

# **BGC-N. Westchester Marlins Swim Team**



## **BGNW / WEST / PAC 13 & Over Tri-Meet**

**Sunday, September 27, 2020  
Sanction # 200903**

# BGNW / WEST / PAC – 13 & Over Tri-Meet

Sunday, September 27, 2020

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,  
Sanction # **200903**
- 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:** **Session 1:** 13-Over – JO Qual. → warm-up 7:00am – start 8:00am  
**Session 2:** 13-Over – NTS → warm-up 10:15am – start 11:15am
- FORMAT:** All events will be held as timed finals – The meet will be pre-seeded, and no deck entries are permitted.
- ELIGIBILITY:** Session 1 – JO / AGCT Qualifiers – Session 2 – No Time Standards – Swimmers may only participate in one session. All swimmers participating in this meet must be registered by the first day of the meet.  
**Age on September 27, 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 excluding relays.** Session 1 swimmers must have at least 1 current Metro Junior Olympics or AGTC qualifying time as of January 1, 2019. They may choose any 3 events.  
**The session MAY also be limited to 2 hours before scratches.**  
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](mailto:mggrayson@gmail.com) - Payment must be received by Sunday, September 27, 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 Senior Tri - att.: Monique Grayson  
351 Main Street  
Mount Kisco, NY 10549  
Email entries to: [mggrayson@gmail.com](mailto:mggrayson@gmail.com)
- 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 **September 21, 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 and **\$10.00** per relay event 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 **September 27, 2020** for email entries.  
Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** Lane assignment will be given at the meet. One-way sprints at discretion of meet referee.

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|--------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>SCRATCHES:</b>              | The meet will be pre-seeded and no deck entries are permitted.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>COACHES:</b>                | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>AWARDS:</b>                 | No awards will be given.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>OFFICIALS:</b>              | <b>Meet Referee: Brian Fagan</b> – <a href="mailto:kahuna8698@yahoo.com">kahuna8698@yahoo.com</a><br>Officials wishing to volunteer should contact the Meet Referees by <b>September 21, 2020</b> .                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>ADMIN. OFFICIAL</b>         | Monique Grayson and/or Michael Rocco – <a href="mailto:monique.grayson@metroswimming.org">monique.grayson@metroswimming.org</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>MEET DIRECTOR :</b>         | Monique Grayson - <a href="mailto:mggrayson@gmail.com">mggrayson@gmail.com</a> and/or Michael Rocco – <a href="mailto:michaelrocc@gmail.com">michaelrocc@gmail.com</a><br><b>Questions:</b> Eric Mitchell – Aquatic Director – 914-666-8069 # 115                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>RULES:</b>                  | The current USA Swimming Rules and Regulations will apply. <b>The USA Swimming Code of Conduct is in effect for the duration of the meet.</b> The overhead start procedure may be used at the discretion of the meet Referee.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>SAFETY:</b>                 | <b>All swimmers must wear footwear upon leaving the pool area.</b><br>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.<br><b>"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"</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>AUDIO/VISUAL STATEMENT:</b> | <b><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 block's</i></b><br><b><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></b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>WATER DEPTH:</b>            | 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."<br><b><u>Deep end:</u></b> at 1m: <b>9'0"</b> ; at 5m: <b>7'6"</b> – <b><u>Shallow end:</u></b> at 1m: <b>4'0"</b> ; at 5m: <b>4'6"</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>DISCLAIMER:</b>             | 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. <b>"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."</b><br>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.<br>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:** No spectators will be permitted. The meet will be live streamed, and a link provided on bgnwmarlins.com. Meet results may be made available on Meet Mobile.

**SEATING:** Swimmers seating will be outside in field and parking lot weather permitting. Facility may be used as needed. In event of facility seating, masks and 6ft. of social distancing is required.

**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

| Session 1 – 13-Over    Maximum of 3 events per swimmer |        |              |    | Session 2 – 13-Over    Maximum of 3 events per swimmer |        |              |    |       |  |      |  |
|--------------------------------------------------------|--------|--------------|----|--------------------------------------------------------|--------|--------------|----|-------|--|------|--|
| Warm-up: 7:00am    Start: 8:15pm                       |        |              |    | Warm-up: 10:15am    Start: 11:15am                     |        |              |    |       |  |      |  |
| JO or AGTC Qualifiers                                  |        |              |    | No Time Standards Required                             |        |              |    |       |  |      |  |
| GIRLS                                                  |        | EVENT        |    | BOYS                                                   |        | GIRLS        |    | EVENT |  | BOYS |  |
| 1                                                      | 200 yd | MED Relay    | 2  | 25                                                     | 200 yd | MED Relay    | 26 |       |  |      |  |
| 3                                                      | 200 yd | Freestyle    | 4  | 27                                                     | 200 yd | Freestyle    | 28 |       |  |      |  |
| 5                                                      | 200 yd | IM           | 6  | 29                                                     | 200 yd | IM           | 30 |       |  |      |  |
| 7                                                      | 100 yd | Backstroke   | 8  | 31                                                     | 100 yd | Backstroke   | 32 |       |  |      |  |
| 9                                                      | 100 yd | Butterfly    | 10 | 33                                                     | 100 yd | Butterfly    | 34 |       |  |      |  |
| 11                                                     | 100 yd | Breaststroke | 12 | 35                                                     | 100 yd | Breaststroke | 36 |       |  |      |  |
| 13                                                     | 50 yd  | Freestyle    | 14 | 37                                                     | 50 yd  | Freestyle    | 38 |       |  |      |  |
| 15                                                     | 400 yd | IM           | 16 | 39                                                     | 400 yd | IM           | 40 |       |  |      |  |
| 17                                                     | 200 yd | Backstroke   | 18 | 41                                                     | 200 yd | Backstroke   | 42 |       |  |      |  |
| 19                                                     | 200 yd | Butterfly    | 20 | 43                                                     | 200 yd | Butterfly    | 44 |       |  |      |  |
| 21                                                     | 200 yd | Breaststroke | 22 | 45                                                     | 200 yd | Breaststroke | 46 |       |  |      |  |
| 23                                                     | 100 yd | Freestyle    | 24 | 47                                                     | 100 yd | Freestyle    | 48 |       |  |      |  |



## 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 an 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\_\_\_\_\_