

# BGC-N. Westchester Marlins Swim Team



## June Summer Send Off

BAD - PAC – WEST - YMID

Other teams may send an email to request inclusion – [zhojnacki@bgcnw.com](mailto:zhojnacki@bgcnw.com)

**6/8/2023 - Update: 8:00am warm-up; 9:00am start**

**Saturday, June 10, 2023**

**Sanction # 230609**

# BGNW June Summer Send Off

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**Saturday, June 10, 2023**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,  
Sanction # 230609
- 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:** Saturday 1: **Mixed 12-Under – warm-up 8:00am – start 9:00am**
- 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. No Deck Registrations will be accepted.  
**Age on June 10, 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 3 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](mailto:mggrayson@gmail.com)
- ENTRY FEE:** An entry fee of **\$8.00** per **individual event** and **\$10.00** surcharge **per swimmer** must accompany  
**SURCHARGE:** 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 **June 10, 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 **June 3, 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:** Ribbons (first to 8<sup>th</sup> places) will be given to girls and boys, 8-under, 9-10, 11-12.
- OFFICIALS:** **Meet Referee: Brian Fagan – [kahuna8698@yahoo.com](mailto:kahuna8698@yahoo.com)**  
Officials wishing to volunteer should contact the Meet Referees by **June 3, 2023**.
- MEET DIRECTORS:** Monique Grayson - [mggrayson@gmail.com](mailto:mggrayson@gmail.com) and/or Michael Rocco [michaelrocc@gmail.com](mailto:michaelrocc@gmail.com)  
**Questions:** Zac Hojnacki – Head Coach – 914-666-8069 # 115 or [zhojnacki@bgcnw.com](mailto:zhojnacki@bgcnw.com)
- ADMIN. OFFICIALS:** Monique Grayson and/or Michael Rocco – [mggrayson@gmail.com](mailto: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”.**  
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”**
- 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:** \$10.00 per person per session. 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

## BGNW MARLINS June Summer Send Off

**SESSION 1 – mixed events – swimmers 12-under only:** 8:00am Warm-up 9:00am Start

Maximum of 3 events per swimmer

MIXED	AGE	EVENT
1	12-under	100 yd Free
2	12-under	50 yd Back
3	12-under	100 yd Back
4	12-under	50 yd Free
5	12-under	100 yd Fly
6	12-under	50 yd Breast
7	12-under	100 yd Breast
8	12-under	50 yd Fly
9	12-under	100 yd IM



## 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 \_\_\_\_\_