Start: 9:00am**

GIRLS	AGE	EVENT		BOYS
53	11-12	200 yd	Medley Relay (PM)	54
55	13-14	200 yd	Medley Relay (PM)	56
57	11-12	50 yd	Breaststroke	58
59	13-14	200 yd	Butterfly	60
61	11-12	200 yd	Butterfly	62
63	13-14	100 yd	Freestyle	64
65	11-12	100 yd	Freestyle	66
67	13-14	200 yd	Breaststroke	68
69	11-12	200 yd	Breaststroke	70
71	13-14	100 yd	Backstroke	72
73	11-12	100 yd	Backstroke	74
75	13-14	200 yd	IM	76
77	11-12	200 yd	IM	78
79	11-12	50 yd	Butterfly	80

Session 6 – 10-Under – Timed Finals - PENTATHLON**Max. of 5 individual events per swimmer****Warm-up: 1:00pm Start: 2:00pm**

GIRLS	AGE	EVENT		BOYS
81	10-Under	100 yd	Freestyle	82
83	10-Under	100 yd	Backstroke	84
85	10-Under	100 yd	Breaststroke	86
87	10-Under	100 yd	Fly	88
89	10-Under	100 yd	IM	90

Session 7 – 11-12 & 13-14 – FINALS – TOP 16**Warm-up: 4:30pm Start: 5:30pm**

GIRLS	AGE	EVENT		BOYS
53	11-12	200 yd	Medley Relay (PM)	54
55	13-14	200 yd	Medley Relay (PM)	56
57	11-12	50 yd	Breaststroke	58
59	13-14	200 yd	Butterfly	60
61	11-12	200 yd	Butterfly	62
63	13-14	100 yd	Freestyle	64
65	11-12	100 yd	Freestyle	66
67	13-14	200 yd	Breaststroke	68
69	11-12	200 yd	Breaststroke	70
71	13-14	100 yd	Backstroke	72
73	11-12	100 yd	Backstroke	74
75	13-14	200 yd	IM	76
77	11-12	200 yd	IM	78
79	11-12	50 yd	Butterfly	80



Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in 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 _____