



**NYSA Holiday Classic – Trials and Finals
December 7-8, 2024
Lehman College, Apex Center
250 Bedford Park Blvd W
New York, NY 10468
Sanction # 241203**

Invited Teams: AGUA, APEX, AQRC-NJ, BAD, BB-NJ, BBSC, BGNW, BMA-NJ, CAT-NJ, CENT, CFB, CFJV, COND, CSC, CSD, DA, DESC-NJ, DVWM, EAST, EHY, ESC-NJ, FAST, FREE, GAEL, HAA, HAWKS, HCY-NJ, HS, HVD, HYB, IA, JFAC, KBM, KDS, LBA, LGAC, LIAC, LIE, LS, LSA, MAKO, MPNY, MWDA, NBS, NDAC, NJB-NJ, NRYS, NYAC, NYCC, PATS, QNS, RAC, RFAC, RY-NJ, SCY-NJ, SHY, SMC, SPAR, SS, SSC, SSCT-NJ, SSL, ST, SWAG, SWIM70-CT, TMID, TRS, TS, TSC, VAC, WAC, WAV-NJ, WEST, WSA, WSSC, WYF-NJ, YFD, MAY-NJ

Additional teams that would like to be added to the invitation can email the meet director at newyorksharksentries@gmail.com

NYSA Holiday Classic

December 7-8, 2024

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 241203

LOCATION: Lehman College, Apex Center
250 Bedford Park Blvd W
New York, NY 10468

FACILITY: 50-meter pool with 7-foot lanes and non-turbulent lane lines. Shallow end of pool will be used for continuous warm up and warm downs. Daktronics electronic timing system and an 8-line scoreboard. The competition course has not been certified in accordance with Article 104.2.2C (4).

SESSIONS:	Session 2 Saturday Trials	7:30 Warm up / 8:30 Start
	Session 3 Saturday 10 & Under	1:00 Warm up / 2:00 Start
	Session 4 Saturday Finals	4:00 Warm Up / 5:00 Start
	Session 5 Sunday Trials	7:30 Warm Up / 8:30 Start
	Session 6 Sunday 10 & Under	1:00 Warm Up / 2:00 Start
	Session 7 Sunday Finals	4:00 Warm Up / 5:00 Start

FORMAT: ***Trials and Finals for 11 and Over Swimmers*** – Top 16 will return for Finals. Scratches will be due for all finals events within 30 minutes of the event ending. Swimmers who do not scratch, and do not show up to finals, will be removed from the meet. Host team reserves the right to combined b-finals with other b-finals, a-finals with a-finals, but no b-finals with a-finals. ***11 & over 400 IM/500 FR will swim as timed finals at finals for the top 16 entries***, there will be no prelims for these events. Only 16 entries for each age group will be allowed to swim based on entry times. Positive check-in will be required for these events, a standby list will also be created.
Timed Finals for 10 and Under Swimmers.
The meet will be deck seeded.
High Point awarded for each age group.

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 **December 7, 2024** 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 enter up 4 events per session on Saturday / Sunday. NT's will NOT be accepted. The host club reserves the right to keep their swimmers in the meet.

We will accept 2.5 hours of entries for the 10 and Under sessions.

U.S. Mail Entries/Payment to:
NYSA Goshen
C/O Cathy Sommer
15 Peters Terrace
Monroe NY 10950

Email Entries/Confirm Entry Receipt: newyorksharksentries@gmail.com
Please note: Sign express mail waiver allowing delivery without signature.

DEADLINE: Entries must be received by: **November 24, 2024**
Metro entries received between 11/19/24 and 11/24/24 will be entered in the order they are

received as space allows. Entries from other LSCs will be entered in the order they were received as space allows.

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: A per swimmer facility surcharge of **\$20.00** and an entry fee of **\$10.00** per individual timed final and **\$15.00** per event for all Prelims / Finals events, Entry fees must accompany the entries

Make check payable to: **New York Sharks Aquatics Goshen**

Payment must be received by **December 7, 2024** 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: **Warm-up lanes and times will be assigned by the host team. Warm-up schedules will be posted around the pool area. Coaches are responsible for enforcing feet first entry during warm-ups and supervision of swimmers. No diving is permitted except in designated sprint lanes.**

Please note the Finals Warmup will start in the non-competition pool on Saturday & Sunday. At the conclusion of the 10 and Under Session we will also open up the competition pool for warm up.

SCRATCHES: Coaches will be given scratch sheets upon check-in for timed final and prelim sessions. Coaches must present current coach credentials in order to receive team scratch sheets. All scratches are due no later than 45 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.

Swimmers will have 30 minutes from the announcement of results to declare their intent to scratch finals.

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: **Ribbons will be awarded to ages 11-18 for places 1st – 8th only. Medals will be given to the top three 10 and under swimmers, ribbons 4-8th.**
Coaches must pick up their team awards at the end of the meet. Awards will not be mailed.

OFFICIALS: **Meet Referee: Ron Sommer (2sommer@2sommer.net)**
Officials wishing to volunteer should contact the Meet Referee by **November 23, 2024.**

ADMIN. OFFICIAL: **Administrative Official: Cathy Sommer (newyorksharksentries@gmail.com)**

MEET DIRECTOR: **Cathy Sommer (newyorksharksentries.@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 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 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.

Safety staff/equipment will include lifeguard supervision, EMT, and AED device available to athletes

participating in the meet.

All swimmers must wear footwear upon leaving the pool area.

Food available is not guaranteed to be free from allergens. Please inquire before consuming.

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: **Start End: 1 meter 13' 0"; 5 meters 12' 0"; Turn End: 1 meter 3' 6"; 5 meters 4'0"**

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Lehman College, New York Sharks Aquatics Goshen Inc**, 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.

Grievances (disputed finishes, etc.) must be made to the Meet Referee who will have the final say. It is each team's responsibility to make sure their swimmers are on time to be seeded.

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.

ADMISSION: **\$10.00 Admission per session.**
Meet Programs available (while supplies last) for \$5.00 per session.
All spectators are encouraged to use the Meet Mobile App in conjunction with the free wifi provided by the facility. Electronic Heat Sheets will be made available for free on the Meet Mobile app.

MERCHANTS: Ultimate Swim Shop will be available at this event.

PARKING: \$10 fee based (cash) parking provided through Lehman College at College supervised lot. (100 yards from Apex Center). Street parking limited and is pay by the hour.

DIRECTIONS: TO LEHMAN COLLEGE APEX Bedford Park Boulevard between Goulden and Paul Aves.

BY SUBWAY: Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street.

BY BUS: FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.

BY CAR: Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right. Via Saw Mill River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway

underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.

**Saturday AM Prelim Session 7:30 am Warm up / 8:30am Start
 Finals PM Session 4:00pm Warm up/5:00pm Start
 (400 IM Finals ONLY)**

Female Event Number	Event Description	Male Event Number
1	11 – 12 200 Backstroke	2
3	15 – 18 200 Freestyle	4
5	13 – 14 200 Freestyle	6
7	11 – 12 200 Freestyle	8
9	15 – 18 100 Backstroke	10
11	13 – 14 100 Backstroke	12
13	11 – 12 100 Backstroke	14
15	15 – 18 100 Breaststroke	16
17	11-12 200 Individual Medley***	18
19	13 – 14 100 Breaststroke	20
21	11 – 12 100 Breaststroke	22
23	15 – 18 100 Butterfly	24
25	13 – 14 100 Butterfly	26
27	11 – 12 50 Butterfly	28
29	15 – 18 50 Freestyle	30
31	13 – 14 50 Freestyle	32
33	11 – 12 50 Freestyle	34
107 A	13-14 400 Individual Medley	108 A
109 A	15-18 400 Individual Medley	110 A
111 A	11-12 400 Individual Medley	112 A

Saturday Mid-Day Session 1:00 Warm Up / 2:00 Start

Female Event Number	Event Description	Male Event Number
35	10 & Under 200 Freestyle	36
37	8 & Under 25 Backstroke	38
39	9 – 10 100 Backstroke	40
41	8 & Under 25 Breaststroke	42
43	9 – 10 50 Breaststroke	44
45	8 & Under 50 Butterfly	46
47	9 – 10 100 Butterfly	48
49	8 & Under 50 Freestyle	50
51	9 – 10 50 Freestyle	52

**Sunday AM Prelim Session 7:30 am Warm up / 8:30am Start
 Finals PM Session 4:00pm Warm up/5:00pm Start
 (500 Freestyle Finals ONLY)**

Female Event Number	Event Description	Male Event Number
53	11 – 12 200 Breaststroke	54

55	15 – 18 200 Individual Medley	56
57	13 – 14 200 Individual Medley	58
59	11 – 12 100 Individual Medley	60
61	15 – 18 200 Backstroke	62
63	13 – 14 200 Backstroke	64
65	11 – 12 50 Backstroke	66
67	15 – 18 200 Breaststroke	68
69	11-12 100 Butterfly****	70
71	13 – 14 200 Breaststroke	72
73	11 – 12 50 Breaststroke	74
75	15 – 18 200 Butterfly	76
77	13 – 14 200 Butterfly	78
79	11 – 12 200 Butterfly***	80
81	15 – 18 100 Freestyle	82
83	13 – 14 100 Freestyle	84
85	11 – 12 100 Freestyle	86
113 A	15-18 500 Freestyle	114 A
115 A	13-14 500 Freestyle	116 A
117 A	11-12 500 Freestyle	118 A

Sunday Mid-Day Session 1:00 Warm Up / 2:00 Start

Female Event Number	Event Description	Male Event Number
87	9 – 10 100 Individual Medley	88
89	8 & Under 100 Individual Medley	90
91	9 – 10 50 Backstroke	92
93	8 & Under 50 Backstroke	94
95	9 – 10 100 Breaststroke	96
97	8 & Under 50 Breaststroke	98
99	9 – 10 50 Butterfly	100
101	8 & Under 25 Butterfly	102
103	9 – 10 100 Freestyle	104
105	8 & Under 25 Freestyle	106



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 _____