

Invitational Meet Announcement

**Flushing YMCA Distance Meet
October 5, 2025
Sanction # 251003-D**

Invited Teams: **All Metro teams are invited**

Flushing YMCA Distance Meet

October 5, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 251003-D
- LOCATION:** Flushing YMCA
- FACILITY:** Six lanes, 25 yards, Colorado timing, Keifer Lanes, Paragon Starting Blocks, Six lane Scoreboard, 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:** Sunday, OCT. 5, 3:00 WU, 4:00 START.
- FORMAT:** TIMED FINALS, Deck seeded
- 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 October 5, 2025 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 one individual event
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 based on date received
- DEADLINE:** Entries must be received by: September 21st
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 must accompany the entries. No fee for 1650 but swimmers must provide their own timer.
Make check payable to: Flushing YMCA
Payment must be received by October 5 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:** Individual events Medals 1ST – 3RD. Ribbons 4TH – 6TH.

OFFICIALS:	Meet Referee: Dan Collins bpscg41@aol.com Officials wishing to volunteer should contact the Meet Referee by September 21.
ADMIN. OFFICIAL:	Administrative Official: Rich Finkelstein - finkfly33@aol.com , Cathy Sepic, Jojo Chan
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 includes program
MERCHANTS:	Refreshments will available, Swim shop will not 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 37 TH or 39 TH Ave. The parking lot is located on 37 th Ave. between Bowne St and Union St. 37 th Ave. is one way from Bowne St to Union St. Note: Construction is taking place next door to the YMCA. Please allow extra time for traffic.
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.

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 1 individual event Age as of Oct 5th, 2025.

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. Additional 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., USA 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.

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1	11-14 400 IM *	2
3	OPEN 400 IM	4
5	12 & UNDER 500 FREESTYLE **	6
7	OPEN 1650	8

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 sign and return this sheet along with your entries and keep a copy for your records.

* Separate awards for 11-12, 13-14

** Separate awards for 10 & under, 11-12



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 _____