



Winter Frenzy
1/21/22-1/23/22
#220107

NYSA WINTER FRENZY

1/21/22-1/23/22

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #220107
- LOCATION:** Felix Festa Middle School
30 Parrot Rd
West Nyack, NY 10994
- 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. 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:** 1- Friday Open Distance, Warm up 6:00pm, Start time 6:45pm
2-Saturday 10 & under, Warm up 9:30am, Start time 10:15am
3-Saturday 11-12, Warm up 12:00pm, Start 12:15pm
4-Saturday 13-14, Warm up 3:30pm, Start 4:15pm
5- 15 & over, Warm up 6:30pm, Start 7:15pm
6- Sunday 10 & under, Warm up 7:30, Start time 8:15am
7- Sunday 11-12, Warm up 10:30am, Start time 11:15am
8- Sunday 13-14, Warm up 1:30pm, Start time 2:15pm
9-Sunday 15 & over, Warm up 4:30pm, Start time 5:15pm
Session times may be adjusted once the meet is closed.
- FORMAT:** This will be a timed finals event.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
"Deck Registrations" will NOT be accepted
Age on 1/21/22 will determine age for the entire meet.
- 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 will be capped at 160 per session.
No NT's will be accepted.

Swimmers may be entered in 2 events on Friday evening and 3 individual events Saturday and Sunday. No NT's will be accepted.

Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.

U.S. Mail Entries/Payment to:
NYS Aquatics
50 Scolza Terrace
Goshen NY 10924

Email Entries/Confirm Entry Receipt: newyorksharksaquatics@gmail.com
Signature waiver required for express mail/payment
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by 1/07/22.
2: The final entry deadline for this meet is 1/14/22.

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3: Metro entries received between **12/08/21** and **1/07/22**

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:

An entry fee of \$8 per individual event, \$15 swimmer surcharge must accompany the entries.

Make check payable to: NYSA

Payment must be received by 1/21/22 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 meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

WARM-UP:

The meet director reserves the right to assign warm-up lanes and sessions. Each lane, in each session, can initiate one-way sprints at their discretion.

SCRATCHES:

Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events 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.

COVID PROTOCOL:

ANYONE on the pool deck, other than swimmers, is required to show proof of vaccination or a negative COVID Rapid Test or PCR test, otherwise, they will not be allowed on the pool deck. A mask must be worn at all times, when not in the water.

AWARDS:

Ribbons will be awarded to 12 & under swimmers only for places 1st – 8th in all events.

OFFICIALS:

Meet Referee: **Ron Sommer,**

Phone: 809-307-4996

Email: 2sommer@2sommer.com

Officials wishing to volunteer should contact Meet Referee by **1/7/22**.

ADMIN. OFFICIAL:

Administrative Official: **Julie Leger, newyorksharksentries@gmail.com**

MEET DIRECTOR:

Melissa Kubik

Phone: 845-645-1458

Email: newyorksharksaquatics@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:

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. 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”**

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- MAAPP POLICY:** All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.
- WATER DEPTH:** USA 2012 - 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." 1.0 meter = 4 feet 6 inches, 5 meters = 13 feet
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Clarkstown Central School District, NYS Aquatics, 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."
- 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 lead 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 USA SWIMMING AND [INSERT THE LSC] 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
- 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 block's "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 Adults/session. \$5 Programs. Spectator Area will be limited to the first 233 spectators. 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. Masks must be worn at all times while in the stands.
- MERCHANTS:** No merchants will be available at this event.
- PARKING:** There is ample on-site parking next to the pool. All families must park in the school lots to avoid ticketing or towing. Attendees should NOT park on the grass on any residential streets, or they will be towed by the town.

DIRECTIONS:

From North of Rockland County: Take Palisades Interstate Parkway South to Exit 10. Make a left off the exit. Make a left at the first traffic light onto Middletown Road. Take the next right at the traffic light onto Germonds Road...

From the George Washington Bridge: Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

From the Tappan Zee Bridge: Take the NYS Thruway (I-87 North) to Exit 13N (Palisades Interstate Parkway – North). Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

...follow Germonds Road through the intersection of Germonds Road and Route 304 (you will pass Albertus Magnus High School on your right). Make a left onto Parrott Road. The entrance for the pool is down the walkway at the end of the tennis courts.

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Friday Evening – Session 1 Warm-up 6:00pm

GIRLS	EVENT	BOYS
1	10 & under 200IM Freestyle	2
3	11-12 200 Freestyle	4
5	OPEN 400 IM	6
7	OPEN 500 Freestyle	8

*****3 HOUR LIMIT FOR THIS SESSION*****
*****400/500 MAY BE LIMITED TO 4 HEATS*****

Saturday 10 & Under– Session 2 Warm-up 9:30am

GIRLS	EVENT	BOYS
9	200 Freestyle	10
11	50 Breaststroke	12
13	100 Backstroke	14
15	50 Butterfly	16
17	100 IM	18

Saturday 11-12– Session 3 Warm-up 12:00pm

GIRLS	EVENT	BOYS
19	200 IM	20
21	50 Backstroke	22
23	200 Breaststroke	24
25	50 Butterfly	26
27	100 Backstroke	28
29	50 Breaststroke	30

Saturday 13-14– Session 4 Warm-up 3:00pm

GIRLS	EVENT	BOYS
31	200 IM	32
33	100 Freestyle	34
35	200 Breaststroke	36
37	100 Butterfly	38
39	100 Backstroke	40

Saturday 15 & Over– Session 5 Warm-up 6:30pm

GIRLS	EVENT	BOYS
41	200 IM	42
43	100 Freestyle	44
45	200 Breaststroke	46
47	100 Butterfly	48
49	100 Backstroke	50

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Sunday 10 & Under– Session 6 Warm-up 7:30am

GIRLS	EVENT	BOYS
51	100 Freestyle	52
53	100 Breaststroke	54
55	50 Backstroke	56
57	100 Butterfly	58
59		60

Sunday 11-12– Session 7 Warm-up 10:30pm

GIRLS	EVENT	BOYS
61	200 Backstroke	62
63	100 Butterfly	64
65	100 Breaststroke	66
67	100 Freestyle	68
69	200 Butterfly	70
71	50 Freestyle	72

Sunday 13-14– Session 8 Warm-up 1:30pm

GIRLS	EVENT	BOYS
73	200 Freestyle	74
75	100 Breaststroke	76
77	200 Backstroke	78
79	50 Freestyle	80
81	200 Butterfly	82

Sunday 15 & Over– Session 9 Warm-up 4:30pm

GIRLS	EVENT	BOYS
83	200 Freestyle	84
85	100 Breaststroke	86
87	200 Backstroke	88
89	50 Freestyle	90
91	200 Butterfly	92



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 _____