



**Washingtonville
Seahawks and
MWDA**



**Heats and Treats Invitational
October 29/30, 2022**

**Invited are all teams in Metro, Bergen Co.
Barracudas, New Paltz Hawks, JFAC Jersey
Flyers, Club Fit NJ, Kingston Swim Club,
Lifetime, Wave NJ, Albany Starfish, Pacer
Aquatic Club
Sanction #221017**

MWDA and Washingtonville Seahawks Heats and Treats Distance Session October 29/30, 2022

- Sanction:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #
- Location:** Valley Central High School 1175 NY-17K, Montgomery, NY 12549
- FACILITY:** 25-yard pool with 8 lanes with non-turbulent lane lines. There is seating for available for spectators. Colorado electronic timing system and the 8 - line scoreboard will be used. the pool **has not been** certified in accordance with Article 104.2.2c (4)
- SESSIONS:**
Session 1: 8:00 a.m. warm-up, 9:00 a.m. start, Saturday, October 29, 2022
Session 2: 1:00 p.m. warm-up 2:00 p.m. start, Saturday, October 29, 2022
Session 3: 8:00 a.m. warm-up, 9:00 a.m. start, Sunday, October 30, 2022
Session 4: 1:00 p.m. warm-up 2:00 p.m. start, Sunday, October 30, 2022
- Format:** This meet is a timed final event.
the meet will be 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.
Age on October 29, 2022 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 meet referee of any disability prior to the competition.
- Entries:** All athletes are limited to three (3) individual events.
Deck entries will not be accepted.
NT entries will not be accepted except for host teams
Hy-Tek entries will be accepted. An entry summary with a signed waiver must be received by October 18, 2020
- U.S. mail Entries/Payment to: MWDA
PO Box 219
HARRIMAN, NY 10926
- Email Entries/Confirm Entry Receipt: MWDAENTRIES@GMAIL.COM
if sending Express Mail, please sign the waiver on the front.
- DEADLINE:** 1: The final entry deadline for this meet is October 18, 2022
2: All Metro team Entries will be entered in the order they were received, as space allows until 9/17/20 and all entries from other LSC's will be entered in the order they were received after 9/20/20, as space allows.
- ENTRY FEE:** An entry fee of \$7.00 per individual event must accompany the entries. Athlete Surcharge \$5.00
Make check payable to: **Monroe Woodbury Devilfish Aquatics**
Payment must be received by 10/29/22 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.
- WARM-UP:** General warm-up with assigned lanes for the first 30 minutes. Sprint lanes and general lanes will be available for the remaining 15 minutes. Lane assignments will be distributed along with the scratch sheet for each session.

- 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 events 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:** **Regular Sessions:**
Awards will be given in all events for 1st through 8th places to each age group.
- OFFICIALS:** **Meet Referee: Jennifer Payne 1 (917) 359-6728 Jen@paynecentral.com**
Officials wishing to volunteer should contact Meet Referee by **October 18, 20**
Admin Official: Ethan Fergus
- MEET DIRECTORS:** **Ethan Fergus 845.222.0814**
- 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.
Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.
- SAFETY:** 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”
- Water DEPTH:** USA 2011 - 202.3.7 “The meet announcement shall include information about water depth measured for a distance of 3 feet 3 1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls.”
Shallow End: 1.0 Meter = 3’10” 5.0 Meters = 4’ 1”
Deep End : 1.0 meter = 12’7” 5.0 Meters= 11’10”
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Valley Central School District, Washingtonville Seahawks and MWDA, 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 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 UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

Audio/Visual Statement	Use of Audio or Visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms or behind starting blocks - 202.3 and 202.4. “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 Changing is prohibited
MAAP 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 condition of participation in the conduct of this competition.
ADMISSION:	\$5 per session adults. Kids Free. Programs \$3.00
MERCHANTS:	Swimsuits, bags, towels, goggles and apparel will be available on site. Hot and Cold dishes, snacks, desserts, and beverages will be available for purchase.
PARKING:	There is ample free parking at the high school. The pool is located at the rear of the high school.
DIRECTIONS:	From East/West; Take I-84 to exit 5 (Maybrook). Get off at exit 5 and turn onto route 208 north. Proceed about 1.2 miles and turn left onto Route 17K West. Once on 17K, proceed about 1.0 mile to Valley Central High School on the left. (1175 RT-17K Montgomery, NY 12549).

MWDA and Washingtonville Seahawks

Heats and Treats Invitational October 29/30, 2022

ORDER OF EVENTS

Session 1
Saturday AM
October 29, 2022
Warm-ups: 8:00 AM
Start: 9:00 AM

Session 2
Saturday PM
October 29, 2022
Warm-ups: 1:00 PM
Start: 2:30 PM

Girls Event#	Age Group Event	Boys Event#
1	10 and Under 50 yd. Freestyle	2
3	13 - 14 200 yd. Freestyle	4
5	10 and Under 100 yd. Breaststroke	6
7	13 - 14 100 yd. Breaststroke	8
9	8 and under 25 yd. Backstroke	10
11	10 and Under 100 yd. Backstroke	12
13	13 - 14 100 yd. Backstroke	14
15	10 and Under 50 yd. Butterfly	16
17	13-14 200 yd. Butterfly	18
19	10 and Under 200 yd. IM	20
21	13 - 14 100 yd. Freestyle	22
23	10 and Under 200 yd. Freestyle Relay	24
25	13 - 14 200 yd. Med Relay	26

Girls Event#	Age Group Event	Boys Event#
27	11-12 50 yd. Freestyle	28
29	15 and over 200 yd. Freestyle	30
31	11-12 100 Breaststroke	32
33	15 and over 100 yd. Breaststroke	34
35	11-12 50 yd. Backstroke	36
37	15 and over 200 yd. Backstroke	38
39	11-12 100 yd. Butterfly	40
41	15 and over 100 yd. Butterfly	42
43	11-12 200 yd. IM	44
45	15 and over 100 yd. Freestyle	46
47	11-12 200 yd. Freestyle Relay	48
49	15 and over 200 yd. Med. Relay	50

Session 3
Sunday AM
October 30, 2022
Warm-ups: 8:00 AM
Start: 9:00 AM

Girls Event #	Age group Event	Boys Event #
51	10 and under 50 yd Breaststroke	52
53	13-14 200 yd. Breaststroke	54
55	10 and under 100 yd IM	56
57	13-14 200 yd. IM	58
59	8 and under 25 yd. Freestyle	60
61	10 and under 100 yd. Freestyle	62
63	13-14 50 yd. Freestyle	64
65	10 and under 50 yd Backstroke	66
67	13-14 200 yd. Backstroke	68
69	10 and under 100 yd Butterfly	70
71	13-14 100 yd. Butterfly	72
73	10 and under 200 yd. Freestyle	74
75	13-14 200 yd. Freestyle Relay	76
77	10 and under 200 yd. Med. Relay	78

Session 4
Sunday PM
October 30, 2022
Warm-ups: 1:00 PM
Start: 2:00 PM

Girls Event #	Age Group Event	Boys Event #
79	11-12 50 yd. Breaststroke	80
81	Open 200 yd. Breaststroke	82
83	11-12 100 yd IM	84
85	15 & Over 200 yd. IM	86
87	11-12 100 yd Freestyle	88
89	15 & Over 50 yd. Freestyle	90
91	11-12 100 yd. Backstroke	92
93	15 & Over 100 yd. Backstroke	94
95	11-12 50 yd. Butterfly	96
97	Open 200 yd. Butterfly	98
99	11-12 200 yd. Freestyle	100
101	15 & Over 200 yd. Freestyle Relay	102
103	11-12 200 yd. Med. Relay	104



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_____