



SPRING FRENZY

NYS Spring Frenzy
May 18-19, 2024
Lehman College Apex Center
250 Bedford Park Blvd.
Bronx, NY 10468

Sanction # 240508
TT Sanction #240556-TT

Invited Teams: ACE-NJ, AGUA, APEX, AQRC, BAD, BB-NJ, BBSC, BGNW, BMA-NJ, CAT-NJ, CENT, CFB, CFJV, COND, CSC, CSD, DA, DESC-NJ, DVWM, EAST, EHY, ESC-NJ, FA, FAST, FREE, GAEL, GATORS-NJ, HAA, HAWKS, HCY-NJ, HS, HVD, HYB, IA, JCC, JFAC, KBM, KDS, LBA, LGAC, LIAC, LIE, LS, LSA, MAKO, MPNY, MWSC, NBS, NDAC, NJB-NJ, NRYS, NYAC, NYCC, PBAC, 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, YBAR, YFD

Additional teams that would like to be added to the invitation can email the meet director at newyorksharksaquatics@gmail.com

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May 18 & 19 2024

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 240508
- LOCATION:** Lehman College Apex Center
250 Bedford Park Blvd.
Bronx, NY 10468
- FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lane lines. Colorado electronic timing system and an 8-line scoreboard. Seating for 600 spectators. The pool has not been certified in accordance with Article 104.2.2C (4).
- SESSIONS:**
- | | | |
|--------------------|-----------|-------------------------------|
| Session 1 Saturday | Session 1 | 8:00 AM Warm up / 9: 30 Start |
| Session 2 Sunday | Session 2 | 8:00 AM Warm up / 9: 30 Start |
- FORMAT:** All Events are Timed Finals.
On deck seeding is in effect for the meet. Host club reserves the right to seed from off deck depending on number of entries accepted. Team representatives will be notified of any change.
- 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 May 18, 2024, 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 5 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.

There will be a Time Trial for the 400 IM on Saturday and the 400 Freestyle on Sunday. These Time Trials are open to 11 and over swimmers. Each time trial will be limited to 4 heats. Cost is \$15 per time trial event, first come first serve.

U.S. Mail Entries/Payment to:
NYSA Goshen
15 Peters Terrace
Monroe NY 10950

Email Entries/Confirm Entry Receipt: newyorksharksentries@gmail.com
Please note: Sign express mail waiver allowing delivery without signature.

- DEADLINE:** Entries must be received by: May 10, 2024
Entries 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 \$15.00 and an entry fee of \$10.00 per individual event.

Entry fees must accompany the entries
Make check payable to: New York Sharks Aquatics Inc - Goshen
Payment must be received by May 17, 2024, 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 at the scoring desk. Coaches are responsible for enforcing feet first entry during warm-ups and supervision of swimmers. No diving is permitted except in designated sprint lanes.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for all sessions. Coaches must present current coaches' credentials in order to receive team scratch sheets. All scratches are due no later than 30 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:** Ribbons will be awarded for places 1st – 8th for 12 & under 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 May 13, 2024.
- ADMIN. OFFICIAL:** Administrative Official: Cathy Sommer (newyorksharksentries@gmail.com)
- MEETDIRECTOR:** Cathy Sommer (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 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.

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, Apex Center, New York Sharks Aquatics inc Goshen, 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.

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.

MERCHANTS: Ultimate Swim Shop will be available for the purchase of swim related items

PARKING:

DIRECTIONS:

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.

Girls Event Number	Event Description	Boys Event Number
Saturday AM Session 1		
Warm Up @ 8:00		
Start Time @ 9:30		
1	12 & Under 100 Breaststroke	2
3	13 & Older 200 Freestyle	4
5	12 & Under 50 Backstroke	6
7	13 & Older 100 Butterfly	8
9	12 & Under 100 Butterfly	10
11	11 & Older 200 Backstroke	12
13	12 & Under 50 Freestyle	14
15	13 & Older 100 Backstroke	16
17	12 & Under 200 Freestyle	18
19	13 & Older 50 Freestyle	20
21	11 & Older 200 Butterfly	22
Sunday AM Session 2		
Warm Up @ 8:00		
Start Time @ 9:30		
23	12 & Under 100 Backstroke	24
25	13 & Older 200 IM	26
27	12 & Under 50 Breaststroke	28
29	13 & Older 100 Breaststroke	30
31	12 & Under 200 IM	32
33	12 & Under 50 Butterfly	34
35	13 & Older 100 Freestyle	36
37	12 & Under 100 Freestyle	38
39	13 & Over 200 Breaststroke	40
41	11/12 200 Breaststroke	42



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 _____