

# BGC-N. Westchester Marlins Swim Team



## February Freeze Invitational

**Invited Teams:**

**BGNW – WEST**

**Interested teams may send an email, to request inclusion, to:**

Michael Travers – [mtravers@bgcnw.com](mailto:mtravers@bgcnw.com)

**Warm-up & Start Times Updated for Sessions 2 and 4**

**Friday, Saturday & Sunday, January 30-31 and  
February 1, 2026**

**Sanction # 260114**

**Time Trials Sanction # 260158-TT**

# BGNW February Freeze Invitational

## Invited Teams: BGNW - WEST

*Other teams should send an email to request inclusion – [mtravers@bgcnw.com](mailto:mtravers@bgcnw.com)*

**Friday, Saturday & Sunday, January 30-31-February 1, 2026**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,  
Sanction # 260114 - Time Trials Sanction #260158-TT
- 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 lanes.  
Seating 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:** **DAY 1 – Friday, January 30, 2026:**  
Session 1: Open 400 IM (#1-2); Open 500 free (#3-4) - **warm-up 5:00pm – start 6:00pm**  
1-Event Limit - Both events will run fastest to slowest, alternating women and men.
- DAY 2 - Saturday, January 31, 2026:**  
Session 2: **for 9-Under - warm-up 8:00am – start 9:00am**  
3 events per swimmer – session may be limited to 150 participants  
Session 3: Open – **warm-up 3:00pm - start 4:00pm – 3 event-limit per swimmer.**
- DAY 3 – Sunday, February 1, 2026**  
Session 4 – Open – warm-up 8:00am – start 9:00am - 3 events limit per swimmer
- FORMAT:** All events will be held as timed finals - Deck seeding –  
**Note Re: session 1:** The session will run fastest to slowest, alternating women and men.
- 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. **Sessions may be limited to 150-200 swimmers.**  
Age on **January 30, 2026**, will determine age for the entire meet.
- 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:** Deck entries will not be accepted. Invited Teams entries only. Entries will be accepted on a first come first serve basis.  
**Events limits:** Session 1 – 1 event; Sessions 2, 3 & 4 - 3 events.  
The swim meet will be 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 Friday, January 30, 2026.**  
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 [mgrayson@gmail.com](mailto:mgrayson@gmail.com)

<b>ENTRY FEE:</b>	An entry fee of <b>\$8.00</b> per event, and <b>\$15.00</b> facility surcharge per swimmer, must accompany the entries.
<b>SURCHARGE:</b>	<i>Host Club may waive meet entry fees &amp; 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.</i>
	Make checks payable to: <b>BGCNW – Swim Team</b> Failure to pay entry fees by this deadline could result in teams being barred from the meet.
	<b>Mail to:</b> BGNW Marlins Swim Team – <b>February Freeze</b> – att.: <b>Mike Travers</b> 351 Main Street Mount Kisco, NY 10549
	Payment must be received by <b>Friday, January 30, 2026</b> , for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
<b>DEADLINE:</b>	1: Entries will be accepted on a first come/first served basis until the cap of 150 swimmers is reached for each session. 2: <u>The final entry deadline for this meet is <b>January 15, 2026</b></u> 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.
<b>WARM-UP:</b>	Lane assignment will be given prior to 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 Final session. All scratches are due no later than 30 minutes prior to the start of each session. Coaches are asked to indicate <b>clearly</b> individual events scratches, and which swimmers will not be participating in the session.
<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>	Ribbons (first to 8 <sup>th</sup> place) will be given to 9-under swimmers only. No ribbons in the Open division.
<b>OFFICIALS:</b>	<b>Meet Referee:</b> <b>Brian Fagan</b> – <a href="mailto:kahuna8698@yahoo.com">kahuna8698@yahoo.com</a> Officials wishing to volunteer should contact the Meet Referees by <b>January 15, 2026</b>
<b>MEET DIRECTORS:</b>	Monique Grayson - <a href="mailto:mggrayson@gmail.com">mggrayson@gmail.com</a> and/or Liz Winnegar - <a href="mailto:lizwinnegar@gmail.com">lizwinnegar@gmail.com</a> <b>Questions:</b> Michael Travers – Head Coach – 914-666-8069 # 115 or <a href="mailto:mtravers@bgcnw.com">mtravers@bgcnw.com</a>
<b>ADMIN. OFFICIALS:</b>	Monique Grayson - <a href="mailto:mggrayson@gmail.com">mggrayson@gmail.com</a> and/or Liz Winnegar – <a href="mailto:lizwinnegar@gmail.com">lizwinnegar@gmail.com</a>
<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>	<b>All swimmers must wear footwear upon leaving the pool area.</b> 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.

- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured 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"**
- 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.
- 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."
- 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 Changes are prohibited.**
- TIME TRIALS:** **Time Trials may be offered if time permits - \$20.00 per time trial – cash only**
- ADMISSION:** **Spectators will be permitted with \$10:00 admission fee (cash) per person for each session.**  
Paper programs or heat sheets will not be available for sale at the meet. It will be available on Meet Mobile.
- SEATING:** Bleacher seating is available for athletes and/or spectators.  
Athletes may also be seated in overflow rooms at host's discretion.
- 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 two 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 two traffic lights. Just before the third traffic light, turn right into B/G Club driveway.  
From Taconic Parkway South:  
Take exit 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 four miles. At the end of 133, turn right onto route 117 South (Main Street). Pass two 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 Holiday Inn in Mount Kisco (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 FEBRUARY FREEZE INVITATIONAL

Invited Teams: BGNW

**Friday, January 30, 2026**

**Session 1 – Distance - Warm-up: 5:00pm Start: 6:00pm – 1 event limit per swimmer**

**Session may be limited to 150 participants.**

**Will run fastest to slowest alternating women and men heats (events 1-2 and events 3-4)**

<b>Girls</b>	<b>Age Group</b>	<b>Event</b>	<b>Boys</b>
1	Open	500 Free	2
3	Open	400 IM	4

**Saturday, January 31, 2026**

**Session 2 – 9 & under only – Warm-up: 8:00am Start: 9:00am – 3 events limit per swimmer**

**Session may be limited to 150 participants.**

<b>Girls</b>	<b>Age Group</b>	<b>Event</b>	<b>Boys</b>
5	9-Under	100 IM	6
7	9-Under	50 Butterfly	8
9	9-Under	50 Backstroke	10
11	9-Under	50 Freestyle	12
13	9-Under	50 Breaststroke	14

**Session 3 – OPEN - Warm-up: 3:00pm Start: 4:00pm –**

**3 events limit per swimmer**

<b>Girls</b>	<b>Age Group</b>	<b>Event</b>	<b>Boys</b>
15	OPEN	200 IM	16
17	OPEN	100 Butterfly	18
19	OPEN	200 Backstroke	20
21	OPEN	200 Freestyle	22
23	OPEN	100 Breaststroke	24

## Sunday, February 1, 2026

Session 4 – **OPEN - Warm-up: 8:00am    Start: 9:00am –**  
**3 events limit per swimmer**

Girls	Age Group	Event	Boys
25	OPEN	50 Freestyle	26
27	OPEN	200 Butterfly	28
29	OPEN	100 Backstroke	30
31	OPEN	100 Freestyle	32
33	OPEN	200 Breaststroke	34



## Metropolitan Swimming

### Photographer Registration Form

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 instructions from the Meet Referee.

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date(s) of meet \_\_\_\_\_