



2022 Winter SCY Invitational

December 17-18, 2022

Sanction # 221200

Invited Teams: APEX, ASAP, BAD, BKR, CAS, CENT, CFB, COL, COND, FAST, GAEL, GATE, HAA, HES, HS, LGAC, LIAC, LIE, MAKO, MCBY, MPNY, NCAC, NYCP, NYCC, NYSA, NFS, PAC, PATS, QNS, RED, RA, RIST, SAC (NJ), SHY, SMC, SWAG, TSC, WAG, WEST, YFD.

Additional teams who would like an invitation to this meet are asked to contact Justin Alsobrooks at justina@justintiming.com



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SANCTION	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 221200
LOCATION	APEX Aquatics Center, Lehman College 250 Bedford Park Boulevard West Bronx, NY 10468
FACILITY	8 lanes x 25 yards competition course with Daktronics timing system and scoreboard. Pool has not been certified in accordance with Article 104.2.2C (4). Water depth from end of pool in shallow end is: 13' at 1 meter / 12' at 5 meters Water depth from end of pool in deep end is: 7' at 1 meter / 7' at 5 meters
SESSIONS	Saturday, December 17 – 12 & under – 8:00 AM Warm Up / 9:00 AM Start Saturday, December 17 – 13 & over – 1:00 PM Warm Up / 2:00 PM Start Sunday, December 18 – 12 & under – 8:00 AM Warm Up / 9:00 AM Start Sunday, December 18 – 13 & over – 1:00 PM Warm Up / 2:00 PM Start
FORMAT	Timed finals. Deck seeding will be used. To safeguard the timeline, 8&U athletes may only swim 50 Yard events and 100 Yard Free/100 Yard Individual Medley.
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 December 17, 2022 will determine age for the entire meet.
DISABILITY SWIMMERS	Swimmers with disabilities are encouraged to attend. Contact the Meet Director if you need special consideration. 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 enter up to 4 events per session. Entries in Hy-Tek format only. U.S. Mail Payment to: Innovative Aquatics, c/o Scott Bartleson 80 Walters Ave. Staten Island NY 10301 Email Entries/Confirm Entry Receipt: entries@justintiming.com

DEADLINES AND PROCEDURES Metro LSC Team entries must be received by **November 21, 2022** to be given preference over non-Metro LSC Teams. Entries will be processed as received in a first-come/first-served fashion. Non-Metro LSC Team entries must be received by **November 28, 2022** and will be processed as received after the Metro LSC deadline.

An email confirming receipt of entries will be sent if you provide an email contact. Please contact Justin Alsobrooks entries@justintiming.com if you do not receive such a report within 2 days of your original email.

TIME TRIALS Time Trials will not be available at this meet.

ENTRY FEES Entry Fee -- **\$7.00 per individual event must accompany the entries.**
Athlete Surcharge - **\$10 per athlete must accompany the entries.**

Make check payable to: **Innovative Aquatics** Payment must be received by **December 5, 2022** 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 meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries

WARM-UP Warm-up and Timing Assignments will be sent out Wednesday before the meet. Swimmers will be given a fair and comparable warm-up.

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 clearly indicate entire session and individual event scratches.

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 Ribbons for 1st-8th in the 10&U, 11-12 divisions – no awards for 13&O.

OFFICIALS Meet Referee: Jeff Chu Jcswim01@gmail.com and Allen Wone ssc.allenwone@gmail.com

Officials wishing to volunteer should contact Meet Referee.

**MEET
DIRECTOR**

Scott Bartleson/Justin Alsobrooks – justina@justintiming.com – (732)232-9563

AD. OFFICIAL Bill Boyd – (917-903-8964) bill@boydcast.com

RULES

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

All swimmers must wear footwear upon leaving the pool area.

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. 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
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 competitions.

DISCLAIMER

It is understood that USA Swimming, Inc., Metropolitan Swimming, Inc., Trident Aquatic Club, New York City Aquatic Club and JUST In Timing shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.

**COVID-19
WAIVER**

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 USA SWIMMING AND [THE LSC] 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 THEREWITH.

DECK Deck changes are prohibited.

CHANGING

AUDIO/VISUAL AND DRONE STATEMENT Use of audio or visual recording devices, including a cell phone, is not permitted in the 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.

PHOTOGRAPHIC 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.

ADMISSION Admission \$8.00. Psych Sheet and Heat Sheet will be available on Meet Mobile.

MERCHANTS Food concessions; Metro Swim Shop

PARKING \$5.00 all-day parking at Lehman College Supervised Lot. Street parking and meter parking is also available.

DIRECTIONS 250 Bedford Park Boulevard West (between Goulden and Paul Avenues).

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 CAR: Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit. Go left onto Van Cortlandt Ave. Proceed to Sedgwick Ave. Make left onto Sedgwick. Turn right at Goulden Ave and go to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on right.

Via Saw Mill River Parkway South (becomes Henry Hudson Parkway) to Mosholu Parkway exit. At the second traffic light turn right onto Paul Ave. Go two blocks. At Bedford Park Boulevard turn right. APEX building is on left. Proceed to traffic light; turn left onto Goulden. Parking lot is on the right.



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 _____



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Session #1 – Age Group Division Swimmers aged 12&U <u>only</u> (10&U/11-12 will be scored separately) Saturday, December 17th – 8:00 AM WU / 9:00 AM Start		
Girls #	Event	Boys #
1	100 Yard IM	2
3	50 Yard Freestyle	4
5	100 Yard Breaststroke No 8&U SWIMERS	6
7	50 Yard Backstroke	8
9	100 Yard Butterfly No 8&U SWIMERS	10
11	200 Yard Freestyle No 8&U SWIMERS	12
Session #2 – Senior Division Swimmers aged 13&O <u>only</u> Saturday, December 17th – 1:00 PM WU / 2:00 PM Start		
Girls #	Event	Boys #
13	200 Yard IM	14
15	100 Yard Freestyle	16
17	200 Yard Breaststroke	18
19	100 Yard Backstroke	20
21	200 Yard Butterfly	22
23	500 Yard Freestyle (May be limited to Top 24 entries per event)	24



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Session #3 – Age Group Division Swimmers aged 12&U <u>only</u> (10&U/11-12 will be scored separately) Sunday, December 18 th – 8:00 AM WU / 9:00 AM Start		
Girls #	Event	Boys #
25	100 Yard Freestyle	26
27	50 Yard Breaststroke	28
29	100 Yard Backstroke No 8&U SWIMERS	30
31	50 Yard Butterfly	32
33	200 Yard IM No 8&U SWIMERS	34
35	500 Yard Freestyle No 8&U SWIMERS (May be limited to Top 24 entries per event)	36
Session #4 – Senior Division Swimmers aged 13&O <u>only</u> Sunday, December 18 th – 1:00 PM WU / 2:00 PM Start		
Girls #	Event	Boys #
37	200 Yard Freestyle	38
39	100 Yard Breaststroke	40
41	200 Yard Backstroke	42
43	100 Yard Butterfly	44
45	50 Yard Freestyle	46
47	400 Yard IM (May be limited to Top 24 entries per event)	48