

BGC-N. Westchester Marlins Swim Team



November Distance Invitational

Invited Teams: AGUA - BAD – TVSC – WEST - YMID

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

Saturday, November 12, 2022

Sanction # 221107

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Saturday, November 12, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # 221107
- LOCATION:** Boys & Girls Clubs of Northern Westchester – Trotta Millennium Pool
351 Main Street – Mount Kisco, NY 10549 – (914) 666-8069
- 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:** Saturday Morning: 12&U. 500 free; 13-18 400 IM; 11-12 400 IM – **warm-up 8:00am – start 9:00am**
Saturday Afternoon: 1650 free only – **warm-up 2:30pm – start 3:30pm**
PM Session warm-up and start **MAY** be adjusted once all entries are received. Teams will be notified.
- FORMAT:** All events will be held as timed finals - Deck seeding -
Note Re: Afternoon session - 1650 free: The session will run fastest to slowest, alternating women and men. **May** be limited to Top 48 Male and Female; host reserves the right to enter its own swimmers first. Depending on the number of entries in the 1650, this session **MAY** be split up into 2 sessions, with an additional 15–20-minute warm-up in between sessions.
All teams will be contacted by November 4th if the 1650 session is to be divided into 2 sessions.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on November 12, 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 are limited to 2 events per session.**
Deck entries will not be accepted. Invited Teams entries only. Entries will be accepted on a first come first serve basis. No deck entries.
The meet will run on computer using Hy-Tek's Meet Manager. **All sessions MAY be limited to 2 ½ hours before scratches,**
Teams must submit entries using an export file of Hy-Tek Team Manager. Payment must be received by Saturday, November 12, 2022. Paper entries, phoned, or faxed entries will NOT be accepted.
An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach. Please email Monique if you do not receive such a report within 2 days of your original email. Email all entries to Monique Grayson at mggrayson@gmail.com
- ENTRY FEE:** An entry fee of **\$10.00** per event, and **\$20.00** per swimmer surcharge, must accompany the entries
- SURCHARGE:** * *Swimmers qualifying for outreach membership are eligible to have this fee waived at request*

Make checks payable to: **Boys & Girls Clubs of Northern Westchester**

Mail to: BGNW Marlins Swim Team – Distance Meet – att.: Zac Hojnacki
351 Main Street
Mount Kisco, NY 10549

Payment must be received by **November 12, 2022**

Failure to pay entry fees by this deadline could result in teams being barred from the meet.

- DEADLINE:** 1: Entries will be accepted on a first come/first served basis until the cap of 100/150 swimmers is reached.
2: The final entry deadline for this meet is **November 4, 2022**
3: An email will be sent confirming receipt of entries. Please contact the meet Director if you do not receive such a report within 2 days of your original email.
- WARM-UP:** Lane assignment will be given at the meet. One-way sprints at discretion of meet referee.
- SCRATCHES:** Scratch sheets, to be returned to the meet desk ½ hour before the start, will be handed to the coaches at 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:** Ribbons (first to 8th places) will be given to 12-under swimmers only.
- OFFICIALS:** **Meet Referee: Brian Fagan – kahuna8698@yahoo.com**
Officials wishing to volunteer should contact the Meet Referees by **November 2, 2022**.
- MEET DIRECTORS:** Monique Grayson - mggrayson@gmail.com and/or Michael Rocco – michaelrocc@gmail.com
Questions: Zac Hojnacki – Head Coach – 914-666-8069 # 115 or zhojnacki@bgcnw.com
- ADMIN. OFFICIALS:** Monique Grayson and/or Michael Rocco – mggrayson@gmail.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:** **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”
- 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”
- 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.***
“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.”

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 Changes are prohibited.**

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 condition of participation in the conduct of this competitions.**

ADMISSION: **Spectators will be permitted - Free admission.** 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.

SEATING: Bleacher seating available for athletes and spectators.
Athletes may also be seated in overflow rooms at hosts discretion.
Facial coverings are required for all during sessions that include 11 and Under athletes.

PARKING: Parking is available at the Boys & Girls Club and may be available across the street at NW Hospital

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.
PS: Additional parking may be available across the street in hospital parking lot.

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

BGNW MARLINS DISTANCE Invitational - NOVEMBER 12, 2022.

Invited Teams:

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

General warm-up 8:00-8:40am - Sprint lanes and continued general warm-up 8:40-8:55am

WOMEN	EVENT		MEN
1	12-under	500 Free	2
3	13-18	400 IM	4
5	11-12	400 IM	6

Awards will be given to 10-U and 11-12 - Results will be for 10-Under, 11-12, 13-14 and 15-18
Time permitting, there will be 10 minutes warm-up before events 4 & 5

AFTERNOON SESSION: 2:30pm Warm-up 3:30pm Start

General warm-up 2:30pm-3:00pm - Sprint lanes and continued general warm-up 3:00-3:20pm

This session will run fastest to slowest, alternating women & men.

May be limited to Top 48 Male and Female; host reserves the right to enter its own swimmers first.
Depending on the number of entries in the 1650, this session **MAY** be split into 2 sessions, with an additional 15–20-minute warm-up in between sessions.

WOMEN	EVENT		MEN
7	Open	1650 Free	8

Awards will be given to 12-under swimmers only

Note: All 500 free and 1000 free Split times from the 1650 will be uploaded to SWIMS



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 _____