



**NDAC 2023 Butterball Burn Off Distance Meet
Sunday November 26, 2023**

Distance Sanction #: 231114

Time Trial Sanction #: 231159-TT

NDAC 2023 Butterball Burn Off Distance Meet

November 26, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #231112
Time Trial to be held afterward: Sanction #: 231159-TT
- LOCATION:** Stephenson Gym, Bard College, Annandale NY 12504
- FACILITY:** The Stephenson pool is a six lane 25yd competition pool with Colorado Timing System.
The competition course **has not been** certified in accordance with Article 104.2.2C (4).
- SESSIONS:** **Session 1: Distance Meet events Warm-up 7:30AM Events 8:00AM**
Additional warm-up opportunities may be added between events at the discretion of the Meet Referee
- Time Trial (Session 2): For 12&unders to swim 200F or 200IM; estimated start time 11:00AM**
Additional events may be added to TT at discretion of Meet Referee
- Session warm-up/start times subject to change at discretion of Meet Director and Meet Referee**
- FORMAT:** All events will be swum as timed finals. Positive check in for the 1650. Email the meet director by 4:00 PM Saturday, Nov 25. All other events Deck seeded with Scratch Sheets collected 30 minutes prior to the start of events. All events seeded slow-to-fast except for 1650F which will be fast-to-slow
- 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 **November 26, 2023** will determine age for the entire meet. No Time or NT entries are accepted.
- 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 entering 2 events per session. Entries will not be considered received and accepted without full payment of fees.
U.S. Mail Entries/Payment to: **NDAC, PO Box 440, Red Hook, NY 12571**
Email Entries/Confirm Entry Receipt: **Frank Seldin – Meet Director** ndacentries@yahoo.com
(use Hy-Tek formatted entry files)
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **November 14, 2023** to be given priority
2: The final entry deadline for this meet is **November 25, 2023**
3: Metro entries received between **November 14, 2023 and November 25, 2023** 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:** Entry fee is \$15 per individual event
Make check payable to: **NDAC**.
Payment must be received by **November 26, 2023** 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:** **The host team will assign warm up lanes and time slots to each team for each session. That information will be distributed a few days prior to the meet. Starts can be done at the discretion of the coach during their assigned warm-up. All swimmers must be supervised by a coach during warm-ups.**
- TIMERS:** 1650F swimmers must provide their own timer(s) and counters. Host team will provide timers for all other events. 500F swimmers must provide their own counters.
- 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 each 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:** None
- OFFICIALS:** **Meet Referee: Annette Mackrel; Annette@annettemackrel.com; 845-853-5937**
Officials wishing to volunteer should contact 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:** 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.
- Lifeguard(s) will be posted on the pool deck during all warm-ups and meet sessions.**
AED is located on the pool deck.
- 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:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
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 Bard**

College, Northern Dutchess 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 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. No visual recordings are permitted from 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.

NDAC 2023 Butterball Burn Off Distance Meet
November 26, 2023
Bard College, Annandale NY

Session 1: Distance Meet

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

Additional warm-up opportunities may be allowed between select events at the discretion of the Meet Referee

Event 1: Mixed Open 1650 Free; up to 3 fastest heats (**)

Event 2: Girls Open 400IM

Event 3: Boys Open 400IM

Event 4: Girls 12&Under 500 Free

Event 5: Boys 12&Under 500 Free

1650 swum fastest-to-slowest; all other events swum slowest-to-fastest

Session 2: Time Trial – 10&Under 200Free and 200IM

Warm-ups 10:30AM Events 11:00AM (*)

Event 6: Mixed 10&Under 200 Free

Event 7: Mixed 10&Under 200IM

Additional events may be added to TT at discretion of Meet Referee

(*) – Session 2 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 _____