

BGC-N. Westchester Marlins Swim Team



February Freeze Invitational

BGNW – BAD - HVD – PAC - WEST

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

Saturday & Sunday, February 5 and 6, 2022

Sanction # 220205

BGNW February Freeze Invitational

Invited Teams: BGNW – BAD - HVD – PAC - WEST

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

Saturday & Sunday, February 5-6, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # 220205
- 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:** **DAY 1 – Saturday, February 5, 2022:**
Session 1: 12-U. 500 free; 13-O 400 IM; 11-12 400 IM – warm-up 7:00am – start 8:00am
Session 2: 11-Over 1650 free only – **warm-up 2:30pm – start 3:15pm**
Limited to the fastest 40 women and men. The meet host reserves the right to add its own athletes at discretion. NT will not be accepted. A second warm-up may be offered as needed.
Day 2 - Sunday, February 6, 2022:
Session 3 – 7-under girls and 8 y-old boys – 7:30am warm-up; 8:15am start
Session 4 – 7-under boys and 8 y-old girls – 9:45am warm-up; 10:30am start
Session 5 – 9-12 Pentathlon – 4:00pm warm-up; 5:00pm start
- FORMAT:** All events will be held as timed finals - Deck seeding -
Note Re: session 2 - 1650 free: The session will run fastest to slowest, alternating women and men. 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.
- 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 February 5, 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:** Deck entries will not be accepted. Invited Teams entries only. Entries will be accepted on a first come first serve basis – scratches will be made in accordance with our COVID numbers
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, February 5, 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 **\$8.00** per events, and **\$15.00** facility surcharge per swimmer, must accompany the entries * **Swimmers qualifying for outreach membership are eligible to have this fee waived at request ***
- SURCHARGE:**

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

Failure to pay entry fees by this deadline could result in teams being barred from the meet. Make checks payable to: **Boys & Girls Clubs of Northern Westchester**

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

Payment must be received by **Saturday, February 5, 2022**, for all entries.

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 150 swimmers is reached for sessions 1 & 5 and 75 swimmers for sessions 3 & 4.
 - 2: The final entry deadline for this meet is **January 28, 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:** All events **may** 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 (first to 8th places) will be given to 12-under swimmers only.
Session 5 – Pentathlon: Top 3 High Point Awards will be given for ages 9, 10, 11, 12, girls and boys
- OFFICIALS:** **Meet Referee:** Brian Fagan – kahuna8698@yahoo.com
Officials wishing to volunteer should contact the Meet Referees by **January 28, 2022**
- MEET DIRECTORS:** Michael Rocco – michaelrocc@gmail.com and/or Monique Grayson – mggrayson@gmail.com
Questions: Zac Hojnacki – Head Coach – 914-666-8069 # 115 or zhojnacki@bgcnw.com
- ADMIN. OFFICIALS:** Michael Rocco – michaelrocc@gmail.com and/or Monique Grayson – 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: Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (MAAPP), will govern this meet

ADMISSION: **Spectators may be permitted with \$10 admission fee.** This will depend on the Covid-19 situation at the time of the meet. The meet will be live streamed, and a link provided on the Marlins website: bgnwmarlins.com. Meet results will be made available on Meet Mobile.

SEATING: Bleacher seating available for athletes and/or spectators.
Athletes may also be seated in overflow rooms at hosts discretion.
Masks are required for all athletes, coaches, volunteers, officials, at all times during the meet.

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 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 two 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 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 – BAD - HVD – PAC - WEST

Saturday, February 5, 2022

Session 1 – Distance - Warm-up: 7:00am Start: 8:00apm Session may be limited to 150 participants				
Girls	Age Group	Event	Boys	
1	9-12	500 Free	2	
3	13-over	400 IM	4	
5	11-12	400 IM	6	

Session 2 – 1650 - Warm-up: 2:30pm Start: 3:15pm (May offer 2nd warm-up as needed) Limited to Top 40 – Meet host may add swimmers at its discretion Will run fastest to slowest alternating women and men heats				
Girls	Age Group	Event	Boys	
7	11-Over	1650 Free	8	

Sunday, February 6, 2022

Session 3 – 7-Under Girls – 8-y-old boys Max. of 4 events per swimmer Session may be limited to 75 swimmers Warm-up: 7:30am Start: 9:15am					Session 4 – 7-Under Boys – 8-y-old Girls Max. of 4 events per swimmer Session may be limited to 75 swimmers Warm-up: 9:45am Start: 10:30am				
GIRLS	AGE	EVENT		BOYS	GIRLS	AGE	EVENT		BOYS
--	8-Under	50 yd	Freestyle	10	19	8-Under	50 yd	Freestyle	--
11	7-y-old	25 yd	Freestyle	--	--	7-y-old	25 yd	Freestyle	20
--	8-Under	50 yd	Backstroke	12	21	8-Under	50 yd	Backstroke	--
13	7-y-old	25 yd	Backstroke	--	--	7-y-old	25 yd	Backstroke	22
--	8-Under	50 yd	Breaststroke	14	23	8-Under	50 yd	Breaststroke	--
15	7-y-old	25 yd	Breaststroke	--	--	7-y-old	25 yd	Breaststroke	24
--	8-Under	50 yd	Butterfly	16	25	8-Under	50 yd	Butterfly	--
17	7-y-old	25 yd	Butterfly	--	--	7-y-old	25 yd	Butterfly	26
--	8-Under	100 yd	IM	18	27	8-Under	100 yd	IM	

Sunday, February 6, 2022

Session 5 – 9-12 - Pentathlon (HY-TEK Single Year Points will be used)

Max. of 5 events per swimmer – Session may be limited to 150 swimmers

Warm-up: 4:00pm Start: 5:00pm

GIRLS	AGE	EVENT	BOYS
29	9-12	100 yd Butterfly	30
31	9-12	100 yd Backstroke	32
33	9-12	100 yd Breaststroke	34
35	9-12	100 yd Freestyle	36
37	9-12	100 yd IM	38



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 direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____