

BGC-N. Westchester Marlins Swim Team



Senior Winter Championships Invitational

BGNW – BAD – CFJV – COND – PAC – RA – WEST – YMID
Senior Mets Qualifying Times - Sessions 1-4-5-8-9

BGNW only (Sessions 2-3-6-7)

Friday-Sunday, February 19-20-21,
2021 Sanction # 210201

BGNW Marlins

Senior Winter Championships Invitational

Friday-Saturday-Sunday, February 19-20-21, 2021

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # 210201
- 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: Invited Teams – SMSC Cuts - 1650 – 800 FR Relay → warm-up 4:30pm – start 5:30pm
- Saturday**
Session 2: BGNW Only - 13 & Over → warm-up 7:30am – start 8:30am
Session 3: BGNW Only - 9-10 and 11-12 → warm-up 10:00am – start 11:00am
Session 4: Invited Teams – SMSC Cuts – WOMEN → warm-up 2:30pm – start 3:30pm
Session 5: Invited Teams – SMSC Cuts – MEN → warm-up 5:30pm – start 6:30pm
- Sunday**
Session 6: BGNW Only - 13 & Over → warm-up 7:30am – start 8:30am
Session 7: BGNW Only - 9-10 and 11-12 → warm-up 10:00am – start 11:00am
Session 8: Invited Teams – SMSC Cuts – WOMEN → warm-up 2:30pm – start 3:30pm
Session 9: Invited Teams – SMSC Cuts – MEN → warm-up 5:30pm – start 6:30pm
- FORMAT:** All events will be held as timed 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 February 19, 2021 will determine age for the entire meet.
- STANDARDS:** **Note:** Session 1, 4, 5, 8 and 9 – **Metro Senior Mets Standards** will be required for invited teams. Standards must have been achieved at least once between November 1, 2019 the meet entry deadline – 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 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 facility requires 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 by **Sunday, February 21, 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 Winter Senior Invitational - 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 **February 12, 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 individual event, \$10.00 per relay 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 must be received by **February 21, 2021** 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.
10-15 minute assigned cool-down breaks will be added in each session.
- 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.
- OFFICIALS:**
- Meet Referee: Brian Fagan – kahuna8698@yahoo.com**
Officials wishing to volunteer should contact the Meet Referees by **February 12, 2021.**
- ADMIN. OFFICIAL**
- Monique Grayson and/or Michael Rocco – monique.grayson@metroswimming.org
- MEET DIRECTOR :**
- Monique Grayson - mggrayson@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”

AWARDS:	No awards will be given.
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:	- 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 has 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 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 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, February 19, 2021

Session 1 – (OPEN)– BGNW – BAD – CFJV – COND – PAC – RA – WEST – YMID

SMSC Qualifiers - 1 relay per team – 4 relays per heat

Warm-up: 4:30pm Start: 5:30pm Session may be split if needed

GIRLS	EVENT	BOYS
1	1650 yd Freestyle **	2
3	800 yd Freestyle Relay	4

** 1650 will run alternating women and men heats.

Saturday, February 20, 2021

Session 2 – 13-Over – BGNW only - Maximum of 3 events per swimmer

Warm-up: 7:30am Start: 8:30am

13-Over GIRLS	EVENT	13-Over BOYS
5	200 yd Freestyle	6
7	100 yd Backstroke	8
9	200 yd Butterfly	10
11	100 yd Breaststroke	12
13	100 yd Freestyle	14
15	400 yd IM	16

Session 3 – 9-10 & 11-12 – BGNW only - Maximum of 3 events per swimmer

Warm-up: 10:00am Start: 11:00am

GIRLS	AGE GROUP	EVENT	BOYS
17	9-12	50 yd Freestyle	18
19	9-12	200 yd IM	20
21	11-12	500 yd Freestyle	22
23	9-12	50 yd Backstroke	24
25	9-12	100 yd Butterfly	26
27	9-12	100 yd IM	28
29	11-12	200 yd Backstroke	30
31	9-12	100 yd Breaststroke	32
33	11-12	1000 yd Freestyle	34

Saturday, February 20, 2021

Session 4 – (OPEN)– BGNW – BAD – CFJV – COND – PAC – RA – WEST – YMID SMSC Qualifiers – WOMEN Only

Maximum of 3 events and 2 relays per swimmer

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

WOMEN	EVENT
35	200 yd Medley Relay
36	200 yd Freestyle
37	100 yd Backstroke
38	200 yd Butterfly
39	100 yd Breaststroke
40	100 yd Freestyle
41	400 yd IM
42	400 yd Freestyle Relay

Session 5 – (OPEN)– BGNW – BAD – CFJV – COND – PAC – RA – WEST – YMID SMSC Qualifiers –MEN Only

Maximum of 3 events and 2 relays per swimmer

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

MEN	EVENT
43	200 yd Medley Relay
44	200 yd Freestyle
45	100 yd Backstroke
46	200 yd Butterfly
47	100 yd Breaststroke
48	100 yd Freestyle
49	400 yd IM
50	400 yd Freestyle Relay

Sunday, February 21, 2021

Session 6 – 13-Over – BGNW only - Maximum of 3 events per swimmer

Warm-up: 7:30am Start: 8:30am

13-Over GIRLS	EVENT	13-Over BOYS
51	200 yd IM	52
53	500 yd Freestyle	54
55	100 yd Butterfly	56
57	200 yd Breaststroke	58
59	500 yd Freestyle	60
61	200 yd Backstroke	62

Session 7 – 9-10 & 11-12 – BGNW only - Maximum of 3 events per swimmer**Warm-up: 10:00am Start: 11:00am**

GIRLS	AGE		EVENT	BOYS
	GROUP			
63	9-12	200 yd	Freestyle	64
65	11-12	400 yd	IM	66
67	9-12	50 yd	Breaststroke	68
69	11-12	200 yd	Butterfly	70
71	9-12	100 yd	Backstroke	72
73	9-12	50 yd	Butterfly	74
75	11-12	200 yd	Breaststroke	76
77	9-12	100 yd	Freestyle	78
79	11-12	1650 yd	Freestyle	80

Session 8 – (OPEN)– BGNW – BAD – CFJV – COND – PAC – RA – WEST – YMID**SMSC Qualifiers – WOMEN Only****Maximum of 3 events and 2 relays per swimmer****Warm-up: 2:30pm Start: 3:30pm**

WOMEN	EVENT	
81	200 yd	Freestyle Relay
82	200 yd	IM
83	500 yd	Freestyle
84	100 yd	Butterfly
85	200 yd	Breaststroke
86	50 yd	Freestyle
87	200 yd	Backstroke
88	400 yd	Medley Relay

Session 9 – (OPEN)– BGNW – BAD – CFJV – COND – PAC – RA – WEST – YMID**SMSC Qualifiers –MEN Only****Maximum of 3 events and 2 relays per swimmer****Warm-up: 2:30pm Start: 3:30pm**

MEN	EVENT	
89	200 yd	Freestyle Relay
90	200 yd	IM
91	500 yd	Freestyle
92	100 yd	Butterfly
93	200 yd	Breaststroke
94	50 yd	Freestyle
95	200 yd	Backstroke
96	400 yd	Medley Relay



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_____

2021 WINTER SENIOR METS - SHORT COURSE

LCM	SCM	SCY		SCY	SCM	LCM
28.79	27.99	25.19	50 Free	22.79	25.39	26.19
1:02.29	1:00.79	54.69	100 Free	49.49	54.89	55.69
2:14.49	2:11.29	1:58.29	200 Free	1:48.69	2:00.69	2:03.89
4:37.59	4:31.19	5:10.99	500 Free	4:52.99	4:16.79	4:22.79
9:35.69	9:22.89	10:44.99	1000 Free	10:09.99	8:51.69	9:04.49
18:34.89	18:10.89	18:12.99	1650 Free	17:19.99	17:16.79	17:40.79
1:08.59	1:07.39	1:00.69	100 Back	55.99	1:02.19	1:03.39
2:28.39	2:25.99	2:11.49	200 Back	2:01.99	2:15.39	2:17.79
1:20.09	1:18.09	1:10.29	100 Breast	1:03.49	1:10.49	1:12.49
2:52.69	2:48.69	2:31.99	200 Breast	2:18.99	2:34.29	2:38.29
1:07.79	1:06.59	59.99	100 Fly	54.59	1:00.59	1:01.99
2:33.79	2:30.99	2:15.99	200 Fly	2:03.99	2:17.69	2:20.49
2:30.49	2:26.49	2:11.99	200 IM	2:01.39	2:14.79	2:17.99
5:21.89	5:12.99	4:41.99	400 IM	4:21.99	4:40.79	4:57.19
4:17.29	4:11.69	3:45.79	400 Free Relay	3:21.89	3:44.19	3:50.59
9:11.59	8:58.79	8:05.39	800 Free Relay	7:22.39	8:11.09	8:23.89
4:46.49	4:40.09	4:12.29	400 Medley Relay	3:46.99	4:11.99	4:18.39

Eligibility period: from November 1, 2019 to the meet entry deadline