

BGC-N. Westchester Marlins Swim Team



Thanksgiving Invitational

**BGNW – WEST – BAD – CFJV (Sessions 1-2-3-6-7)
BGNW only (Sessions 4-5-8-9)**

**Friday-Sunday, November 20-22, 2020
Sanction # 201108**

BGNW Marlins – Thanksgiving Invitational

Friday-Saturday-Sunday, November 20-22, 2020

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # **201108**
- 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, November 20, 2020**
Session 1: (13-Over) Timed Finals – **BGNW-BAD-WEST-CFJV** → warm-up 4:30pm – start 5:30pm
- Saturday, November 21, 2020**
Session 2: (15-Over) Timed Finals – **BGNW-WEST-BAD-CFJV** → warm-up 8:00am – start 9:00am
Session 3: (13-14) Timed Finals - **BGNW-WEST-BAD-CFJV** → warm-up 11:00am – start 12:00pm
Session 4: (9-10 & 11-12) – Timed Finals – **BGNW only** → warm-up 2:00pm – start 3:00pm
Session 5: (13-Over) – Timed Finals – **BGNW only** → warm-up 5:00pm – start 6:00pm
- Sunday, November 22, 2020**
Session 6: (15-Over) Timed Finals – **BGNW-WEST-BAD-CFJV** → warm-up 8:00am – start 9:00am
Session 7: (13-14) Timed Finals - **BGNW-WEST-BAD-CFJV** → warm-up 11:00am – start 12:00pm
Session 8: (9-10 & 11-12) – Timed Finals – **BGNW only** → warm-up 2:00pm – start 3:00pm
Session 9: (13-Over) – Timed Finals – **BGNW only** → warm-up 5:00pm – start 6:00pm
- FORMAT:** All events will be held as timed finals.
The meet will be Pre-Seeded – Meet Capacity will be a total of 150 (athletes / coaches / officials and volunteer) – 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 November 20, 2020 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 - Sessions will be limited to 2 hours.**
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 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, November 22, 2020**.
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 November 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 100 athletes is reached 2: The final entry deadline for this meet is November 16, 2020 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 individual event must accompany the entries* A Facility Surcharge of \$5.00 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 must be received by November 22, 2020 for email entries. 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.
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 November 16, 2020.
ADMIN. OFFICIAL	Monique Grayson and/or Michael Rocco – monique.grayson@metroswimming.org
MEET DIRECTOR :	Monique Grayson - mgrayson@gmail.com and/or Michael Rocco– michaelrocc@gmail.com Questions: Zac Hojnacki – Head Coach – 914-666-8069 #115 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." <u>Deep end:</u> at 1m: 9’0”; at 5m: 7’6” – <u>Shallow end:</u> 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:**

1. 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.
2. All swimmers, coaches, officials, and volunteers must wear masks at all times when not in the pool. This includes:
 - a. In the athlete seating area
 - b. In the locker rooms
 - c. Pre- and post-race/warm-up
 - d. 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

3. 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
4. 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 in effect at **all times 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 can't 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 SawMill 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, November 20, 2020

Session 1 – 13-Over – BGNW-BAD-CFJV-WEST			Maximum of 2 events per swimmer		
Warm-up: 4:30pm			Start: 5:30pm		
GIRLS	EVENT		BOYS		
1	400 yd	IM	2		
3	500 yd	Freestyle	4		

Saturday, November 21, 2020

Session 2 – 15&Over – BGNW-BAD-CFJV-WEST				Session 3 – 13-14 – BGNW-BAD-CFJV-WEST			
Maximum of 3 events per swimmer				Maximum of 3 events per swimmer			
Warm-up: 8:00am				Warm-up: 11:00am			
Start: 9:00am				Start: 12:00pm			
GIRLS	EVENT		BOYS	GIRLS	EVENT		BOYS
5	200 yd	Freestyle	6	15	200 yd	Freestyle	16
7	100 yd	Backstroke	8	17	100 yd	Backstroke	18
9	200 yd	Butterfly	10	19	200 yd	Butterfly	20
11	100 yd	Breaststroke	12	21	100 yd	Breaststroke	22
13	50 yd	Freestyle	14	23	50 yd	Freestyle	24

Session 4 – 12&Under – BGNW Marlins Only					Session 5 – 13&Over – BGNW Marlins Only				
Maximum of 3 events per swimmer					Maximum of 3 events per swimmer				
Warm-up: 2:00pm					Warm-up: 5:00pm				
Start: 3:00pm					Start: 6:00pm				
GIRLS	AGE	EVENT		AGE	BOYS	GIRLS	EVENT		BOYS
25	9-10	50 yd	Freestyle	9-10	26	47	200 yd	Freestyle	48
27	11-12	50 yd	Freestyle	11-12	28	49	100 yd	Backstroke	50
29	9-10	200 yd	IM	9-10	30	51	200 yd	Butterfly	52
31	11-12	200 yd	IM	11-12	32	53	100 yd	Breaststroke	54
33	9-10	50 yd	Backstroke	9-10	34	55	50 yd	Freestyle	56
35	11-12	50 yd	Backstroke	11-12	36				
37	9-10	100 yd	Butterfly	9-10	38				
39	11-12	100 yd	Butterfly	11-12	40				
41	9-10	100 yd	Breaststroke	9-10	42				
43	11-12	100 yd	Breaststroke	11-12	44				
45	11-12	200 yd	Backstroke	11-12	46				

Sunday, November 22, 2020

Session 6 – 15&Over – BGNW-BAD-CFJV-WEST Maximum of 3 events per swimmer Warm-up: 8:00am Start: 9:00am				Session 7 – 13-14 – BGNW-BAD-CFJV-WEST Maximum of 3 events per swimmer Warm-up: 11:00am Start: 12:00pm			
GIRLS		EVENT	BOYS	GIRLS		EVENT	BOYS
57	100 yd	Freestyle	58	57	100 yd	Freestyle	58
59	200 yd	Breaststroke	60	59	200 yd	Breaststroke	60
61	500 yd	Freestyle	62	61	500 yd	Freestyle	62
63	200 yd	Backstroke	64	63	200 yd	Backstroke	64
65	100 yd	Butterfly	66	65	100 yd	Butterfly	66
67	200 yd	IM	68	67	200 yd	IM	68

Session 8 – 12&Under – BGNW Marlins Only Maximum of 3 events per swimmer Warm-up: 2:00pm Start: 3:00pm						Session 5 – 13&Over – BGNW Marlins Only Maximum of 3 events per swimmer Warm-up: 5:00pm Start: 6:00pm			
GIRLS	AGE	EVENT		AGE	BOYS	GIRLS	EVENT		BOYS
81	9-10	200 yd	Freestyle	9-10	82	101	100 yd	Freestyle	102
83	11-12	200 yd	Freestyle	11-12	84	103	200 yd	Breaststroke	104
85	9-10	50 yd	Breaststroke	9-10	86	105	500 yd	Freestyle	106
87	11-12	50 yd	Breaststroke	11-12	88	107	200 yd	Backstroke	108
89	11-12	200 yd	Butterfly	11-12	90	109	100 yd	Butterfly	110
91	9-10	100 yd	Backstroke	9-10	92	111	200 yd	IM	112
93	11-12	100 yd	Backstroke	11-12	94				
95	9-10	50 yd	Butterfly	9-10	96				
97	11-12	50 yd	Butterfly	11-12	98				
99	11-12	200 yd	Breaststroke	11-12	100				



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 _____