



**Washingtonville Seahawks and MWDA
Sink or Swim Invitational February 3, 2023
Invited are all teams in Metro, Bergen Co.
Barracudas, New Paltz Hawks, JFAC Jersey
Flyers, Pacers, Club Fit NJ, Kingston Swim,
SCY NJ, Soundview YMCA Ct,
Distance Sanction #230202**



Washingtonville Seahawks and MWDA Sink or Swim Distance February 3, 2023

- Sanction:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #
- 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 pool **has not been** certified in accordance with Article 104.2.2c (4)
- SESSIONS:** Session 1: 5:30 p.m. warm-up, 6:15 p.m. start, Friday, February 3, 2023
- 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. Age on February 3, 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.
- Entries:** All athletes are limited to three (3) events per day.
Deck entries will not be accepted.
NT entries will not be accepted.
Hy-Tek entries will be accepted. An entry summary with a signed waiver must be received by January 29, 2023
- 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:** 1: The final entry deadline for this meet is January 23, 2023
2: All Metro and Invited team Entries will be entered in the order they were received, as space allows until 1/15/23 and all entries from other LSC's will be entered in the order they were received, as space allows.
3: Metro and all invited entries received between 12/15/22 and 12/31/22 and all other 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 MWDAentries@gmail.com 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 must accompany the entries. \$5.00 Swimmer Surcharge
Make check payable to: MW Devilfish Aquatics
Payment must be received by 2/3/23 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.
- WARM-UP:** General warm-up with assigned lanes for the first 30 minutes. Sprints will be done during the warmup at the assigned time, along with pace lanes. Coaches are responsible for enforcing feet first entry during warmup. Host teams can warmup prior to the start of general warmup. 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 events scratches and which swimmers will not be participating in the session.

DECK:	Deck Changes are prohibited.
MAAP 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 condition of participation in the conduct of this competition.
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:	<u>Regular Sessions:</u> Awards will be given in all events for 1st through 8th places. for 10 and under, 11/12, 13/14 and 15 and over
OFFICIALS:	Meet Referee: Ron sommer@2sommer.com 908.307.4996 Officials wishing to volunteer should contact Meet Referee by January 29, 2023 Admin Official: Ethan Fergus/Tina Bruno
MEET DIRECTORS:	Ethan Fergus/Tina Bruno 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. Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.
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."
Water DEPTH:	USA 2011 - 202.3.7 "The meet announcement shall include 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." 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 Valley Central School District, Washingtonville Seahawks Swim Club, M-W Devilfish 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." Use of Audio or Visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms - 202.3 and 202.4.
Audio/Visual Statement	Use of Audio or Visual recording devices, including a cell phone is not permitted in changing areas, rest rooms or locker rooms or behind starting blocks - 202.3 and 202.4. "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."
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 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).

Washingtonville Seahawks and Devilfish Aquatics
Sink or Swim Distance
February 3, 2023

ORDER OF EVENTS

Session 1
Friday PM
February 3, 2023
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

*The 1650 will be swam fastest to slowest alternating Girls and Boys you
must supply your own timer*



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_____

