

Invitational Meet Announcement

**Flushing YMCA Big Apple Classic
November 15,16,17, 2024
Sanction # 241111**

Invited Teams: All Metro teams are invited

Flushing YMCA Big Apple Classic

November 15,16,17, 2024

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **241111**
- LOCATION:** **Flushing YMCA**
- FACILITY:** Six lanes, 25 yards, Colorado timing, Keifer Lanes, Paragon Starting Blocks, Six lane Scoreboard, seating for approximately 150 spectators
The competition course **has been** certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.
- SESSIONS:** FRIDAY, NOV. 15, 5:00 PM WU, 6:00 START. SATURDAY, 7AM WU, 8 AM START, 12:00 WU, 1:00 START, SUNDAY, 7AM WU, 8AM START, 12:00 WU, 1:00 START
- FORMAT:** TIMED FINALS, Deck seeded. **No cut off times**. NT entries will NOT be accepted. 1000 and 1650 may be limited to two heats of girls and two heats of boys. 1000 and 1650 swimmers will have to supply their own timer.
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.
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 November 15, 2024 will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** Swimmers may swim 4 individual events and 1 relay per session
U.S. Mail Entries/Payment to: RICHARD FINKELSTEIN, FLUSHING YMCA 138-46 NORTHERN BLVD. FLUSHING, NY 11354
Email Entries/Confirm Entry Receipt: FINKFLY33@AOL.COM
Signature waiver required for Express Mailed Entries/Payment]
Entries will be accepted in order of date received
- DEADLINE:** **Entries must be received by: November 4th**
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 \$8 per individual event and \$10 per relay must accompany the entries.
Make check payable to: Flushing YMCA
Payment must be received by November 15th for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact the Meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.
- WARM-UP:** Metro warm up guidelines will be followed. Adjustments may be made to ensure a safe and proper warm up. General warm up 40 minutes, no assigned lanes. 10 minutes – sprints. May be adjusted as needed
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual event 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:** 12 & under only - Individual events medals 1ST – 3RD, ribbons 4TH – 6TH. Relays – ribbons 1st – 3rd. High point Individual awards 1st – 3rd for ALL age groups
- OFFICIALS:** **Meet Referee:** Anne Fosteris apfosteris@gmail.com
Officials wishing to volunteer should contact the Meet Referee by November 4th.
- ADMIN. OFFICIAL:** **Administrative Official:** Kris Tilas – kristilas@hotmail.com, Rich Finkelstein – finkfly33@aol.com
Cathy Sepic, Jojo Chan, Julissa Sotelo
- MEET DIRECTOR:** Richard Finkelstein 516-343-2550 Finkfly33@aol.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:** Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet.
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 without the use of the backstroke ledge. 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.
There will be lifeguards on duty for the duration of the meet available to athletes participating in the meet. There is an AED device available at the front entrance of the YMCA and there are emergency alarms on the pool deck. Footwear must be worn by any swimmers in the balcony or locker rooms.
- MAAPP POLICY:** 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 a condition of participation in the conduct of this competition.
- WATER DEPTH:** Diving end water depth – 12 feet at 1 meter to 5 meters
Shallow end water depth – 4 feet at 1 meter, 4 ½ feet at 5 meters
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against the YMCA of Greater NY, the Flushing YMCA, Flushing YMCA Aquatic Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result 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.
- AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms.

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.
- DECK CHANGING:** Deck changes are prohibited.
- ADMISSION:** \$5, program available for purchase, programs available for sale.
- MERCHANTS:** Refreshments may be available, Swim shop vendor should be available
- PARKING:** Parking may be available in the YMCA lot. Please obtain parking pass from front desk if necessary. Overflow spectators use street parking or underground garages on 37TH or 39TH ave..

DIRECTIONS:

The address of the YMCA is 138-46 Northern Blvd for GPS purposes. Please use any GPS, Google maps, Waze, etc. that you are comfortable with. The parking lot is located on 37th Ave. between Bowne St and Union St. 37th Ave. is one way from Bowne St to Union St. Note: Major building construction is taking place next door to the YMCA. Please allow extra time for traffic.

SUPERVISION:

Each club is requested to handle its own team and discipline problems. Anyone found guilty of vandalism or disorderly conduct will be ejected from the meet. No one is permitted above the 2nd floor of the building.

Entry Note: Swimmers limited to 4 individual events and 1 relay per session. Age as of Nov 15th, 2024.

Spectators/Swimmers/Coaches: Spectator seating will be provided in the balcony. Spectators may view meet via TV in the main lobby. **Swimmers will be seated on deck and in the pool balcony while they await their events.** Pool deck will include swimmers, timers, coaches, marshals and lifeguards. The YMCA is a smoke free facility.

We will be following current NYC DOH, US Swimming and YMCA Covid guidelines. Spectators are not allowed to stand behind the glass partitions outside of the pool balcony. Any spillover will be in the main lobby with a TV monitor that will have a live feed from the pool balcony. Parents will be on deck timing, officiating and marshaling.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Flushing YMCA, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result 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/approved 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 Flushing YMCA, Metropolitan Swimming, Inc., 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 unforeseen, in connection with exposure, infection and/or spread of COVID-19 related to participation in this competition.

"NO TIME" ENTRIES WILL NOT BE ACCEPTED. Proof of time may be required for 1000 and 1650 for other than the host club.

Friday Nov 15	Session #1 Warm up 5:00 PM, Start 6:00 PM	
<u>Girls Event #</u>	<u>Event</u>	<u>Boys Event #</u>
1	13-14 200 Breaststroke	2
3	Open 200 Breaststroke	4
5	13-14 200 Freestyle	6
7	Open 200 Freestyle	8
9	13-14 100 Butterfly	10
11	Open 100 Butterfly	12
13	13-14 400 IM	14
15	Open 400 IM	16
17	Open 200 Free Relay	18
19	Open 1000 Freestyle **	20

** 1000 may be limited to 2 heats of girls & 2 heats of boys

Teams must provide their own timer for the 1000

Saturday Nov. 16: Session #2 Warm-up 7:00am Start 8:00am

<u>Girls Event#</u>	<u>Event</u>	<u>Boys Event#</u>
21	11-12 200 IM	22
23	13-14 200 IM	24
25	11-12 100 Freestyle	26
27	13-14 50 Freestyle	28
29	11-12 50 Backstroke	30
31	13-14 100 Backstroke	32
33	11-12 100 Breaststroke	34
35	13-14 100 Breaststroke	36
37	11-12 50 Butterfly	38
39	13-14 500 freestyle	40
41	11-12 200 Medley Relay	42
43	13-14 200 Medley Relay	44

Use of alcohol or tobacco products anywhere in the YMCA is strictly prohibited. No glass of any kind on deck or in the balcony. Violation of the above may result in immediate removal from the facility.

Saturday Nov. 16: Session #3 Warm-up 12:00 Start 1:00

<u>Girls Event#</u>	<u>Event</u>	<u>Boys Event#</u>
45	9-10 100 IM	46
47	Open 200 IM	48
49	9-10 100 Freestyle	50
51	Open 50 Freestyle	52
53	9-10 50 Breast	54
55	Open 100 Breaststroke	56
57	9-10 100 Backstroke	58
59	Open 100 Backstroke	60
61	9-10 50 Butterfly	62
63	Open 500 Freestyle	64
65	9-10 200 Med Relay	66
67	Open 200 Med Relay	68

Sunday Nov. 17 Session #4 Warm-up 7:00am, Start 8:00am

<u>Girls Event#</u>	<u>Event</u>	<u>Boys Event#</u>
69	11-12 200 Freestyle	70
71	13-14 200 Butterfly	72
73	11-12 50 Breaststroke	74
75	13-14 100 Freestyle	76
77	11-12 100 Butterfly	78
79	13-14 200 Backstroke	80
81	11-12 50 Freestyle	82
83	13-14 400 Free Relay	84
85	11-12 100 Backstroke	86
87	11-12 200 Free Relay	88
89	13-14 1650 Freestyle***	90

***1650 may be limited to 1 heat of girls & 1 heat of boys
Teams must provide their own timer for the 1650

Sunday Nov. 17

Session #5 Warm-up 12:00, Start 1:00

<u>Girls Event#</u>	<u>Event</u>	<u>Boys Event#</u>
91	9-10 200 Free	92
93	Open 200 Butterfly	94
95	9-10 50 Backstroke	96
97	Open 100 Free	98
99	9-10 100 Fly	100
101	Open 200 Back	102
103	9-10 50 Free	104
105	Open 400 Free Relay	106
107	9-10 100 Breast	108
109	9-10 200 Free Relay	110
111	Open 1650 Freestyle***	112

*****1650 may be limited to 1 heat of girls & 1 heats of boys
Teams must provide their own timer for the 1650**

THE USA SWIMMING CODE OF CONDUCT IS IN EFFECT FOR THE DURATION OF THE MEET.

I HEREBY CERTIFY THAT ALL SWIMMERS THAT I AM ENTERING AT THE _____
ARE CURRENTLY REGISTERED WITH USA SWIMMING
name of meet

name of club club code E Mail

coach's name (print)

coach's signature

The following certified coaches will be attending this meet:

PLEASE RETURN THIS SHEET, SIGNED, ALONG WITH YOUR ENTRIES AND KEEP A COPY FOR YOUR RECORDS.



Metropolitan Swimming Photographer Registration Form

All Metropolitan Swimming Teams need to include this in the meet information packet.
Please file this form with the Safety 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 _____

