

BGC-N. Westchester Marlins Swim Team



14-Under Winter Invitational

Junior Olympic Qualifier Standards

BGNW – BAD – CFJV – COND – PAC - WEST – YMID

March 12-14, 2021

(Sunday, March 14 – Daylight Saving Time Begins)

Set Clocks ahead one Hour.

Sanction # 210301

BGNW Marlins

14-Under Winter Invitational

Friday-Saturday-Sunday, March 12-13-14, 2021

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # **210301**
- LOCATION:** Boys & Girls Clubs of Northern Westchester – Trotta Millennium Pool
351 Main Street – Mount Kisco, NY 10549 – (914) 666-8069 # 115
- 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:**
- Friday**
Session 1: (9-10) **Timed Finals** → warm-up 3:30pm – start 4:30pm
Session 2: (11-12) **Prelims** → warm-up 5:30pm – start 6:30pm
- Saturday**
Session 3: (13-14) **Prelims** → warm-up 8:00am – start 9:00am
Session 4: (9-10) **Timed Finals** → warm-up 2:30pm – start 3:30pm
Session 5: (11-12 & 13-14) – **FINALS** → warm-up 4:30pm – start 5:30pm
- Sunday**
Session 6: (13-14) **Prelims** → warm-up 8:00am – start 9:00am
Session 7: (11-12) **Prelims** → warm-up 10:30am – start 11:30am
Session 8: (11-12 & 13-14) – **FINALS** → warm-up 4:30pm – start 5:30pm
- FORMAT:** All 9-10 events, 11-12 50's of strokes & 200 free, as well as 13-14 events 400 IM and 500 Free will be held as timed finals. 11-12 and 13-14 events will be held as Prelims and Finals. The meet will be Pre-Seeded – Meet Capacity will be a total of 60-80 (athletes per session) – spectators will not be permitted – the event will be live streamed for parental/spectator viewing.
- ELIGIBILITY:** All swimmers participating in this meet must be registered by the first day of the meet. **Age on March 12, 2021** will determine age for the entire meet.
- STANDARDS:** **Note: Metropolitan Swimming Junior Olympic Time Standards** will be required. Swimmers qualifying in 1 event may swim up to 5 bonus events. Standards must have been achieved at least once since January 1, 2020 – Standards are attached to this meet information.
- SEATING:** Assigned Seating.
- VOLUNTEERS:** Marlins parents OR team volunteer assignments.
- Need designated liaison to facilitate swimmers staging from hallway → pool area.
 - Need designated liaison for mask compliance in seating area and pool exit
- 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 - Sessions may be limited to 2 hours.** Deck entries and/or changes will **NOT** be accepted after the meet is seeded. Entries will be accepted on a first come first serve basis – scratches will be made in accordance with our COVID requirements. 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.

Email ALL entries to Monique Grayson at mggrayson@gmail.com

Payment must be received no later than **Sunday, March 14, 2021.**

An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach. Please contact Monique if you do not receive such a report within 2 days of your original email. NT (no time), paper, phone or fax entries will NOT be accepted.

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

Mail to: BGNW Marlins Swim Team – BGNW 14-Under Invite - att.: Zac Hojnacki
351 Main Street
Mount Kisco, NY 10549

- DEADLINE:**
- 1: Entries will be accepted on a first come/first served basis until the cap of 60-80 athletes per session is reached
 - 2: The final entry deadline for this meet is **March 7, 2021**
 - 3: An email confirming receipt of entries if you provide an email contact. Please contact the Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:**
- An entry fee of **\$5.00** per event and **\$5.00** surcharge per swimmer, must accompany the entries *
- * Swimmers qualifying for outreach membership are eligible to have this fee waived at request.
- Make check payable to: **Boys & Girls Clubs of Northern Westchester.**
- Payment of entries and surcharges must be received by **March 14, 2021.**
- Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:**
- Athletes will be assigned specific lane and seating area in accordance with our COVID safety policies. One-way sprints at discretion of meet referee.
- Warm-up/cool-down breaks may be added once the meet is closed.
- SCRATCHES:**
- All events will 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:**
- No awards will be given.
- OFFICIALS:**
- Meet Referee:** Brian Fagan – kahuna8698@yahoo.com
- Officials wishing to volunteer should contact the Meet Referees by **March 7, 2021.**
- ADMIN. OFFICIAL**
- Monique Grayson and/or Michael Rocco – monique.grayson@metroswimming.org
- MEET DIRECTOR :**
- Monique Grayson - mggrayson@gmail.com , Michael Rocco - michaelrocc@gmail.com and/or Zac Hojnacki (Head Coach) – zhojnacki@bgcnw.com 914-666-8069 #115
- Questions:** Eric Mitchell – Aquatic Director – 914-666-8069 # 115
- 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 COVID Policies will be in effect during this event.**
- 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”**

AUDIO/VISUAL STATEMENT:	<i>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.</i> <i>“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.”</i>
WATER DEPTH:	USA 2011 - 2023.7 "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”
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 Changing is prohibited.
MAAPP:	Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy “(MAAPP)” will govern this meet.
ADMISSION AND SAFETY PROTOCOLS:	- The meet will be run as a closed-deck meet. Spectators are not permitted, but the meet will be live streamed – link @ bgnwmarlins.com. Live results can be found on Meet Mobile. - All swimmers, coaches, officials, and volunteers must always wear masks when not in the pool. This includes: - In the athlete seating area - In the locker rooms - Pre- and post-race/warm-up - Teams may be seated in bleachers 5 minutes prior to designated warm-up period, but must keep masks on until first warm-up group as exited the pool. Tip: Pack a zip-lock bag & small towel to store your mask and dry your face before placing back on Facial coverings need to be secured (holding it over the mouth is not secure) Failure to comply with these face covering rules will result in removal from the meet and may preclude teams/athletes from invitations to future competitions. - The locker rooms are available for athlete changing and as a restroom; please use common sense when utilizing the locker rooms and do not gather in large groups in the space. - Athletes, Coaches, Officials and Volunteers will observe social distancing waiting in the check-in line to undergo a temperature check and informational screening.

- Do they have a fever?
- Do they have a cough?
- Do they have shortness of breath or difficulty breathing?
- Have they had the chills, headaches, sore throat in the last 24 hours?
- Do they have new loss of taste or smell, or other symptoms listed by the CDC?
- Have they traveled or been with anyone who has traveled to a state on the NY quarantine list?

Any person with temperature above 100.4 will be sent home. Athletes, Coaches, Officials and Volunteers who are experiencing any symptoms of COVID-19 should remain home and see their physician.

5. Facility entry/exit procedures will be always in effect **during the meet** (seating chart will be emailed before the meet)

a. North – Entry

b. South – Exit

6. Athletes and coaches must follow any additional directives from officials or meet marshals

7. Athletes will be seated in designated team areas in the building to minimize time spent with large # of patrons in the pool area outside of scheduled warm-up and warm-down periods.

Coaches are responsible for reviewing the safety procedures with their athletes ahead of time and ensuring compliance with these rules. This may mean assigning a coach or parent volunteer to oversee the athletes in the seating area – Bring chairs for seating.

Please remember this is an event/gathering in the Covid-19 era. Compliance and common sense are necessary – if a random passerby looked at our event, what would they see? The only answer can be a safe, structured, and organized event with small-group cohorts, patrons masked and socially distanced so our kids can have a much-needed opportunity to race – otherwise, we cannot host meets.

PARKING: Parking is available at the Club.

DIRECTIONS: **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.

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

Friday, March 12, 2021

Session 1 – Maximum of 3 event per swimmer – 9-10 Timed Finals

Warm-up: 3:30pm Start: 4:30pm

GIRLS		EVENT		BOYS
1	9-10	100	Free	2
3	9-10	50	Back	4
5	9-10	100	Fly	6
7	9-10	200	IM	8
9	9-10	50	Free	10
11	9-10	100	Breast	12

Session 2 – Maximum of 3 event per swimmer – 11-12 PRELIMS

Warm-up: 5:30pm Start: 6:30pm

GIRLS		EVENT		BOYS
71	11-12	100	Fly	72
13	11-12	100	Free	14
15	11-12	200	Back	15
17	11-12	50	Fly *TF	18
19	11-12	100	Breast	20
21	11-12	50	Back *TF	22
45	11-12	200	Free *TF	46

Saturday, March 13, 2021

Session 3– Maximum of 3 event per swimmer – 13-14 PRELIMS

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

GIRLS		EVENT		BOYS
23	13-14	200	Fly	24
25	13-14	100	Free	26
27	13-14	200	Back	28
29	13-14	100	Breast	30
31	13-14	200	Free	32
33	13-14	400	IM *TF	34

Session 4 – Maximum of 3 event per swimmer – 9-10 Timed Finals

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

GIRLS		EVENT		BOYS
35	9-10	100	IM	36
37	9-10	50	Breast	38
39	9-10	200	Free	40
41	9-10	50	Fly	42
43	9-10	100	Back	44

Session 5 – FINALS - 11-12 and 13-14 (Top 8 Qualifiers)

Warm-up: 4:30pm

Start: 5:30pm

GIRLS		EVENT		BOYS
71	11-12	100	Fly	72
23	13-14	200	Fly	24
13	11-12	100	Free	14
25	13-14	100	Free	26
15	11-12	200	Back	16
27	13-14	200	Back	28
19	11-12	100	Breast	20
29	13-14	100	Breast	30
31	13-14	200	Free	32

Sunday, March 14, 2021**Session 6– Maximum of 3 event per swimmer – 13-14 PRELIMS**

Warm-up: 8:00am

Start: 9:00am

GIRLS		EVENT		BOYS
47	13-14	100	Back	48
49	13-14	200	IM	50
51	13-14	50	Free	52
53	13-14	200	Breast	54
55	13-14	100	Fly	56
57	13-14	500	Free *TF	58

Session 7 – Maximum of 3 event per swimmer – 11-12 PRELIMS

Warm-up: 10:30am

Start: 11:30am

GIRLS		EVENT		BOYS
59	11-12	50	Breast *TF	60
61	11-12	200	Fly	62
63	11-12	100	Back	64
65	11-12	200	IM	66
67	11-12	50	Free	68
69	11-12	200	Breast	70

Session 8 – FINALS - 11-12 and 13-14 (Top 8 Qualifiers)

Warm-up: 4:30pm

Start: 5:30pm

GIRLS		EVENT		BOYS
61	11-12	200	Fly	62
47	13-14	100	Back	48
63	11-12	100	Back	64
49	13-14	200	IM	50
65	11-12	200	IM	66
51	13-14	50	Free	52
67	11-12	50	Free	68
53	13-14	200	Breast	54
69	11-12	200	Breast	70
55	13-14	100	Fly	56



Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.

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 _____

METRO AGE GROUP STANDARDS

2020-2021 SHORT COURSE

GIRLS	9&U		10		11		12		13		14		GIRLS
	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	
50 Free	35.19	32.69	35.19	31.19	30.99	28.59	30.99	27.59	28.79	26.49	28.79	26.09	50 Free
100 Free	1:18.49	1:11.19	1:18.49	1:08.79	1:08.29	1:01.69	1:08.29	59.69	1:03.09	57.69	1:03.09	56.39	100 Free
200 Free	2:49.59	2:34.39	2:49.59	2:27.59	2:25.89	2:14.29	2:25.89	2:10.29	2:16.99	2:05.19	2:16.99	2:02.79	200 Free
500 Free	7:04.99	6:50.99	7:04.99	6:33.99	6:20.79	6:01.99	6:20.79	5:51.99	5:50.59	5:32.99	5:50.59	5:26.99	500 Free
1000 Free										11:15.99		11:03.99	1000 Free
1650 Free													1650 Free
50 Back	41.89	37.79	41.89	36.19	36.09	32.59	36.09	31.59					50 Back
100 Back	1:33.09	1:20.69	1:33.09	1:18.29	1:19.49	1:09.89	1:19.49	1:07.89	1:12.69	1:05.19	1:12.69	1:03.99	100 Back
200 Back					2:46.99	2:32.39	2:46.99	2:28.39	2:36.29	2:19.49	2:36.29	2:17.09	200 Back
50 Breast	47.79	43.59	47.79	41.99	40.59	37.29	40.59	36.29					50 Breast
100 Breast	1:46.19	1:33.19	1:46.19	1:30.79	1:28.69	1:20.19	1:28.69	1:18.19	1:23.49	1:14.59	1:23.49	1:13.39	100 Breast
200 Breast					3:11.19	2:56.39	3:11.19	2:52.39	2:56.99	2:41.19	2:56.99	2:38.79	200 Breast
50 Fly	42.39	36.29	42.39	35.09	34.59	31.29	34.59	29.99					50 Fly
100 Fly	1:37.99	1:26.79	1:37.99	1:23.79	1:19.39	1:10.69	1:19.39	1:07.99	1:11.59	1:04.09	1:11.59	1:02.89	100 Fly
200 Fly					2:49.39	2:42.39	2:49.39	2:38.39	2:36.59	2:27.19	2:36.59	2:24.79	200 Fly
100 IM	1:28.59	1:21.99	1:28.59	1:18.79	1:18.69	1:11.19	1:18.69	1:09.19					100 IM
200 IM	3:13.99	2:52.39	3:13.99	2:47.59	2:48.09	2:30.39	2:48.09	2:26.39	2:41.49	2:21.19	2:41.49	2:18.79	200 IM
400 IM					5:50.99	5:25.79	5:50.99	5:17.79	5:25.99	5:02.39	5:25.99	4:57.59	400 IM

BOYS	9&U		10		11		12		13		14		BOYS
	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	Silver	JO	
50 Free	35.19	32.69	35.19	31.09	30.69	28.49	30.69	27.49	26.79	25.39	26.79	24.39	50 Free
100 Free	1:18.49	1:11.19	1:18.49	1:08.79	1:06.99	1:01.19	1:06.99	59.49	59.59	55.19	59.59	52.99	100 Free
200 Free	2:49.59	2:34.39	2:49.59	2:29.59	2:25.99	2:13.39	2:25.99	2:09.39	2:14.19	2:00.39	2:14.19	1:55.99	200 Free
500 Free	7:05.99	6:50.99	7:05.99	6:38.99	6:31.99	6:01.99	6:31.99	5:51.99	5:50.99	5:23.99	5:50.99	5:13.99	500 Free
1000 Free													1000 Free
1650 Free										18:31.99		18:11.99	1650 Free
50 Back	42.89	37.79	42.89	36.59	36.09	32.59	36.09	31.59					50 Back
100 Back	1:37.09	1:21.79	1:37.09	1:19.39	1:17.49	1:10.19	1:17.49	1:08.19	1:08.29	1:03.19	1:08.29	1:01.19	100 Back
200 Back					2:42.79	2:35.39	2:42.79	2:31.39	2:27.09	2:15.89	2:27.09	2:11.89	200 Back
50 Breast	48.59	43.59	48.59	42.39	40.29	37.19	40.29	36.19					50 Breast
100 Breast	1:48.39	1:35.19	1:48.39	1:32.79	1:26.49	1:20.19	1:26.49	1:18.19	1:16.69	1:10.69	1:16.69	1:08.69	100 Breast
200 Breast					3:03.49	2:56.39	3:03.49	2:52.39	2:47.89	2:33.39	2:47.89	2:29.39	200 Breast
50 Fly	43.89	36.29	43.89	35.09	34.69	31.59	34.69	30.59					50 Fly
100 Fly	1:37.99	1:26.79	1:37.99	1:24.39	1:17.59	1:11.89	1:17.59	1:09.89	1:07.09	1:01.69	1:07.09	59.49	100 Fly
200 Fly					2:45.39	2:42.39	2:45.39	2:38.39	2:29.59	2:20.39	2:29.59	2:16.39	200 Fly
100 IM	1:28.59	1:21.99	1:28.59	1:18.79	1:17.19	1:11.19	1:17.19	1:09.19					100 IM
200 IM	3:13.99	2:54.39	3:13.99	2:49.59	2:47.99	2:30.39	2:47.99	2:26.39	2:31.09	2:15.39	2:31.09	2:10.99	200 IM
400 IM					5:52.99	5:25.79	5:52.99	5:17.79	5:09.79	4:47.79	5:09.79	4:39.79	400 IM