



Spring Starter Invitational

May 13-15, 2022

Sanction #220508

Invited Teams: ALL METRO TEAMS, Metro Area Lifetime Swimming, Sussex County YMCA & CPAC

Any other teams that would like to be invited, please contact Mary Lange at Pacentries@gmail.com

Spring Starter Invitational

May 13-15, 2022

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan, Inc. #220508
- LOCATION:** Felix Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994
- FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lanes lines. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators. The pool has not been certified in accordance with Article 104.2.2C(4)
- SESSIONS:** **PLEASE NOTE: THE BUILDING DOORS WILL NOT OPEN UNTIL 5:30 PM** - you may not enter the building prior.
- Session 1: Friday Evening - Warm-up 5:45 PM, Start 6:30 PM ****3 Hour Time Limit****
Session 2: Saturday Morning - Warm-up 7:30 AM, Start 8:30 AM
Session 3: Saturday Afternoon - Warm-up 2:00 PM, Start 3:00 PM
Session 4: Sunday Morning - Warm-up 7:30 AM, Start 8:30 AM
Session 5: Sunday Afternoon - Warm-up 2:00 PM, Start 3:00 PM
*****Warm-up/Start times may be adjusted after entries are received*****
- FORMAT:** This will be a timed finals event.
This is a deck seeded meet.
- 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. **Age on May 13th, 2022 will determine the age for the entire meet.**
- DISABILITY SWIMMER:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration. The athlete (or the athlete's coach) is a responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** Swimmers may be entered in 2 events on Friday evening and 3 individual events Saturday and Sunday. **NT's will not be accepted.**
- Invited teams will be given priority in acceptance of entries. Host team reserves the right to refuse entries from teams that have a history of late or non-payment of entry fees. Entries will be accepted on a first come, first served basis for invited teams until the meet is determined to be full. The host team reserves the right to keep its swimmers entered in the meet.
The 400 Free & 400 IM may be limited to the fastest 5 heats. Host team retains the right to keep its swimmers entered in these events.

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/Payments:

**Mary Lange
Phoenix Aquatic Club
10 Sparrow Lane
Pearl River, NY 10965**

Email Entries/Confirm Entry Receipt: pacentries@gmail.com

Sign Express Mail Waiver allowing delivery without signature.

- DEADLINE:** **ENTRIES MUST BE RECEIVED BY: May 4th, 2022**
An email confirming receipt of entries will be sent 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:** An entry fee of **\$10.00** per individual event plus **\$15.00/athlete** surcharge must accompany the entries.
Make check payable to: **Phoenix Aquatic Club**
Payment must be received by **May 4th, 2020**, for email entries. Payments must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- *Swimmers who qualify for Outreach membership are eligible to have fees waived.
- WARM-UP:** The first 40 minutes will be general warm-up. The last 20 minutes: lanes 2 & 7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Lanes 3 & 6 will be assigned as necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach. The meet director reserves the right to assign warm-up lanes.
- SCRATCH PROCEDURES:** 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.
- AWARDS:** Awards will be given to the High Point winner in the 10&U, 11-12, 13-14 & 15&O

age group categories. Points will be tallied on Sunday after each session. Winners should wait until the end of the session to receive their prize.

OFFICIALS: **Meet Referee:** Phil Paspalas
Officials wishing to volunteer should contact Meet Referee by email:
paspalas@optonline.net

**MEET
DIRECTOR:** Mary Lange, contact information phone 845-323-9118,
Email thelangez@hotmail.com

**ADMIN
OFFICIALS:** Mary Lange thelangez@hotmail.com
Helen Shaw fiveshawsnow@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.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against
Clarkstown Central School District, Phoenix Aquatic Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

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, Clarkstown Central School District, Phoenix Aquatic Club LLC, Metropolitan Swimming Inc., USA Swimming Inc., their agents 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 with exposure, infection, and/or spread of Covid a9 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, restrooms, locker rooms or behind the 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.
SPECTATORS:	Spectators are asked to be considerate of others in the stands and not stand at the railing . Taking any type of pictures or video from behind the block is strictly prohibited by USA Swimming regulations. There is also no flash photography at the start of any race.
DECK CHANGING: ADMISSION	Deck changing is PROHIBITED \$10.00 Adults/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.
MERCHANT:	A concession stand will be available throughout the duration of the meet.
PARKING:	There is ample on-site parking next to the pool. Please Park in the school lots to avoid ticketing or towing. Attendees should NOT park on the grass or on any residential street or the town will tow them. There will be security guards directing parking – please be respectful.
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 of 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”
MAAPP	Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy (“MAAPP”), will govern this meet.
WATER DEPTH:	USA 2011 -202.3.7 “The meet announcement shall include information about water depth measured for a distance of 3 feet 3 ½ 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
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 a right a right at next 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 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.

Friday Evening – Session One
Warm-up 5:45 PM/Start 6:30 PM

Girls	Event	Boys
1	12 & Under 400IM	2
3	13 & Over 400IM	4
5	12 & Under 400 Free	6
7	13 & Over 400 Free	8

Saturday Morning – Session Two
Warm-up 7:30 AM/Start 8:30 AM

Girls	Event	Boys
9	11-12 200 Back	10
11	10 & Under 200 IM	12
13	11-12 200 IM	14
15	10 & Under 50 Back	16
17	11-12 50 Back	18
19	10 & Under 100 Breast	20
21	11-12 100 Breast	22
23	10 & Under 50 Free	24
25	11-12 50 Free	26
27	10 & Under 100 Fly	28
29	11-12 100 Fly	30

Saturday Afternoon – Session Three
Warm-up 1:30 PM/Start 2:30 PM

Girls	Event	Boys
31	13-14 200 IM	32
33	15 & Over 200 IM	34
35	13-14 100 Back	36
37	15 & Over 100 Back	38
39	13-14 200 Breast	40
41	15 & Over 200 Breast	42
43	13-14 50 Free	44
45	15 & Over 50 Free	46
47	13-14 200 Fly	48

49	15 & Over 200 Fly	50
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Sunday Morning – Session Four
Warm-up 7:30 AM/Start 8:30 AM

Girls	Event	Boys
51	11-12 200 Breast	52
53	10 & Under 100 Free	54
55	11-12 100 Free	56
57	10 & Under 50 Fly	58
59	11-12 50 Fly	60
61	10 & Under 100 Back	62
63	11-12 100 Back	64
65	10 & Under 50 Breast	66
67	11-12 50 Breast	68
69	10 & Under 200 Free	70
71	11-12 200 Free	72

Sunday Afternoon – Session Five
Warm-up 1:30 PM/Start 2:30 PM

Girls	Event	Boys
73	13-14 100 Free	74
75	15 & Over 100 Free	76
77	13-14 200 Back	78
79	15 & Over 200 Back	80
81	13-14 100 Fly	82
83	15 & Over 100 Fly	84
85	13-14 100 Breast	86
87	15 & Over 100 Breast	88
89	13-14 200 Free	90
91	15 & Over 200 Free	92



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.

Policy: Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

Notes:

The above policy will be published in meet announcements and programs.

It is the Meet Director's responsibility to have forms available at the meet.

The Meet Director should check the actual ID against entry on form and keep a file of submitted forms.

The intent is to promote accountability and to give Meet Directors and Referees a tool for managing concerns about photographers. Teams should consider providing a lanyard indicating that the photographer is registered.

See form, below.



Metropolitan Swimming Photographer Registration Form

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 _____