



**2023 FREEDOM IM READY
01.14.23 - 01.15.23**

Meet Sanction # 230113
Time Trial Sanction # 230161-T

All Metro teams are invited
Teams interested in participating please contact Meet Director Nikolay Shevchenko via e-mail at
Nikolay@FreedomAquatics.com

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SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Meet Sanction # 230113	
	Time Trial Sanction # 230161-T	
LOCATION:	Brooklyn Sports Club ADDRESS: 1540 Van Siclen Ave, Brooklyn, NY 11239	
FACILITY:	6 Lane by 25-yard competition pool. The pools have not been certified in accordance with Article 104.2.2C (4).	
SESSIONS:	WARM UP: 4:00pm - 5:15pm START OF THE MEET: 5:15pm *Session times may be adjusted once the meet is closed. Teams will be notified of any adjustments in session times once entries have closed	
FORMAT:	This Meet is a Deck Seeded, Timed Finals.	
ELIGIBILITY:	Open to all invited Teams and Freedom Aquatics USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. Age on January 14th, 2023 will determine the age for the entire meet. No "Deck Registrations" will be accepted. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.	
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:	All Athletes are limited to enter 4 individual events per session. U.S. Mail Entries/Payment to: Freedom Aquatics, 70 Archwood ave, Staten Island, NY 10312. Email Entries/Confirm Entry Receipt: Nikolay@FreedomAquatics.com	
DEADLINE:	Entries must be received by: January 4th, 2023 at 12:00pm	
	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 \$ 11 per event \$ 15 athlete surcharge fee Emailed Hy-Tek entries will be accepted. Email Entries/Confirm Entry Receipt: Nikolay@FreedomAquatics.com No NT's will be accepted. Please estimate times if needed. Check payable to: Freedom Aquatics Inc. Payment must be received by January 10th for email entries. U.S. Mail Entries/Payment to: Freedom Aquatics, 70 Archwood ave, Staten Island, NY 10312. *Swimmers qualifying for outreach membership are eligible to have this fee waived at request. 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:	The host team reserves the right to assign lanes for warm-up based on the size of the meet. Other lanes may be assigned at the meet director's discretion. Starts can be done at the discretion of the coach during their assigned warmup. All swimmers must be supervised by a coach.	
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:	1st - 3rd places ribbons for 14 & under swimmers only.	
OFFICIALS:	Meet Referee: Meet Referee: Annie Fosteris APFosteris@gmail.com Officials wishing to volunteer should contact the Meet Referee by 12/2/22	
ADMIN. OFFICIAL:	Administrative Official: Meet Manager Antonio Gaspar 347-856-3667 Antonio@FreedomAquatics.com	
MEET DIRECTOR:	Meet Director/Administrative Official: Nikolay Shevchenko 917-819-1999 Nikolay@FreedomAquatics.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. Lifeguards will be on site, with AED in the pool office and EMT available by calling campus safety.	
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:	Brooklyn Sports Club Deep End (starting end) 7' 6" deep, turn end 4' 6" deep.
DISCLAIMER:	Upon acceptance of his/her entries, the participant waives all claims against Freedom Aquatics, Brooklyn Sports Club Facility, 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.
TECH SUIT/SWIMWEAR POLICY:	Swimwear must conform to USA Swimming Rule 102.8. Only swimsuits complying with FINA swimsuit specification may be worn in any USA Swimming sanctioned or Approved competition. "Tech suits" are not permitted at this meet for 12 & under swimmers. "Tech Suits" are defined as a suit that has Bonded Seams, Kinetic Tape, or Meshed Seams.
ADMISSION:	Spectators are permitted, a limited number of tickets will be available for purchase at a cost of \$6 per ticket per session through designated link.
MERCHANTS:	
PARKING:	There is ample Free parking available in the BSC facility parking lot adjacent to the facility and street parking for the QC along Reeves Ave and the surrounding streets.
DIRECTIONS:	To BROOKLYN SPORTS CLUB: 1540 Van Siclen Ave, Brooklyn, NY 11239 Take exit 14 off Belt Parkway to Pennsylvania Avenue. Turn right onto Pennsylvania Avenue and then make an immediate right onto Seaview Avenue. Take Seaview Avenue until it ends and make a left at the stop sign onto Van Siclen Avenue. The Club is on the left. There is free on-site parking for 200 cars. There is free street parking as well, but with time restrictions.
MEET RESULTS:	Meet results will be made available on Meet Mobile.
HEAT SHEETS:	Meet Heat Sheets will be available on Meet Mobile
RESULTS:	Will be available on Meet Mobile

2023 FREEDOM IM READY SAFETY PROTOCOL

All swimmers, coaches, parents and spectators MUST adhere to the following guidelines and protocols in place in order to provide the safest environment to conduct this meet.

After reading these guidelines, and reviewing them with your swimmer, please sign the attached waiver form to confirm that you are fully aware of these safety protocols as well as disciplinary actions associated with them.

Safety Guidelines

Check-in Procedures for Athletes, volunteers, and coaches will take place in front of the entrance of Brooklyn Sports Club. Volunteers will be issued a safety vest when entering the facility. Athletes will proceed to enter the building and go to the appropriate locker room to change.

Spectators will be allowed to observe the meet from the bleacher or balcony area. All tickets must be purchased prior to the meet. Tickets will not be available for purchase at the door. Spectators will be asked to enter the BSC facility through the back entrance located in the back right hand corner of the parking lot. Any BSC spectator attempting to enter through the main entrance will be redirected to the back entrance. BSC Spectators will not be permitted to utilize restrooms on the pool deck and will instead be directed to restroom facilities located in the front lobby area. To access this area, spectators will exit the building and re-enter from a back entrance (Meet Marshalls will be available to guide spectators). Spectators will need to stay seated during the meet and refrain from interacting with their swimmers and/or accessing any other locations within the facility.

Spectators may ONLY use the restrooms on the upper level designated for spectators. Only athletes and coaches will be allowed on the lower level with access to the locker rooms and pool deck. Any spectator found on the lower level will be asked to leave.

Swimmers

Swimmers will enter the facility in an orderly manner, and will follow the instructions of the Safety Marshall's, Coaches and/or Meet Volunteers.

Meet Protocols

Swimmers will be staged in the 25 Yard/Meter Competition pool deck area under the supervision of a Safety Marshall.

All Swimmers, Coaches, Attendees and Volunteers

Please adhere to all protocols above so that we may continue to provide meets for our swimmers. Any violation of the protocols outlined above may lead to the Brooklyn Sports Club facility voiding our rental agreement.



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_____

2023 FREEDOM IM READY - Events Order

SATURDAY - Session #1			SUNDAY - Session #2	
January 14th			January 15th	
1	10 & Under		12	12 & Under
	100 FREESTYLE MIXED			100 IM MIXED
2	11 & Over		13	13 & Over
	200 FREESTYLE MIXED (F->S)			200 IM MIXED
3	12 & Under		14	OPEN
	100 BREAST MIXED			50 FREE MIXED
4	13 & Over		15	12 & Under
	200 BREAST MIXED			50 BREASTSTROKE MIXED
5	12 & Under		16	13 & Over
	50 BACKSTROKE MIXED			100 BREASTSTROKE MIXED
6	13 & Over		17	12 & Under
	100 BACKSTROKE MIXED			100 BACK MIXED
7	12 & Under	18	13 & Over	
	100 FLY MIXED		200 BACK MIXED	
8	13 & Over	19	12 & Under	
	200 FLY MIXED		50 FLY MIXED	
9	12 & Under	20	13 & Over	
	200 IM MIXED		100 FLY MIXED	
10	13 & Over	21	10 & Under	
	100 IM MIXED		200 FREESTYLE MIXED	
11	11 & Over	22	11 & Over	
	500 FREESTYLE MIXED (F->S)		100 FREESTYLE MIXED (F->S)	
Session 1 - 4 Individual Events Allowed per session		Session 2 - 4 Individual Events Allowed per session		
IM Ready Scoring Events:				
9 & Under	100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM		To get "IM Ready," swimmers compete in a series of five events at shorter distances. Once swimmers complete each event, you can log-in to USA Swimming Deck Pass to find out where you rank against all the other swimmers on your team. You do not need to complete the IM Ready program to participate in the IM Xtreme. It is simply a stepping stone.	
10-year old	100 Free, 50 Back, 50 Breast, 50 Fly, 100 IM			
11-12	200 FR, 50 Back, 50 Breast, 50 Fly, 100 IM			
13 - 14	200 FR, 100 Back, 100 Breast, 100 Fly, 200 IM			
15 -18	200 FR, 100 Back, 100 Breast, 100 Fly, 200 IM			
Non-Scoring Events:				
10 & Under	200 FREE		13 & Over	200 BREAST, 200 FLY, 100 IM, 200 BACK
11 & Over	100 FREE, 500 FREE		Open	50 FREE
12 & Under	100 BREAST, 100 FLY, 200 IM, 100 BACK			