



NDAC 2022 Butterball Distance Meet & Time Trial
Sunday November 27, 2022

Distance Sanction #: 221111
Time Trial Sanction #: 221159-T

NDAC 2022 Butterball Distance Meet

November 27, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #221111
Time Trial to be held afterward: Sanction #: 221159-T
- LOCATION:** Stephenson Gym, Bard College, Annandale NY 12504
- FACILITY:** 25 yard pool with 6 7-foot lanes; non-turbulent lane lines; Colorado electronic timing system and scoreboard
The pool has not been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1: All 1650s: Warm-ups at 7:30am - Events start at 8:00am
Session 2: 400 IM, 500 Free: Warm-ups at the conclusion of the 1650, approx. 10:00am; Events start 30 min. later, approx at 10:30am
Coaches will be notified of Session 2 start time in advance of meet based on Session 1 entries
Time Trial (Session 3): For 10&unders to swim 200Free or 200IM; estimate start time 11:30am
Coaches will be notified of Session 3 start time in advance based on earlier entries
- FORMAT:** Timed Finals; Slow to Fast standard pre-seed seeding, except for 1650Free which will be seeded fastest to slowest
Metro LSC scratch rules will be in effect
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet. No deck registrations will be accepted.
Age on **November 27, 2022** will determine age for the entire meet.
No Time or NT entries are accepted since these will be new events to many swimmers
No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302 of the USA Swimming Rulebook
- 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:** Entries will be accepted on first-come, first-serve basis and may be limited based on both session time and covid capacity constraints
U.S. Mail Entries/Payment to: NDAC, PO Box 440, Red Hook NY 12571
Email Entries/Confirm Entry Receipt: ndacentries@yahoo.com
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by October 31, 2022 to be given priority
2: The final entry deadline for this meet is November 21, 2022
3: Metro entries received between October 31, 2022 and November 21, 2022 and all entries from other LSC's 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 Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of \$5.00 per individual event must accompany the entries.
Make check payable to: Northern Dutchess Aquatic Club (NDAC)
Payment must be received by Nov 26, 2022 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:** Assigned Warm-up procedures will be in effect
- SCRATCHES:** Scratch sheets, to be returned to the meet desk ½ hour before the start, will be handed to the coaches at the meet. Coaches will be asked to positively confirm 1650 swimmers at least 24 hours in advance of the meet.
- 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:** None
- OFFICIALS:** Meet Referee: Annette Mackrel; Annette@annettemackrel.com; 845-853-5937
Officials wishing to volunteer should contact the Meet Referee.
- ADMIN. OFFICIAL:** Frank Seldin; ndacentries@yahoo.com; 201-314-2073
- MEET DIRECTOR:** Frank Seldin; ndacentries@yahoo.com; 201-314-2073
- 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:** All swimmers must wear footwear upon leaving the pool area. 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.
- 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:**
Turn end: The water depth at 1.0 meter from wall is 4 feet and at 5.0 meters it is 4.5 feet
Block end: The water depth at 1.0 meter from wall is 13 feet and at 5.0 meters it is 12 feet
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Northern Dutchess Aquatic Club, Bard College, 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 STATEMENT:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, behind the starting blocks.
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:** Admission is \$5 per person over 10 years of age
- MERCHANTS:** None

PARKING:

Parking lot on Annandale Road across from Stevenson Gym. Illegally parked cars will be towed at the owner's expense.

DIRECTIONS:

From points south: New York State Thruway to Exit 19 (Kingston), take Rte. 209 (changes to Rte. 199 at the Hudson River) over the Rhinecliff Bridge to Rte. 9G North, turn left onto Rte. 9G and drive north 3.5 miles- at the light, turn left onto Annandale Rd.– college is 1 mile north.
From points north: New York State Thruway to Exit 19 and proceed as from points south.

COVID DISCLAIMERS AND PROCEDURES:

COVID DISCLAIMERS:

NDAC And Bard College: NDAC and Bard College have taken enhanced health and safety measures, in accordance with the Dutchess County Board of Health, for our swimmers, volunteers, and spectators. You must follow all published, distributed, and posted instructions while attending an NDAC meet or any other NDAC event at Bard College. 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 guests with underlying medical conditions are especially vulnerable. By participating in, volunteering to support and/or attending an NDAC meet/event at Bard College, you voluntarily assume all risks related to exposure to COVID-19.

USA Swimming: 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 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 USA SWIMMING AND [INSERT THE LSC] 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 THEREWITH.

COVID-RELATED POLICIES / PROCEDURES FOR THIS MEET:

Bard College and NDAC trust that all attending this meet (swimmers, coaches, volunteers, spectators, etc) are fully up-to-date on their covid vaccines and/or have confirmed they are covid negative within 24 hours of the event. This is a trust-based requirement; there will be no check at the door.

Any swimmer, coach, volunteer, or spectator who is symptomatic of covid, has recently tested positive for covid, and/or is under quarantine due to recent exposure to covid may NOT attend this event.

Locker rooms and bathrooms are intended for bathroom use and quick changes only. Swimmers are requested to arrive at the meet prepared to swim, and remove their over-clothing and store it in their backpacks on the pool deck. Meet marshals will patrol the locker rooms in accordance with Safesport guidelines.

Any spectator or swimmer not following these rules and/or not adhering to Meet Marshal instructions will be asked to immediately leave the premises.

NDAC 2022 Butterball Distance Meet
November 27, 2022
Bard College, Annandale NY

Session 1: **1650s** – Fastest to slowest; alternating girl/boy

Warm-ups 7:30am Events: 8:00am

Maximum three fastest heats of each event (**)

Event 1: Girls Open 1650 Free
Event 2: Boys Open 1650 Free

Coaches must positively confirm that their 1650 swimmers will be attending at least 24 hours in advance of the meet and provide the Meet Director positive confirmations and scratches. This is necessary to give the most swimmers the opportunity to swim these events, and to provide timeline information for subsequent sessions to all the teams.

Session 2: **400IM & 500Free**

Warm-ups 10:00am Events 10:30am(*)

Event 3: Girls Open 400IM
Event 4: Boys Open 400IM
Event 5: Girls 12&Under 500 Free
Event 6: Boys 12&Under 500 Free

Session 3: **Time Trial** – 10&Under 200Free and 200IM

Warm-ups 11:30am Events Noon (*)

Event 7: Mixed 10&Under 200 Free
Event 8: Mixed 10&Under 200IM

(*) – Session 2 & 3 start times may shift based on # of heats of earlier sessions; coaches will be notified in advance of meet with enough time to notify swimmers / families

(**) – If more than 3 heats of each of the 1650 events are requested, NDAC will make an effort to run additional heats at the end of the meet; Coaches will be informed in advance of the meet if this is possible and what the timeline will be

Note: 1650Free swimmers will be required to provide at least one timer and a lap counter
 500Free swimmers will be required to provide a lap counter



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 _____