

**FLUSHING YMCA BIG APPLE CLASSIC**  
**NOVEMBER 14, 15, 16, 2025**  
**SANCTION # 251113**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #251113
- LOCATION:** FLUSHING YMCA
- FACILITY:** Six lanes, 25 yards, Colorado Timing, Keifer lanes, Paragon Starting Blocks, Six lane Scoreboard. The pool 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. 14, 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, ALL METRO TEAMS ARE INVITED TO THIS MEET
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. All Metro teams are invited. 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. All Metro teams are invited to this meet.  
Age on November 14, 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 four individual events and one relay per day entries will be accepted on a first come, first served basis. E mail Hy-Tek file is the preferred method of entry.  
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](mailto:FINKFLY33@AOL.COM)  
Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries
- DEADLINE:** 1: All Metro teams are invited to this meet.  
2: The entry deadline for this meet is November 2<sup>nd</sup>  
  
An email confirming receipt of entries will be sent if you provide an email contact. Please contact 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 entry must accompany the entries. Make check payable to: FLUSHING YMCA. Payment must be received by NOVEMBER 14<sup>th</sup> 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, no assigned lanes except for sprints
- 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.
- TIME TRIALS:** Will not be available
- 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. Coaches may use the bathroom located in the Lifeguard office on the pool deck or the Adult locker room.

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|----------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Deck Changes:</b> | Deck changes are prohibited                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>AWARDS:</b>       | 12 & under individual medals 1 <sup>ST</sup> – 3 <sup>RD</sup> , ribbons 4 <sup>TH</sup> – 6 <sup>TH</sup> , relay ribbons 1 <sup>ST</sup> – 3 <sup>RD</sup> . High point individual awards for 10 & under and 11-12 girls and boys, 1 – 3.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>OFFICIALS:</b>    | Meet Referee: Annie Fosteris <a href="mailto:apfosteris@gmail.com">apfosteris@gmail.com</a><br>Officials wishing to volunteer should contact Meet Referee by NOVEMBER 3 <sup>rd</sup><br>Admin Official – Kris Tilas, <a href="mailto:Kristilas@hotmail.com">Kristilas@hotmail.com</a> , Richard Finkelstein, <a href="mailto:finkfly33@aol.com">finkfly33@aol.com</a><br>Cathy Sepic Jojo Chan                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>MEET DIR:</b>     | Richard Finkelstein <a href="mailto:finkfly33@aol.com">finkfly33@aol.com</a>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>MAAPP Policy:</b> | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |
| <b>RULES</b>         | <p>The current USA Swimming Rules and Regulations will apply.<br/>The USA Swimming Code of Conduct is in effect for the duration of the meet.<br/>The overhead start procedure may be used at the discretion of the meet Referee.</p> <p>The YMCA is a smoke free facility. No food or glass of any kind permitted in pool area or balcony.<br/>Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration form to the Meet Director before commencing activity. Forms are available on Metro Swimming web site and from the Meet Director.<br/>“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.”</p>                                                                                                                                                                                                           |
| <b>SAFETY:</b>       | <p>Metropolitan Swimming 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.<br/>“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.<br/>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.”<br/>There will be lifeguards on duty for the duration of the meet. There is an AED device available at the front entrance of the YMCA and there are emergency alarms on the pool deck.</p> <p>All swimmers must wear footwear when leaving the pool deck to sit in the balcony or go to the locker rooms. Therefore they must wear footwear when leaving the balcony to go down to the pool deck.</p> |
| <b>WATER DEPTH:</b>  | <p>Diving end water depth – 12 feet at 1 meter, 8 feet at 15 meters<br/>Shallow end water depth – 4 feet at 1 meter, 10 feet at 15 meters</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                           |
| <b>DISCLAIMER:</b>   | Upon acceptance of his/her entries, the participant waives all claims against the YMCA OF GREATER NY, THE FLUSHING YMCA, FLUSHING Y 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 any liabilities or claims for damages arising by reason of injuries or property loss to anyone during the conduct of the event.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>AUDIO/VISUAL:</b> | Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. Use of Audio or visual recording devices is not permitted behind the blocks. Wi fi may be available.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  |
| <b>ADMISSION:</b>    | \$5 for 18 & over. Programs will be available for purchase.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |
| <b>PARKING:</b>      | Parking may be available for certified coaches in the YMCA parking lot. Obtain parking pass from the front desk if requested. Spectators and swimmers use street parking or underground parking garages on 37 <sup>TH</sup> OR 39 <sup>TH</sup> Ave. between Union St. and Bowne St                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |

**MERCHANTS:** REFRESHMENTS WILL BE AVAILABLE FOR PURCHASE, SWIM VENDOR MAY BE AVAILABLE

**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. Coaches must show their current U.S.A. membership card to pick up meet packet. Only currently certified coaches are allowed on deck. Swimmers are not allowed to use the Adult locker rooms.

**Spectators/Swimmers/Coaches:** Spectator seating will be provided in the balcony. When capacity is reached, additional spectators may view meet via TV in the main lobby.

**Swimmers will be seated on deck and in the pool balcony.** Pool deck will include swimmers, timers, coaches, marshals and lifeguards. No smoking allowed in the building.

Swimmers at the Flushing Y Big Apple Classic will be seated on deck and in the pool balcony. We will be following current NYC DOH, US Swimming and YMCA Covid guidelines. Volunteer 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.

**Spectators are NOT permitted to congregate behind the glass partitions and will be asked to leave that area.**

**DIRECTIONS:** The address of the YMCA is 138-46 Northern Blvd. Please use any GPS, google maps, waze, etc. that you are comfortable with. The parking lot is located on 37<sup>th</sup> Ave between Bowne St and Union St. 37<sup>th</sup> Ave is one way from Bowne St to Union St.

**"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 14                                         |       | Session #1 Warm up 5:00 PM, Start 6:00 PM |      |         |  |
|-------------------------------------------------------|-------|-------------------------------------------|------|---------|--|
| Event #                                               | Girls | Event                                     | Boys | Event # |  |
| 1                                                     | NCT   | 13-14 200 Breaststroke                    | NCT  | 2       |  |
| 3                                                     | NCT   | Open 200 Breaststroke                     | NCT  | 4       |  |
| 5                                                     | NCT   | 13-14 200 Freestyle                       | NCT  | 6       |  |
| 7                                                     | NCT   | Open 200 Freestyle                        | NCT  | 8       |  |
| 9                                                     | NCT   | 13-14 100 Butterfly                       | NCT  | 10      |  |
| 11                                                    | NCT   | Open 100 Butterfly                        | NCT  | 12      |  |
| 13                                                    | NCT   | 13-14 400 IM                              | NCT  | 14      |  |
| 15                                                    | NCT   | Open 400 IM                               | NCT  | 16      |  |
| 17                                                    | NCT   | Open 200 Free Relay                       | NCT  | 18      |  |
| 19                                                    | NCT   | Open 1000 Freestyle **                    | NCT  | 20      |  |
| ** 1000 limited to 3 heats of girls & 3 heats of boys |       |                                           |      |         |  |

**Saturday Nov. 15: Session #2 Warm-up 7:00am Start 8:00am**

| <u>Event#</u> | <u>Girls</u> | <u>Event</u>           | <u>Boys</u> | <u>Event#</u> |
|---------------|--------------|------------------------|-------------|---------------|
| 21            | NCT          | 11-12 200 IM           | NCT         | 22            |
| 23            | NCT          | 13-14 200 IM           | NCT         | 24            |
| 25            | NCT          | 11-12 100 Freestyle    | NCT         | 26            |
| 27            | NCT          | 13-14 50 Freestyle     | NCT         | 28            |
| 29            | NCT          | 11-12 50 Backstroke    | NCT         | 30            |
| 31            | NCT          | 13-14 100 Backstroke   | NCT         | 32            |
| 33            | NCT          | 11-12 100 Breaststroke | NCT         | 34            |
| 35            | NCT          | 13-14 100 Breaststroke | NCT         | 36            |
| 37            | NCT          | 11-12 50 Butterfly     | NCT         | 38            |
| 39            | NCT          | 13-14 500 freestyle    | NCT         | 40            |
| 41            | NCT          | 11-12 200 Medley Relay | NCT         | 42            |
| 43            | NCT          | 13-14 200 Medley Relay | NCT         | 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. 15: Session #3 Warm-up 1:00 Start 2:00**

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

**Sunday Nov. 16****Session #4 Warm-up 7:00am, Start 8:00am**

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

| Sunday Nov. 16 |              | Session #5 Warm-up 1:00, Start 2:00 |             |               |
|----------------|--------------|-------------------------------------|-------------|---------------|
| <u>Event#</u>  | <u>Girls</u> | <u>Event</u>                        | <u>Boys</u> | <u>Event#</u> |
| 91             | NCT          | 9-10 200 Free                       | NCT         | 92            |
| 93             | NCT          | Open 200 Butterfly                  | NCT         | 94            |
| 95             | NCT          | 9-10 50 Backstroke                  | NCT         | 96            |
| 97             | NCT          | Open 100 Free                       | NCT         | 98            |
| 99             | NCT          | 9-10 100 Fly                        | NCT         | 100           |
| 101            | NCT          | Open 200 Back                       | NCT         | 102           |
| 103            | NCT          | 9-10 50 Free                        | NCT         | 104           |
| 105            | NCT          | Open 400 Free Relay                 | NCT         | 106           |
| 107            | NCT          | 9-10 100 Breast                     | NCT         | 108           |
| 109            | NCT          | 9-10 200 Free Relay                 | NCT         | 110           |
| 111            | NCT          | Open 1650 Freestyle***              | NCT         | 112           |

**\*\*\* 1650 MAY BE LIMITED TO 1 HEAT OF GIRLS & BOYS.**

**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.



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.**

**Policy:** Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

**Notes:**

The above policy will be published in meet announcements and programs.

It is the Meet Director's responsibility to have forms available at the meet.

The Meet Director should check the actual ID against entry on form, and keep a file of submitted forms.

The intent is to promote accountability and to give Meet Directors and Referees a tool for managing concerns about photographers. Teams should consider providing a lanyard indicating that the photographer is registered.

See form, below.



## Metropolitan Swimming

### Photographer Registration Form

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\_\_\_\_\_