



**NYSA Holiday Classic – Trials and Finals**

**December 1-3**

**Lehman College, Apex Center**

**250 Bedford Park Blvd W**

**New York, NY 10468**

**Sanction #231202**

**Invited Teams: ACE-NJ, AGUA, APEX, AQRC-NJ, BAD, BB-NJ, BBSC, BGNW, BMA-NJ, CAT-NJ, CENT, CFB, CFJV, COND, CSC, CSD, DA, DESC-NJ, DVWM, EAST, EHY, ESC-NJ, FAST, FREE, GAEL, HAA, HAWKS, HCY-NJ, HS, HVD, HYB, IA, JFAC, KBM, KDS, LBA, LGAC, LIAC, LIE, LS, LSA, MAKO, MPNY, MWDA, NBS, NDAC, NJB-NJ, NRYS, NYAC, NYCC, PATS, QNS, RAC, RFAC, RY-NJ, SCY-NJ, SHY, SMC, SPAR, SS, SSC, SSCT-NJ, SSL, ST, SWAG, SWIM70-CT, TMID, TRS, TS, TSC, VAC, WAC, WAV-NJ, WEST, WSA, WSSC, WYF-NJ, YFD**

Additional teams that would like to be added to the invitation can email the meet director at [newyorksharksentries@gmail.com](mailto:newyorksharksentries@gmail.com)

# NYSA Holiday Classic

December 1 – December 3

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 231202
- LOCATION:** Lehman College, Apex Center  
250 Bedford Park Blvd W  
New York, NY 10468
- FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lane lines. Shallow end of pool will be used for continuous warm up and warm downs. Daktronics electronic timing system and an 8-line scoreboard. The competition course has not been certified in accordance with Article 104.2.2C (4).
- SESSIONS:**
- |                               |                           |
|-------------------------------|---------------------------|
| Session 1 Friday PM Distance  | 5:30 Warm up / 6:15 Start |
| Session 2 Saturday Trials     | 7:30 Warm up / 8:30 Start |
| Session 3 Saturday 10 & Under | 1:00 Warm up / 2:00 Start |
| Session 4 Saturday Finals     | 4:00 Warm Up / 5:00 Start |
| Session 5 Sunday Trials       | 7:30 Warm Up / 8:30 Start |
| Session 6 Sunday 10 & Under   | 1:00 Warm Up / 2:00 Start |
| Session 7 Sunday Finals       | 4:00 Warm Up / 5:00 Start |
- FORMAT:** Trials and Finals for 11 and Over Swimmers – Top 16 will return for Finals  
Timed Finals for 10 and Under Swimmers  
The meet will be deck seeded.
- 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 **December 1, 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:** Swimmers may enter up to 2 individuals on Friday night and 3 events per session on Saturday / Sunday. NT's will NOT be accepted. The host club reserves the right to keep their swimmers in the meet.
- If necessary, the 400 IM and 500 Free will be limited to the 5 Fastest heats of men and women. The host team retains the right to keep its swimmers entered in these events.
- We will accept 2.5 hours of entries for the 10 and Under sessions.
- U.S. Mail Entries/Payment to:  
NYSA Goshen  
C/O Cathy Sommer  
15 Peters Terrace  
Monroe NY 10950
- Email Entries/Confirm Entry Receipt: [newyorksharksaquatics@gmail.com](mailto:newyorksharksaquatics@gmail.com)  
Please note: Sign express mail waiver allowing delivery without signature.
- DEADLINE:** Entries must be received by: **November 24, 2023**  
Metro entries received between 11/19/23 and 11/24/23 will be entered in the order they are received as space allows. Entries from other LSCs 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 the Meet Director if you do not receive such a report within 2 days of your original email.

**ENTRY FEE:** A per swimmer facility surcharge of **\$20.00** and an entry fee of **\$10.00** per individual timed final and **\$15.00** per event for all Prelims / Finals events, Entry fees must accompany the entries  
Make check payable to: **New York Sharks Aquatics Goshen**  
Payment must be received by **December 1, 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:** **Warm-up lanes and times will be assigned by the host team. Warm-up schedules will be posted around the pool area. Coaches are responsible for enforcing feet first entry during warm-ups and supervision of swimmers. No diving is permitted except in designated sprint lanes.**  
**Please note the Finals Warmup will start in the non-competition pool at 5:30 on Saturday and 3:45 on Sunday. At the conclusion of the 10 and Under Session we will also open up the competition pool for warm up.**

**SCRATCHES:** Coaches will be given scratch sheets upon check-in for timed final and prelim sessions. Coaches must present current coach credentials in order to receive team scratch sheets. All scratches are due no later than 45 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.

Swimmers will have 30 minutes from the announcement of results to declare their intent to scratch finals.

**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:** **Ribbons will be awarded to for places 1<sup>st</sup> – 8<sup>th</sup> only.**  
**Coaches must pick up their team awards at the end of the meet. Awards will not be mailed.**

**OFFICIALS:** **Meet Referee: Ron Sommer (2sommer@2sommer.net)**  
Officials wishing to volunteer should contact the Meet Referee by **November 23, 2023.**

**ADMIN. OFFICIAL:** **Administrative Official: Cathy Sommer (newyorksharksentries@gmail.com)**

**MEET DIRECTOR:** **Mel Kubik (newyorksharksentries.@gmail.com)**

**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 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.

Safety staff/equipment will include lifeguard supervision, EMT, and AED device available to athletes participating in the meet.

All swimmers must wear footwear upon leaving the pool area.

**Food available is not guaranteed to be free from allergens. Please inquire before consuming.**

**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:** **Start End: 1 meter 13' 0"; 5 meters 12' 0"; Turn End: 1 meter 3' 6"; 5 meters 4'0"**

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Lehman College, New York Sharks Aquatics Goshen Inc**, 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.

**Grievances (disputed finishes, etc.) must be made to the Meet Referee who will have the final say. It is each team's responsibility to make sure their swimmers are on time to be seeded.**

**AUDIO/VISUAL STATEMENT:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms.

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:** **\$10.00 Admission per session.**  
**Meet Programs available (while supplies last) for \$5.00 per session.**  
All spectators are encouraged to use the Meet Mobile App in conjunction with the free wifi provided by the facility. Electronic Heat Sheets will be made available for free on the Meet Mobile app.

**MERCHANTS:** Ultimate Swim Shop will be available at this event.

**PARKING:** \$10 fee based (cash) parking provided through Lehman College at College supervised lot. (100 yards from Apex Center). Street parking limited and is pay by the hour.

**DIRECTIONS:** TO LEHMAN COLLEGE APEX Bedford Park Boulevard between Goulden and Paul Aves.

BY SUBWAY: Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street.

BY BUS: FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.

BY CAR: Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right. Via Saw Mill River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway

underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.

**Friday PM Session 1 5:30 Warm Up / 6:15 Start**

Female Event Number	Event Description	Male Event Number
1	12 & Under 200 Individual Medley	2
3	11 – 18 400 Individual Medley	4
5	12 & Under 500 Freestyle	6
7	13 – 18 500 Freestyle	8
9	11 – 12 200 Butterfly	10

**Saturday AM Prelim Session 7:30 am Warm up / 8:30 Start**

Female Event Number	Event Description	Male Event Number
11	11 – 12 200 Backstroke	12
13	15 – 18 200 Freestyle	14
15	13 – 14 200 Freestyle	16
17	11 – 12 200 Freestyle	18
19	15 – 18 100 Backstroke	20
21	13 – 14 100 Backstroke	22
23	11 – 12 100 Backstroke	24
25	15 – 18 100 Breaststroke	26
27	13 – 14 100 Breaststroke	28
29	11 – 12 100 Breaststroke	30
31	15 – 18 100 Butterfly	32
33	13 – 14 100 Butterfly	34
35	11 – 12 50 Butterfly	36
37	15 – 18 50 Freestyle	38
39	13 – 14 50 Freestyle	40
41	11 – 12 50 Freestyle	42

**Saturday Mid-Day Session 1:00 Warm Up / 2:00 Start**

Female Event Number	Event Description	Male Event Number
43	10 & Under 200 Freestyle	44
45	8 & Under 25 Backstroke	46
47	9 – 10 100 Backstroke	48
49	8 & Under 25 Breaststroke	50
51	9 – 10 50 Breaststroke	52
53	8 & Under 50 Butterfly	54
55	9 – 10 100 Butterfly	56
57	8 & Under 50 Freestyle	58
59	9 – 10 50 Freestyle	60

**Saturday Finals Session 4:00 Warm Up / 5:00 Start**

Female Event Number	Event Description	Male Event Number
11	11 – 12 200 Backstroke	12
13	15 – 18 200 Freestyle	14

15	13 – 14 200 Freestyle	16
17	11 – 12 200 Freestyle	18
19	15 – 18 100 Backstroke	20
21	13 – 14 100 Backstroke	22
23	11 – 12 100 Backstroke	24
25	15 – 18 100 Breaststroke	26
27	13 – 14 100 Breaststroke	28
29	11 – 12 100 Breaststroke	30
31	15 – 18 100 Butterfly	32
33	13 – 14 100 Butterfly	34
35	11 – 12 50 Butterfly	36
37	15 – 18 50 Freestyle	38
39	13 – 14 50 Freestyle	40
41	11 – 12 50 Freestyle	42

**Sunday AM Prelim Session 7:30 Warm up / 8:30 Start**

Female Event Number	Event Description	Male Event Number
61	11 – 12 200 Breaststroke	62
63	15 – 18 200 Individual Medley	64
65	13 – 14 200 Individual Medley	66
67	11 – 12 100 Individual Medley	68
69	15 – 18 200 Backstroke	70
71	13 – 14 200 Backstroke	72
73	11 – 12 50 Backstroke	74
75	15 – 18 200 Breaststroke	76
77	13 – 14 200 Breaststroke	78
79	11 – 12 50 Breaststroke	80
81	15 – 18 200 Butterfly	82
83	13 – 14 200 Butterfly	84
85	11 – 12 100 Butterfly	86
87	15 – 18 100 Freestyle	88
89	13 – 14 100 Freestyle	90
91	11 – 12 100 Freestyle	92

**Sunday Mid-Day Session 1:00 Warm Up / 2:00 Start**

Female Event Number	Event Description	Male Event Number
93	9 – 10 100 Individual Medley	94
95	8 & Under 100 Individual Medley	96
97	9 – 10 50 Backstroke	98
99	8 & Under 50 Backstroke	100
101	9 – 10 100 Breaststroke	102
103	8 & Under 50 Breaststroke	104
105	9 – 10 50 Butterfly	106
107	8 & Under 25 Butterfly	108
109	9 – 10 100 Freestyle	110
111	8 & Under 25 Freestyle	112

**Sunday PM Finals Session 4:00 Warm up / 5:00 Start**

Female Event Number	Event Description	Male Event Number
61	11 – 12 200 Breaststroke	62
63	15 – 18 200 Individual Medley	64
65	13 – 14 200 Individual Medley	66
67	11 – 12 100 Individual Medley	68
69	15 – 18 200 Backstroke	70

71	13 – 14 200 Backstroke	72
73	11 – 12 50 Backstroke	74
75	15 – 18 200 Breaststroke	76
77	13 – 14 200 Breaststroke	78
79	11 – 12 50 Breaststroke	80
81	15 – 18 200 Butterfly	82
83	13 – 14 200 Butterfly	84
85	11 – 12 100 Butterfly	86
87	15 – 18 100 Freestyle	88
89	13 – 14 100 Freestyle	90
91	11 – 12 100 Freestyle	92



## 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 \_\_\_\_\_