



2023 MR-NDAC SPRINT / PENTATHLON

At Stevenson Athletic Center, Bard College

October 15, 2023

Sanctioned by USA Swimming thru Metropolitan Swimming, Inc.
Sanction # 231006

Invited Teams: The following 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, MR-MHHW, AD-KING, NE-SNAP

Other Teams: Please contact Frank Seldin at ndacentries@yahoo.com for an invite based on availability.

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NORTHERN DUTCHESS AQUATIC CLUB
2023 MR NDAC SPRINT PENTATHLON INVITATIONAL

October 15, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 231006
- LOCATION:** Stevenson Gymnasium, Bard College, Annandale, NY 12601
- FACILITY:** The James McCann Natatorium 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:** One Session. Sunday Oct 15, 2023. 7:30AM Warm-up; 9:00AM Start
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. Deck seeded with Scratch Sheets collected 60 minutes prior to the start of events.
- 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 **October 15, 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 entering 5 events. NO TIME entries will be accepted, except for distance events. 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: Invited teams will be given priority on a first come/first served basis. Metro teams entries must be received by September 20, 2023 to be given priority
2: The final entry deadline for this meet is October 9, 2023
3: Metro entries received between September 20, 2023 and October 9, 2023 and all entries from other LSC's during that time period will be entered in the order they were received, as space allows.
4: An email confirming receipt of entries will be sent when the entries are processed. 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 \$6 per individual event and a \$5 per swimmer facility surcharge must accompany the entries.
Make check payable to: **NDAC.**
Venmo can be used for payment as well. Ask the Meet Director for details.
Payment must be received by **October 15, 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:** Host team will provide timers

- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 60 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:** **Not applicable**
- OFFICIALS:** **Meet Referee: Annette Mackrel, annette@annettemackrel.com, 845-853-5937**
Officials wishing to volunteer should contact the Meet Referee by 10/13/23
- ADMIN. OFFICIAL:** **Administrative Official: Frank Seldin, ndacentries@yahoo.com, 201-314-2073 (cell)**
- MEET DIRECTOR:** **Frank Seldin, ndacentries@yahoo.com, 201-314-2073 (cell)**
- 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."
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.
- 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:** **Session admission for adults is \$5. Cash and Venmo will be accepted at the admission table**
- MERCHANTS:** **A limited variety of drinks and snacks will be available for sale for swimmers and spectators**
- PARKING:** **Limited parking behind Stevenson Gymnasium; Primary Parking opposite Stevenson**

Gymnasium

Please abide by all marked traffic and parking rules to avoid citation or possibly being towed

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.

Using mapping software, search for "Stevenson Athletic Center, Bard College, Annandale NY"

2023 MR-NDAC SPRINT / PENTATHLON

October 15, 2023

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



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 _____