

BGC-N. Westchester Marlins Swim Team



July Get Some Yards Times

LGAC - PAC

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

Note:

The late entry window for Age Group Champs (formerly JO's) closes on July 16 – times achieved will not count towards 2023 LC AGC

Monday, July 17, 2023

Sanction # 230709

Time Trials Sanction # 230756-TT

BGNW June Summer Send Off

Invited Teams: LGAC - PAC

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

Monday, July 17, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # 230709 – Time Trials #230756-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 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).
The copy of such certification is on file with USA Swimming.
- SESSIONS:** Monday: 13 & over – 5:30pm warm-up – 6:30pm start
- FORMAT:** This will be a timed finals event. This will be a deck seeded event.
- ELIGIBILITY:** 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. Deck Registrations will NOT be accepted.
Age on July 17, 2023, 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.**
Invited teams will be given priority in the acceptance of entries. The host team reserves the right to limit the session to 150 swimmers and/or split it into two sessions. Entries will be accepted on a first come, first served basis for invited teams. Deck entries will not be accepted.
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. Payment must be received by Saturday, June 10, 2023. 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: SURCHARGE:** An entry fee of **\$10.00** per individual event and **\$15.00** surcharge per swimmer must accompany the entries.
* 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 – June Summer Send Off – att.: Zac Hojnacki
351 Main Street
Mount Kisco, NY 10549

Payment must be received by **July 17, 2023**

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.
2: The final entry deadline for this meet is **July 10, 2023**
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:** Coaches will be given scratch sheets upon check-in for each 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.
- 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:** No Awards
- OFFICIALS:** **Meet Referee: Brian Fagan – kahuna8698@yahoo.com**
Officials wishing to volunteer should contact the Meet Referees by **July 9, 2023**.
- MEET DIRECTORS:** Monique Grayson - mggrayson@gmail.com
Questions: Zac Hojnacki – Head Coach – 914-666-8069 # 115 or zhojnacki@bgcnw.com
- ADMIN. OFFICIALS:** Monique Grayson and/or Zac Hojnacki
- 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”.
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.**
Certified lifeguard staff will be present at all sessions, and available to athletes should they need it. There is an AED device available on the premises.
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measurement 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”
- TIME TRIALS:** Time Trials will be offered. Fee for Time Trials: \$20.00 per time trial.
- 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 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 competition.**

ADMISSION: **Free Admission.** All spectators are encouraged to use the Meet Mobile App in conjunction with the free Wi-Fi provided by the facility. Electronic Heat Sheets will be made available for free on the Meet Mobile app.

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 Boys & Girls Club and may be available across the street at NW Hospital

DIRECTIONS:

1. 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.
2. From Long Island: Take Whitestone Bridge, to the Hutchinson Parkway North, to I-684 north, to exit 4 (then proceed as above).
3. 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.
4. 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.
5. 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

Note:

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BGNW MARLINS July Get Some Yards Times

SESSION 1 – 13 and over swimmers: 5:30pm Warm-up 6:30pm Start

Maximum of 2 events per swimmer
May Combine Events as Needed

GIRLS	EVENT	BOYS
1	100 yd freestyle	2
3	100 yd butterfly	4
5	100 yd backstroke	6
7	100 yd breaststroke	8
	15 minutes Break	
9	200 yd freestyle	10
11	200 yd butterfly	12
13	200 yd backstroke	14
15	200 yd breaststroke	16
17	50 yd freestyle	18



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 directions from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____