



Barracudas



YMCA OF MIDDLETOWN



**MWDA AND
BARRACUDAS
Swim Team**



Heats and Treats

**Invitational Distance Session October 24, 2025
Invited Teams: 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, Madison Area YMCA
Sanction #25106-DST**

MWDA and Barracudas Swim team Heats and Treats Distance Session October 24, 2025

- Sanction:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #25106DST
- Location:** Minisink Valley High School Pool 2320 Rte. 6 Slate Hill, NY 10973
- 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 competition courses not been certified in accordance with Article 104.2.2C (4).
- SESSIONS:** Session 1: 4:30 p.m. warm-up, 5:15 p.m. start, Friday, October 24, 2025
- 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. 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 10/24/25 will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to enter and participate. Contact the meet director if you need special consideration. 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 three (3) individual events.
Deck entries will not be accepted.
NT entries will not be accepted except for host teams
An entry summary with a signed waiver must be received by
October 17, 2025**
- 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:** **Entries must be received by:** October 18, 2025
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 **\$10.00** per individual event must accompany the entries. Athlete Surcharge \$5.00
 Make check payable to: **Monroe Woodbury Devilfish Aquatics**
 Payment must be received by 10/24/25 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:** **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:** JEN BANCROFT rivertownreferee@gmail.com (917) 359-6728
 Officials wishing to volunteer should contact Meet Referee by **October 18, 2023**
Admin Official: Ethan Fergus
- MEET DIRECTORS:** Ethan Fergus 845.222.0814 poseidonselite@gmail.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 available to athletes participating in the meet.**
- 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”
The competition course has not been certified in accordance with 104.2.2C(4)
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Minisink Valley Central School District, 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	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
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 the NYS Thruway North take Exit 16 to Route 17 West. Follow Route 17 West to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. The Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field. From the NYS Thruway South exit at Route 84 West. Follow Route 84 West to Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past S Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field. From Route 84 take Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the football field.

**MWDA AND Washingtonville Seahawks
Heats and Treats Invitational Distance Session October 24, 2025**

ORDER OF EVENTS

Session 1
Friday PM
October 24, 2025
Warm-ups: 4:30 PM
Start 5:15 PM

Girls Event #	Age Group Event	Boys Event #
1	Open 400 yd. Ind. Medley	2
3	Open 500 yd. Freestyle	4
5	Open 1650 yd. Freestyle	6

The 1650 will be swam Fastest to slowest alternating girls/boys. You must provide your own timer



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 _____