



**Nile Crocodile Aquatic Club**

**NCAC Third Sprint Meet**

**December 10, 2023**

Sanction # 231207

Sanction # Time Trial # 231254-TT

Invited Teams: APEX, AQRC, BAD, BGNW, BKR, CFJV, COND, FREE,  
HES, HS, KBM, LGAC, LIAC, LIFE, MAKO, MHHW, MWDA, NSCC, SIAC, SJCC (CT), YFD,

Other teams interested please contact Magdy Shokry at:

magdyshokry@hotmail.com

## NCAC Third Sprint Meet

December 10, 2023

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 231207 & 231254-TT

**LOCATION:** Yonkers Montessori School, 160 Woodlawn Avenue Yonkers, New York 10704

**FACILITY:** 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system. The pool is not certified in accordance with Article 104.2.2C (4). 10 feet in deep end, 4 feet in shallow end.

**NO SMOKING ALLOWED IN THE BUILDING.** Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building.

**SESSIONS:** Only one Session: warm-up Sunday 11:30 am Meet Starts 12:30 pm.

**FORMAT:** The 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 December 10, 2023, 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:** All Athletes are limited to enter 4 events for this session.

**Deck entries will not be accepted.**

**NT's will not be accepted**

Entries are by invite only on a first come first serve basis.

Hy-Tek Email entries will be accepted

Email Entries/Confirm Entry Receipt: [entries.magdyshokry@hotmail.com](mailto:entries.magdyshokry@hotmail.com)

An email confirming receipt of entries 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.

**DEADLINE:** Entries must be received by: November30, 2023

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.

And \$10.00 facility fee for each swimmer.

**Make check payable to: NCAC**

**Email Entries/Confirm Entry Receipt: [magdyshokry@hotmail.com](mailto:magdyshokry@hotmail.com)**

Payment must be received by December 10, 2023 for email 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 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the scratch sheet each session.

**SCRATCHES:** Coaches will be given scratch sheets upon check-in for this 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.

**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:** 1st – 8th place awards will be given to the 12&U (11-12 & 10&under) athletes in individual events.

**OFFICIALS:** Meet Referee: Flick Marinello, email: [flickdance@msn.com](mailto:flickdance@msn.com) 845-406-1103  
Officials wishing to volunteer should contact Meet Referee by December 7th, 2023

**ADMIN. OFFICIAL:** Administrative Official: [magdysbokry@hotmail.com](mailto:magdysbokry@hotmail.com)

**MEET DIRECTOR:** Michael Gonzalez. [mgonzalez@YonkersPublicSchools.ofg](mailto:mgonzalez@YonkersPublicSchools.ofg)

**Questions:** Concerning the meet will only be entertained when communicated via a certified coach on an invited team.

**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. Mark Twain pool Lifeguards and an AED are on site.

**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:** 12 feet in deep end, 4 feet in shallow end.

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against NCAC, Yonkers Montessori School, City of Yonkers &, 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 to anyone during the conduct of the meet.

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 an 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 Nile Crocodile Aquatic Club, Yonkers Montessori School, City of Yonkers

& 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. **“It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event”.**

**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 for each person in all ages.**

**Programs and heat sheets will be available on Meet Mobile.**

**MERCHANTS:** not available.

**PARKING CAPACITY:** There are Parking lot at the school, and on the streets around the school.

**DIRECTIONS:** From NY City 87 North towards Albany. Take the East 233rd Street Exit 13. Stay Straight on East 233rd Street and make 1st left onto Van Courtland Park East. Van Courtland Park east becomes Kimball Avenue. Turn Right onto Wakefield Avenue. Turn Left onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

# NCAC Third Sprint Meet

Sunday December 10, 2023

Warm-up 11:30 am Meet starts 12:30 pm

EVENTS #	EVENTS
1	MIXED 8 & Under 25 FREE
2	MIXED OPEN 100 IM
3	MIXED OPEN 50 BACK
4	MIXED OPEN 100 BREAST
5	MIXED OPEN 200 FREE
6	MIXED 8 & Under 25 FLY
7	MIXED OPEN 200 IM
8	MIXED OPEN 50 FREE
9	MIXED OPEN 100 BACK
10	MIXED OPEN 50 FLY
11	MIXED 8 & Under 25 BREAST
12	MIXED OPEN 100 FREE
13	MIXED OPEN 50 BREAST
14	MIXED 8 & Under 25 BACK
15	MIXED OPEN 100 FLY

TIME TRIALS EVENTS ARE AVAILABLE AFTER LAST EVENT.

**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 \_\_\_\_\_ last updated 11