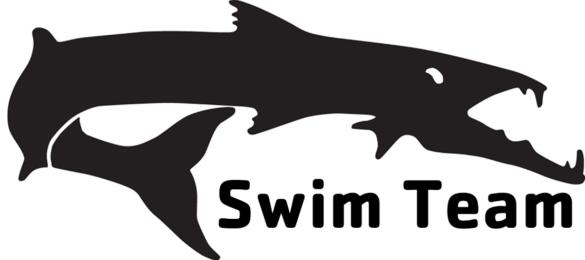




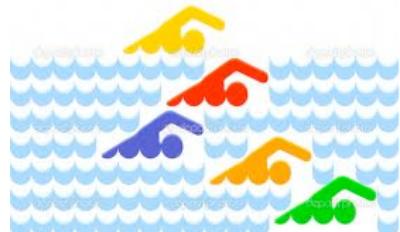
Barracudas



YMCA OF MIDDLETOWN

**MWDA and YBAR
Sink or Swim Invite January 30, 2026
DISTANCE SANCTION #260119-DST**

**Invited: are all teams in Metro, Bergen Co.
Barracudas, New Paltz Hawks, JFAC Jersey
Flyers, Club Fit NJ, Kingston Swim Club,
Pacers, Lifetime Aquatics, Soundview YMCA**



MWDA and YBAR Sink or Swim

January 30, 2026

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #260119-DST

LOCATION: Valley Central High School Natatorium, 1175 Route 17K Montgomery, NY 12549

FACILITY: 25-yard pool with 8 lanes with bulkhead and non-turbulent lane lines. There is seating for 300 spectators. Colorado electronic timing system and the 6 - line scoreboard will be used. **The competition course has not been certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.**

SESSIONS: Session 1: 5:30 P.m. warm-up, 6:15 P.m start, Friday, January 30, 2026

FORMAT: This meet is a timed final event.

The meet will be deck seeded.

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 1/30/2026 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: All athletes are limited to five (3) events per day. U.S. Mail Entries/Payment to: MW Devilfish Aquatics

PO Box 219
Harriman, NY 10926

Email Entries/Confirm Entry Receipt: MWDAENTRIES@GMAIL.COM

If sending Express Mail, please sign the waiver on the front.

DEADLINE: Entries must be received by: 1/21/2026

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 \$5.00 swimmer surcharge must accompany the entries. Make check payable to: MW Devilfish Aquatics Payment must be received by 1/30/26 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:	General warm-up with assigned lanes for the first 30 minutes. Sprints will be done within the 30 minutes. Lane assignments will be distributed along with the scratch sheet for each session. Coaches are responsible for enforcing feet first entry during warmup. Host teams may warmup prior to the start of any session. Host teams can warmup prior to the start of the warmup sessions. Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet
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:	Awards will be given in all individual events for 1st through 8th places.
OFFICIALS:	Meet Referee: Jen Bancroft rivertownreferee@gmail.com (917) 359-6728 Officials wishing to volunteer should contact the Meet Referee by: January 26, 2026
ADMIN. OFFICIAL:	Administrative Official: Ethan Fergus poseidonselite@gmail.com 845 222-0814
MEET DIRECTOR:	Ethan Fergus poseidonselite@gmail.com 845 222-0814
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. There will be lifeguards and AED device available to athletes participating in the meet.

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: **Shallow End: 1.0 Meter = 3'10" 5.0 Meters = 4' 1"**
Deep End : 1.0 meter = 12'7" 5.0 Meters= 11'10"

DISCLAIMER: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against MW Devilfish Aquatics, Washingtonville Seahawks and Valley Central School District, 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: **\$5 per session / \$10 per day for adults. Kids Free. Programs \$3.00**

MERCHANTS: Swimsuits, bags, towels, goggles and apparel will be available on site. Hot and Cold dishes, snacks, desserts, and beverages will be available for purchase.

PARKING: **There is ample free parking at the high school. The pool is located at the rear of the high school.**

DIRECTIONS: From East/West; Take I-84 to exit 5 (Maybrook). Get off at exit 5 and turn onto route 208 north. Proceed about 1.2 miles and turn left onto Route 17K West. Once on 17K, proceed about 1.0 mile to Valley Central High School on the left. (1175 RT-17K Montgomery, NY 12549).

MW Devilfish Aquatics and YBarracudas
Sink or Swim Distance Invite
January 30, 2026

ORDER OF EVENTS

Session 1
Friday PM
January 30, 2026
Warm-ups: 5:30 PM
Start 6:15 PM

Girls Event #	Age Group Event	Boys Event #
1	Open 500 Freestyle	2
3	12 & Under 200 yd. Ind. Medley	4
5	Open 400 yd. Ind. Medley	6
7	Open 1650 Freestyle	8

ALL OPEN EVENTS WILL BE SWAM FASTEST TO SLOWEST



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 _____