

# **BGC-N. Westchester Marlins Swim Team**



## **Teams Invited:**

**BGNW – AGUA – COND – YMID - WEST**

Other teams should send an email to request inclusion – [zhojnacki@bgcnw.com](mailto: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 2-3-4, 2022**

**Sanction # 221201  
Time Trials Sanction # 221250-TT**

# Marlins December 14-Under Invitational

## BGNW / AGUA / COND / YMID / WEST

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**Friday, Saturday, Sunday, December 2-3-4, 2022**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,  
Sanction # **221201** - Time Trials Sanction # **221250-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 12:00pm – start 1:00pm  
    **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:** All swimmers participating in this meet must be registered by the first day of the meet.  
**Sessions may be limited to 150-200 swimmers.**  
**Age on December 2, 2022,** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. 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:** **Swimmers 11-14 are limited to 3 events + 1 relay per prelims/finals session.**  
**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](mailto:mgrayson@gmail.com)  
Payment must be received by **Friday, December 2, 2022.**  
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

|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
|--------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>DEADLINE:</b>               | <p>1: Entries will be accepted on a first come/first served basis.</p> <p>2: The final entry deadline for this meet is <b>November 23, 2022</b>.</p> <p>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.</p>                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>ENTRY FEE:</b>              | An entry fee of <b>\$7.00</b> per <u>timed final</u> event, <b>\$10.00</b> per <u>prelim/final</u> events and <b>\$15.00</b> per relay.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>SURCHARGE FEE:</b>          | <p>In addition, a <b>\$15.00</b> <u>facility surcharge</u> per swimmer, must accompany the entries *</p> <p>* <i>Swimmers qualifying for outreach membership are eligible to have this fee waived at request</i></p> <p>Make check payable to: <b>Boys &amp; Girls Clubs of Northern Westchester</b>.</p> <p>Payment must be received by <b>December 2, 2022</b>, for all entries.</p> <p>Failure to pay entry fees by this deadline could result in teams being barred from the meet.</p>                                                                                                                                                                                                                                          |
| <b>WARM-UP:</b>                | Lane assignment will be given at the meet. One-way sprints at discretion of meet referee.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>SCRATCHES:</b>              | Coaches will be given scratch sheets upon check-in for each Timed Finals session. All scratches are due no later than 25 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. Finals will be pre-Seeded.                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>COACHES:</b>                | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>AWARDS:</b>                 | <p>Ribbons will be given to Top 8 Finishers for 10-under swimmers.</p> <p>Special High Point Awards for Top 3 girls and Top 3 boys for the Pentathlon session.</p> <p>Medals for Top 8 Finalists and Top 3 relays for 11-14 swimmers.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>OFFICIALS:</b>              | <p><b>Meet Referee: Brian Fagan</b> – <a href="mailto:kahuna8698@yahoo.com">kahuna8698@yahoo.com</a></p> <p>Officials wishing to volunteer should contact the Meet Referees by <b>November 23, 2022</b>.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>ADMIN. OFFICIAL</b>         | Monique Grayson and/or Michael Rocco – <a href="mailto:mggrayson@gmail.com">mggrayson@gmail.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>MEET DIRECTOR :</b>         | <p>Monique Grayson - <a href="mailto:mggrayson@gmail.com">mggrayson@gmail.com</a> and/or Michael Rocco– <a href="mailto:michaelrocc@gmail.com">michaelrocc@gmail.com</a></p> <p><b>Questions:</b></p> <p><b>Zac Hojnacki</b> – Head Coach/Meet Director – 914-666-8069 # 115 or <a href="mailto:zhojnacki@bgcnw.com">zhojnacki@bgcnw.com</a></p>                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>RULES:</b>                  | The current USA Swimming Rules and Regulations will apply. <b>The USA Swimming Code of Conduct is in effect for the duration of the meet.</b> The overhead start procedure may be used at the discretion of the meet Referee.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |
| <b>SAFETY:</b>                 | <p><b>All swimmers must wear footwear upon leaving the pool area.</b></p> <p>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.</p> <p><b>“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”</b></p> |
| <b>AUDIO/VISUAL STATEMENT:</b> | <p><b><i>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 block’s</i></b></p> <p><b><i>“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.”</i></b></p>                                                                                                                                                                                                                                                                                        |
| <b>MAAPP:</b>                  | <b>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</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

**understand that compliance with MAAPP is condition of participation in the conduct of this competitions.**

- 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."**  
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 USA SWIMMING AND [THE LSC] 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 UNFORSEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.
- 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](http://bgnwmarlins.com). Meet results may be made available on Meet Mobile.
- 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. Parking will also be available at the Hospital with validation.
- 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 traffic light, turn right into B/G Club driveway. Enter 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 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 traffic light, make a right turn. At 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 2, 2022

### 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 3, 2022

### 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: 12:00pm    Start: 1:00pm

| 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**

| <b>GIRLS</b> | <b>AGE</b> | <b>EVENT</b> |              | <b>BOYS</b> |
|--------------|------------|--------------|--------------|-------------|
| 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 4, 2022****Session 5 – 11-12 & 13-14 - PRELIMS****Max. of 3 individual events per swimmer****Warm-up: 8:00am****Start: 9:00am**

| <b>GIRLS</b> | <b>AGE</b> | <b>EVENT</b> |                   | <b>BOYS</b> |
|--------------|------------|--------------|-------------------|-------------|
| 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**

| <b>GIRLS</b> | <b>AGE</b> | <b>EVENT</b>        | <b>BOYS</b> |
|--------------|------------|---------------------|-------------|
| 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**

| <b>GIRLS</b> | <b>AGE</b> | <b>EVENT</b>             | <b>BOYS</b> |
|--------------|------------|--------------------------|-------------|
| 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 \_\_\_\_\_