

FLUSHING YMCA DISTANCE MEET
OCTOBER 2, 2021
SANCTION #21

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #21
- 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)
- SESSIONS:** Saturday, OCT. 2, 5:45AM WU, 6:30AM START.
- FORMAT:** TIMED FINALS
DECK SEEDED
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers that are current team members of a YMCA of Greater NY branch..
All swimmers participating in this meet must be registered by the first day of the meet.
Age on OCTOBER 2, 2021 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 the meet referee of any disability prior to the competition.
- ENTRIES:** SWIMMERS MAY SWIM ONE INDIVIDUAL EVENT
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
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis for entries received by SEPTEMBER 24TH.
2: The final entry deadline for this meet is SEPTEMBER 24th.

An email confirming receipt of entries will be sent if you provide an email contact. Please contact Meet Director if you do not receive within 2 days of your original email.
- ENTRY FEE:** An entry fee of \$7 PER event must accompany the entries.
1650 - NO CHARGE BUT YOU WILL HAVE TO PROVIDE YOUR OWN TIMER.
Make check payable to: FLUSHING YMCA.
Payment must be received by OCTOBER 2nd 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:** METRO WARM UP GUIDELINES WILL BE FOLLOWED. ADJUSTMENTS MAY BE MADE TO ENSURE A SAFE AND PROPER WARM UP.
- SCRATCHES:** No scratches. Meet will be pre-seeded
- TIME TRIALS:** May 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.
- AWARDS:** No awards for this meet
- OFFICIALS:** Meet Referee: Annie Fosteris apfosteris@gmail.com

Officials wishing to volunteer should contact Meet Referee by SEPTEMBER 24TH

Admin Official – Kris Tilas – kristilas@hotmail.com

RICHARD FINKELSTEIN 516-538-3324 FINKFLY33@AOL.COM

**MEET
DIRECTOR:**

**RULES &
Policy:**

The current USA Swimming Rules including the Minor Athlete Abuse Prevention Policy and Regulations will govern this meet. 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. "Deck changes are prohibited". The YMCA is a smoke free facility. No food or glass of any kind permitted in pool area or balcony.

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 Metro Swimming web site as well as Meet Director.

"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."

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.

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:

Diving end water depth – 12 feet at 1 meter, 8 feet at 15 meters

Shallow end water depth – 4 feet at 1 meter, 10 feet at 15 meters

DISCLAIMER:

Upon acceptance of his/her entries, the participant waives all claims against the YMCA OF GREATER NY, 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.

AUDIO/VISUAL:

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks

ADMISSION:

No admission

MERCHANTS:

NO REFRESHMENTS

PARKING:

PARKING MAY BE AVAILABLE FOR CERTIFIED COACHES IN THE YMCA LOT. PLEASE OBTAIN PARKING PASS FROM FRONT DESK. SPECTATORS AND SWIMMERS USE STREET PARKING OR THE MUNICIPAL LOT ACROSS THE STREET FROM THE REAR ENTRANCE TO THE Y.

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.

Scratches: No scratches. Events will be preseeded.

Entry Note: Swimmers limited to 1 individual events Age as of Oct 2nd, 2021.

Timers: Colorado touch pad system will be in place. All timers MUST wear face covering.

Spectators/Swimmers/Coaches: NO spectator seating will be provided on deck in the balcony. Spectators may view meet from behind the glass doors or via TV in the main lobby. **Swimmers will be seated on deck and in the pool balcony while they await their events.** Three coaches only per team on deck at a time. Pool deck will include swimmers, timers, coaches, marshals and lifeguards. No smoking allowed in the building.

All swimmers, parents, members, guests, coaches and officials age 12 and over must show proof of vaccination or medical or religious exemption to enter the building. Anyone under the age of 12 must wear a mask at all times except when in the water.

All swimmers at the Flushing Y distance meet will be seated on deck 6 ft apart and seats will be marked. Additional swimmers will be seated in the pool balcony if necessary 6 ft apart. Swimmers will line up on side of pool deck one heat in advance and then be escorted to their lanes maintaining social distancing. We will be following NYC DOH, US Swimming and YMCA Covid guidelines. Spectators will be allowed 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 RETURN THIS SHEET, SIGNED, ALONG WITH YOUR ENTRIES AND KEEP A COPY FOR YOUR RECORDS.

SUGGESTED DIRECTIONS: From Eastern Long Island - L.I.E. to Cross Island Pkwy. North (follow towards Whitestone Expy). Exit at Linden Place. Make a left at the light (Linden Pl). Follow about 5 blocks to 35th Ave. Make left onto 35th Ave. Go 1 block to Leavitt St. Make right. Go 1 block to Northern Blvd. Make right onto Northern Blvd and then immediate left turn/U-Turn before Linden Place. The YMCA will be on your right after Union St.

From Triboro Bridge - Take Grand Central Pkwy to Northern Blvd/Shea Stadium exit. Follow signs to Northern Blvd. YMCA will be about one mile on the right.

From Whitestone Bridge - Stay to right when coming off bridge. Exit at Linden Place and follow as above.



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_____