

2022 MR-NDAC SPRINT / PENTATHLON

At Stevenson Athletic Center, Bard College

October 9, 2022

Sanctioned by USA Swimming thru Metropolitan Swimming, Inc.

Sanction # SCY 221014

Invited Teams: The following Metro teams are invited until the session has met the maximum either via timeline or capacity as required by NYS Regulations:

MR-RFAC, MR-MWDA, MR-HVD, AD-DELM (Delmar Dolphins), NE-SNAP (Snapper Swim Club)

Other Teams: Please contact Frank Seldin at treasurer@ndac.us for an invite based on availability.

2022 MR NDAC SPRINT / PENTATHLON

October 9, 2022

Bard College, Annandale NY

Sanction: Held under the sanction of USA Swimming, Inc. and Metropolitan Swimming, Sanction **SCY 221014**

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.

Host: Northern Dutchess Aquatics Club (MR-NDAC)

Place: Bard College, Stevenson Gymnasium, Annandale, NY; 6 Lane Short Course, 25 Yard Pool.

Colorado electronic timing system using Hy-Tek Meet Manager software

The competition course has not been certified in accordance with 104.2.2C(4).

Pool Depths:

Depth of Pool at One (1) Meter 10'8" and Five (5) Meters 9'9" from Start End of Pool.

Depth of Pool at One (1) Meter 3' 4" and Five (5) Meters 4' 0" from Turn End of Pool.

Time:

Sunday, October 9, 2022

One session: Warmup 7:30 AM, Events begin at 9:00 AM

Meet Director: Frank Seldin, 201-314-2073, treasurer@ndac.us

Meet Referee: Annette Mackrel, 845-853-5937, annette@annettemackrel.com

Meet Entry Coordinator: Frank Seldin, 201-314-2073, treasurer@ndac.us

Format:

This is a Timed Finals Meet. This meet will be Pre-Seeded; NO SCRATCHES, NO CHANGES will be permitted at the table.

Eligibility:

Invited Teams: The following teams are invited until the session has met the maximum either via timeline or capacity, including constraints established by Bard College with respect to covid or other considerations -- MR-RFAC, MR-MWDA, MR-HVD, AD-DELM (Delmar Dolphins), NE-SNAP (Snapper Swim Club)

Any other Teams: Please contact the meet director for an invite based on availability. All swimmers participating in this meet must be registered by the first day of the meet. No "Deck Registrations" will be accepted. Age on October 9, 2022 will determine age for the entire meet.

Disabled Athletes:

Metropolitan Swimming and the host club (NDAC) welcome athletes with disabilities. Contact the Meet Director at least 2 weeks in advance of the meet so that provisions can be made for any special accommodations. The athlete (or athlete's coach) must notify the Meet Referee prior to the meet.

Entry Rules:

Rules from the current USA Swimming Technical and Administrative Rules will be in effect.

Entries must be submitted electronically, using Hy-Tek, Team Unify or compatible Software and Emailed to the **Meet Entry Coordinator**.

Team entries must be received by the Meet Entry Coordinator by Sunday, October 9, 2022.

Athletes can swim up to 5 events in the session

U.S. Mail Payment to: **NDAC PO BOX 440, Red Hook NY, 12571**

Email Entries/Confirm Entry Receipt: treasurer@ndac.us

Host Club may waive meet entry fees & Facility surcharge for registered outreach swimmers.

Coaches should contact meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

Host Facility Covid Restrictions:

Bard College requires that all participants and spectators present either proof of covid vaccination (boosters not required) or a negative covid test (home test within 24 hours acceptable) when entering the Stevenson Gymnasium

DEADLINE:

1: Metro LSC teams will be given priority on a first come/first served basis. Metro team's entries must be received by **October 02, 2022**

2: The final entry deadline for this meet is October 4, 2022

3: Metro entries received between **September 5, 2022, and October 02, 2022**

will be entered first. An email confirming receipt of entries will be sent if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days.

ENTRY FEE:

An entry fee of **\$4.25 per individual** event must accompany the entries. **\$3.00 per swimmer for Facility surcharge.**

Please make a check payable to: **NDAC**

Payment must be received by October 9, 2022 for email entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

WARM-UP:

General warm up with assigned lanes for the first 50 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the heat sheet.

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.

RULES:

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP") will govern this meet. The USA Swimming Code of Conduct is in effect for the duration of the meet. The overhead start procedure ("fly-overs") will be used.

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 condition of participation in the conduct of this competitions.

SAFETY:

All swimmers must wear footwear upon leaving the pool area. Metropolitan safety and Warm-up 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.

DISCLAIMER:

Upon acceptance of his/her entries, the participant waives all claims against **NDAC**, Bard College, **Metropolitan Swimming Inc.**, **USA Swimming Inc.**, their agents, or representatives for any injury occurring because 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."

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 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 NDAC, Bard College, Metropolitan Swimming Inc., USA Swimming Inc., AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHE 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.

AUDIO/VISUAL STATEMENT:

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the starting blocks.

DRONE OPERATION:

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:

\$5.00 per any individual spectator over 10 years old.

AWARDS:

Not Applicable

PARKING:

Limited parking behind Stevenson Gymnasium; Primary Parking opposite Stevenson Gymnasium

DIRECTIONS:

From Kingston-Rhinecliff Bridge: After crossing the bridge into Dutchess County, follow NY 199 east for 0.9 miles. Turn left onto NY 9G (north), and follow for 1.9 miles. Turn left onto Kelly right, then immediately veer right on Annandale

Road. Follow Annandale Road for 0.7 miles. Stevenson Athletic Center will be on the left. There is limited parking behind the Stevenson Athletic Center, or more abundant parking across the street.

If you have any questions, please contact the Meet Director or Meet Referee

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October 9, 2022

Bard College

Session 1: Warm-ups 7:30AM

1.	25 Free	Girls	8&Under
2.	25 Free	Boys	8&Under
3.	50 Free	Girls	9-10
4.	50 Free	Boys	9-10
5.	50 Free	Girls	11-12
6.	50 Free	Boys	11-12
7.	50 Free	Girls	13-14
8.	50 Free	Boys	13-14
9.	50 Free	Girls	15-18
10.	50 Free	Boys	15-18
11.	25 Back	Girls	8&Under
12.	25 Back	Boys	8&Under
13.	50 Back	Girls	9-10
14.	50 Back	Boys	9-10
15.	50 Back	Girls	11-12
16.	50 Back	Boys	11-12
17.	50 Back	Girls	13-14
18.	50 Back	Boys	13-14
19.	50 Back	Girls	15-18
20.	50 Back	Boys	15-18
21.	25 Breast	Girls	8&Under
22.	25 Breast	Boys	8&Under
23.	50 Breast	Girls	9-10
24.	50 Breast	Boys	9-10
25.	50 Breast	Girls	11-12
26.	50 Breast	Boys	11-12
27.	50 Breast	Girls	13-14
28.	50 Breast	Boys	13-14
29.	50 Breast	Girls	15-18
30.	50 Breast	Boys	15-18
31.	25 Fly	Girls	8&Under
32.	25 Fly	Boys	8&Under
33.	50 Fly	Girls	9-10
34.	50 Fly	Boys	9-10
35.	50 Fly	Girls	11-12
36.	50 Fly	Boys	11-12
37.	50 Fly	Girls	13-14
38.	50 Fly	Boys	13-14
39.	50 Fly	Girls	15-18
40.	50 Fly	Boys	15-18
41.	100 IM	Girls	8&Under
42.	100 IM	Boys	8&Under
43.	100 IM	Girls	9-10
44.	100 IM	Boys	9-10
45.	100 IM	Girls	11-12
46.	100 IM	Boys	11-12
47.	100 IM	Girls	13-14
48.	100 IM	Boys	13-14
49.	100 IM	Girls	15-18
50.	100 IM	Boys	15-18

Swimmers may swim up to 5 events

Northern Dutchess Aquatic Club

ENTRY FEE CALCULATION SHEET
2022 MR-NDAC Sprint / Pentathlon
October 9, 2022
Bard College, Annandale NY

TEAM NAME _____

CONTACT PERSON _____

PHONE NUMBER _____

E-Mail ADDRESS _____

Number of Individual Entries _____ X \$4.25 = \$_____

Number of Swimmers _____ X \$3.00 = \$_____

Total Amount Due and Enclosed\$_____

ENTRY DEADLINE.. "Sunday October 9, 2022"

MAKE CHECKS PAYABLE TO "NDAC"

Email your entries to the Meet Entry Coordinator
This form Must be returned with Entry Report and Check
to the Meet Entry Coordinator:

NDAC, PO Box 440, Red Hook, NY 12571

Frank Seldin -- treasurer@ndac.us

Entries will be posted to the meet program
upon RECEIPT OF CHECK ONLY

NDAC assumes no responsibility for meet close-out due to late entries