



**NDAC Dec 2022 Winter Festival
Sat/Sun December 17-18, 2022**

Sanction #: 221206

Invited Teams: All Metro Teams, NJ Bergen Barracudas, NJ Barracudas, New Paltz Hawks (AD), Other teams interested please contact Frank Seldin at ndacentries@yahoo.com

NDAC Dec 2022 Winter Festival

December 17-18, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #221206
- LOCATION:** Valley Central High School Natatorium, 1175 Rt 17K, Montgomery NY 12549
- FACILITY:** 25 yard pool with 8 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: 7:30 a.m. warm-up, 9:00 a.m start, Saturday, December 17, 2022
Session 2: 1:00 p.m. warm-up 2:30 p.m. start, Saturday, December 17, 2022
Session 3: 7:30 a.m. warm-up, 9:00 a.m start, Sunday, December 18, 2022
Session 4: 1:00 p.m. warm-up 2:30 p.m. start, Sunday, December 18, 2022
- FORMAT:** Timed Finals seeding slowest to fastest
Sessions will be deck seeded
Metro LSC scratch rules will be in effect
- 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 deck registrations will be accepted.
Age on **December 17, 2022** will determine age for the entire meet.
"No Time" or NT entries are accepted
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:** Swimmers can enter up to 4 individual events plus one relay per session
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: Invited teams will be given priority on a first come/first served basis. Metro teams entries must be received by November 20, 2022 to be given priority
2: The final entry deadline for this meet is December 11, 2022
3: Metro entries received between November 20, 2022 and December 11, 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:** Entry fee of \$6.00 per individual event, \$12.00 per relay entry, plus a \$5.00 athlete surcharge
Make check payable to: Northern Dutchess Aquatic Club (NDAC)

Payment must be received by December 15, 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 will be provided to coaches upon check-in, and must be returned to the meet desk 45 minutes before the start of 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:** Awards will be given for 1st thru 8th place in all individual events
- 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:**
Shallow End: 1.0 Meter = 3'10" 5.0 Meters = 4' 1"
Deep End : 1.0 meter = 12'7" 5.0 Meters= 11'10"
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Northern Dutchess Aquatic Club, Valley Central School District, 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 \$8 per person over 10 years of age
Programs may be sold at the meet
- MERCHANTS:** Swimsuits, bags, towels, goggles and apparel will be available on site. Hot and Cold dishes, snacks, desserts, and beverages will be available for purchase.
- PARKING:** There is ample free parking at the high school. Please adhere to all indicated parking regulations or your vehicle may be ticketed or towed.
- DIRECTIONS:** From East/West; Take I-84 to exit 5 (Maybrook). Get off at exit 5 and turn onto route 208 north. Proceed about 1.2 miles and turn left onto Route 17K West. Once on 17K, proceed about 1.0 mile to Valley Central High School on the left. (1175 RT-17K Montgomery, NY 12549).
- COVID DISCLAIMER AND PROCEDURES:** 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.

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, METROPOLITAN SWIMMING, NDAC, VALLEY CENTRAL SCHOOL DISTRICT, 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.

Any spectator or swimmer or other individual attending not following the rules of this meet and/or any other USA Swimming, Metropolitan Swimming, NDAC, or Valley Central School District rules of conduct and/or not adhering to Meet Marshal instructions will be asked to immediately leave the premises.

Session 1: Saturday Dec 17 AM
Warm-up 7:30am Events 9:00am

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
1	12&Under	200 Free	2
3	9-10	50 Fly	4
5	11-12	100 Fly	6
7	9-10	100 Back	8
9	11-12	50 Back	10
11	9-10	50 Breast	12
13	11-12	100 Breast	14
15	9-10	50 Free	16
17	11-12	50 Free	18
19	9-10	200 Medley Relay	20
21	11-12	200 Medley Relay	22

Session 2: Saturday Dec 17 AM
Warm-up 1:00pm Events 2:30pm

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
23	8&under	100 Free	24
25	Open	200 Free	26
27	8&under	25 Fly	28
29	Open	100 Fly	30
31	8&under	50 Back	32
33	Open	200 Back	34
35	8&under	25 Breast	36
37	Open	100 Breast	38
39	8&under	50 Free	40
41	Open	50 Free	42
43	8&under	100 Medley Relay	44
45	13-14	200 Medley Relay	46
47	Open	200 Medley Relay	48
49	Open	500 Free	50

Note: Swimmers in the 500Free must provide their own counters

Session 3: Sunday Dec 18 AM
Warm-up 7:30am Events 9:00am

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
51	12&Under	200IM	52
53	9-10	100 Fly	54
55	11-12	50 Fly	56
57	9-10	50 Back	58
59	11-12	100 Back	60
61	9-10	100 Breast	62
63	11-12	50 Breast	64
65	9-10	100 Free	66
67	11-12	100 Free	68
69	9-10	200 Free Relay	70
71	11-12	200 Free Relay	72

Session 4: Sunday Dec 18 PM
Warm-up 1:00pm Events 2:30pm

<u>Girls</u>	<u>Age</u>	<u>Event</u>	<u>Boys</u>
73	8&under	100IM	74
75	Open	200 IM	76
77	8&under	50 Fly	78
79	Open	200 Fly	80
81	8&under	25 Back	82
83	Open	100 Back	84
85	8&under	50 Breast	86
87	Open	200 Breast	88
89	8&under	25 Free	90
91	Open	100 Free	92
93	8&under	100 Free Relay	94
95	13-14	200 Free Relay	96
97	15-18	200 Free Relay	98
99	Open	400IM	100



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 _____