

Phoenix Aquatic Club

Winter Invitational

January 24-26th, 2025

Sanction #250109

Invited Teams: ALL METRO TEAMS, Metro Area Lifetime Swimming, Sussex County YMCA, Wycoff YMCA & Clifton Seahawks All other teams that would like to be invited, please contact Mary Lange at Pacentries@gmail.com

Winter Invitational

January 24-26th, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan, Inc. #250109
- LOCATION:** Felix Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994
- FACILITY:** 8 lane 50-meter pool with 7-foot lanes and non-turbulent lanes 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 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 - you may not enter the building prior.**
- Session 1: Friday Evening - Warm-up 5:45 PM, Start 6:30 PM *****3.5 Hour Time Limit*****
Session 2: Saturday Morning - Warm-up 7:30 AM, Start 8:30 AM
Session 3: Saturday Afternoon - Warm-up 1:00 PM, Start 2:00 PM
Session 4: Sunday Morning - Warm-up 7:30 AM, Start 8:30 AM
Session 5: Sunday Afternoon - Warm-up 1:00 PM, Start 2:00 PM
- 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 January 24th, 2025 will determine the age for the entire 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.**
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodation 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 be entered in 2 events on Friday evening and 3 individual events **Saturday and Sunday. No NT's will 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 500 (women) may be limited to the fastest 5 heats; the 500 (men) may be limited to the fastest 6 heats depending on the timeline. The 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:

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: JANUARY 10th, 2025**
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 January 10th, 2025 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.
- 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 first 25 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.
- 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”**
- There will be lifeguards on duty for the duration of the meet. There is an AED device available on deck.
- MAAPP** 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 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 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**
- 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 because of the meet. It is understood that USA Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct 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 19 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. Photos and/or videos are not permitted 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 picture or video from behind the block is strictly prohibited by USA Swimming regulations. There is no flash photography at the start of any race.

DECK CHANGING: **Deck changes are strictly prohibited.**

ADMISSION: **\$10.00 Adults/Session**
\$25 Adults - All Session Pass
All spectators are encouraged to use the Meet Mobile App in conjunction with the free Wi-Fi 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.**

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 1
Warm-up 5:45 PM/Start 6:30 PM

Girls	Event	Boys
1	12&U 200 Freestyle	2
3	Open 400 IM	4
5	Open 500 (seeded fastest to slowest)	6

*****3.5 HOUR LIMIT FOR THIS SESSION*****

Saturday Morning - Session 2
Warm-up 7:30am/Start 8:30am

Girls	Event	Boys
7	10&U 50 Back	8
9	13-14 200 Back	10
11	10&U 200 IM	12
13	13-14 200 IM	14
15	10&U 100 Free	16
17	13-14 100 Free	18
19	10&U 100 Breast	20
21	13-14 100 Breast	22
23	10&U 50 Fly	24
25	13-14 200 Fly	26

Saturday Afternoon - Session 3
Warm-up 1:00pm/Start 2:00pm

Girls	Event	Boys
27	11-12 50 Back	28
29	Open 100 Back	30
31	11-12 200 IM	32
33	Open 200 IM	34
35	11-12 100 Free	36
37	Open 100 Free	38
39	11-12 100 Breast	40
41	Open 200 Breast	42
43	11-12 50 Fly	44
45	Open 200 Fly	46

Sunday Morning – Session 4
Warm-up 7:30am/Start 8:30am

Girls	Event	Boys
47	10&U 50 Breast	48
49	13-14 200 Breast	50
51	10&U 100 Fly	52
53	13-14 100 Fly	54
55	10&U 50 Free	56
57	13-14 50 Free	58
59	10&U 100 IM	60
61	13-14 100 Back	62
63	10&U 100 Back	64
65	13-14 200 Free	66

Sunday Afternoon – Session 5
Warm-up 1:00pm/Start 2:00pm

Girls	Event	Boys
67	11-12 50 Breast	68
69	Open 100 Breast	70
71	11-12 100 Fly	72
73	Open 100 Fly	74
75	11-12 50 Free	76
77	Open 50 Free	78
79	11-12 100 IM	80
81	Open 200 Back	82
83	11-12 100 Back	84
85	Open 200 Free	86



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 _____