



AQUATIC CLUB
It's Spring Again LCM Invite

Sanction #230402

Saturday, April 29th 2023
Apex @ Lehman College CUNY
13&Over Session 8am Warm-Up
12&Under Session 1pm Warm-Up

Invited Teams: All Metro Teams

MR QNS 2023 It's Spring Again LCM Invite Saturday, April 29th, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **[Input sanction number]**
- LOCATION:** **Apex, Lehman College CUNY, Bronx, NY**
Lehman College, 250 Bedford Park Blvd West, Bronx NY 10468
- FACILITY:** Lehman College is an 8 lane 25 yard pool with a bulkhead. Dak Tronics electronic timing system and an 8-line scoreboard. The competition course is certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming
- SESSIONS:** **Session 1: Saturday 8:00am Warm-Up; 9:00am Start**
Session 2: Saturday 1:00pm Warm-Up; 2:00pm Start
- FORMAT:** This is a timed final meet. This meet will be deck seeded with coaches checking in/scratching all swimmers 30 minutes prior to the listed start time.
- 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 **April 29, 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:** **4 event limit per session**
U.S. Mail Entries/Payment to: **QNS Aquatics 16308 20th Rd, Whitestone, NY 11357**
Email Entries/Confirm Entry Receipt: **Entries@QNSaquatics.com**
- DEADLINE:** **Entries must be received by: April 19, 2023**
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:** An entry fee of \$10 per individual event and \$10 per athlete Surcharge must accompany the entries. Make check payable to: **Queens Aquatic Club**
Payment must be received by **event date** 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-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warmups will include general warm up lanes and sprint lanes. One Way Sprint lanes must be monitored by the swimmers' coach. All swimmers must enter the pool from the starting end of the pool. One Way sprint lanes will start 20 minutes before the end of the warm ups at the competition end of the pool.
- 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 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:** Medals are awarded for places 1-3 and ribbons for places 4-8 awarded to:
10&U, 11-12, 13&Over age groups
Awards can only be picked up by a coach during the meet. Any awards not picked up will NOT be mailed.
- OFFICIALS:** **Meet Referee: Dan Collins - bpscg41@aol.com**
Officials wishing to volunteer should contact the Meet Referee by **April 23**
- ADMIN. OFFICIAL:** **Jonah Montgomery jmontgomery@qnsaquatics.com**
- MEET DIRECTOR:** **Jonah Montgomery jmontgomery@qnsaquatics.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.
- First Line of response: LG, then campus security and EMS if required.
- 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:** Information about water depth measured for a distance of 3 feet 3-1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls. 12'6" deep: 1.0 meter from deep/dive end & 8': 5.0 meters from dive end. 3'6" deep: 1.0 meters from shallow/turn end 4'6" deep 5.0 meters from turn end.
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **QNS Aquatic Club**, 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 deck chairs are present.
Deck chairs are prohibited.
- DECK CHANGING:**
- ADMISSION:** **Admission \$6 for spectators; Program available on Meet Mobile**
- MERCHANTS:** **No Concessions will be available**
- PARKING:** **Parking Lot TBD; ample street parking available**

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/McClearn Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.

BY CAR:

Via 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.

Session 1: Saturday, April 29th, 2023
 8:00am Warm-Up; Meet Start 9:00am
 Ages 13&Over

Girls Event #	Event	Boys Event #
1	13 & Over 50 FR	2
3	13 & Over 100 FLY	4
5	13 & Over 100 BR	6
7	13 & Over 200 FR	8
9	13 & Over 100 BK	10
11	13 & Over 200 IM	12
13	13 & Over 100 FR	14

Session 2: Saturday, April 29th, 2023
 1:00pm Warm-Up; Meet Starts 2:00pm
 Ages 12&Under

Girls Event #	Event	Boys Event #
15	12 & Under 50 FR	16
17	11-12 200 IM	18
19	12 & Under 50 BK	20
21	11-12 100 BK	22
23	12 & Under 50 BR	24
25	11-12 100 BR	26
27	12 & Under 50 FLY	28
29	11-12 100 FLY	30
31	9-12 100 FR	32



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 _____