

BGC-N. Westchester Marlins Swim Team



BOYS & GIRLS CLUB
OF NORTHERN WESTCHESTER

Distance Meet

November 15, 2009

Sanction # 091104

BGNW Distance Meet

November 15, 2009

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # **091104**
- LOCATION:** Boys & Girls Clubs of Northern Westchester – Trotta Millennium Pool
351 Main Street – Mount Kisco, NY 10549 – (914) 666-8069
- FACILITY:** 25 yard indoor pool with eight 7-foot lanes. Non turbulent lane-lines. Seating for 200 spectators.
Colorado electronic timing system, with an eight-line scoreboard.
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Sunday Morning: 12&Under 500 free; 13-18 400 IM; 11-12 400 IM – warm-up 8:00am – start 9:00am
Sunday Afternoon: 1650 free only – warm-up 12:30pm – start 1:15pm
- FORMAT:** All events will be timed finals - Deck seeding
Note Re: Afternoon session - 1650 free:
The session will run fastest to slowest, alternating women and men.
Depending on the number of entries in the 1650, this session may be split into 2 sessions with an
addition 15-20 minutes warm-up in between sessions.
All teams will be contacted by Monday, November 11th if the 1650 session is divided into 2 sessions.
- 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 November 15, 2009 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 are limited to 2 events per session.** The meet will be run on computer using Hy-Tek's Meet
Manager. **All sessions MAY be limited to 3 hours before scratches,**
Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet
must accompany all entries. An email confirming receipt of entries and a meet manager meet entries
report will be sent to the coach.
Please contact Monique if you do not receive such a report within 2 days of your original email.
Telephone or faxed entries will not be accepted.
- U.S. Mail Entries/Payment to: BGNW Marlins Swim Team
attention Monique Grayson
351 Main Street
Mount Kisco, NY 10549
Email Entries/Confirm Entry Receipt: Email entries to: bgnwmarlins@aol.com
- Please sign the “signature waiver” on envelope for entries sent by Express Mail**
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be
received by **October 31, 2009.**
2: The final entry deadline for this meet is **November 7, 2009**
3: Metro entries received between **October 31, 2009** and **November 7, 2009** and all 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 Meet Director if you
do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of \$3.00 per individual even must accompany the entries.
Make check payable to: **Boys & Girls Clubs of Northern Westchester.**
Payment must be received by **November 7, 2009** 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:** Morning Session:
First 40 minutes will be general warm-up. Lane assignment will be given at the meet.
Last 10 minutes: 2 or more lanes will be open for one-way sprint.
All other lanes will remain open for general warm-up.
Afternoon Session:
First 30 minutes will be general warm-up. Lane assignment will be given at the meet.
Last 10 minutes: 2 or more lanes will be open for one-way sprint.
All other lanes will remain open for general 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 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:** Individual events 12-Under: medals: 1st-3rd; ribbons: 4th-8th.
- OFFICIALS:** **Meet Referee:** Bruce Brooks - bbrooks124@gmail.com
Officials wishing to volunteer should contact the Meet Referee by **October 31, 2009**.
- MEET DIRECTOR:** Monique Grayson – mggrayson@aol.com (914)-941-4464
Questions: Dennis Munson – Aquatic Director/Head Coach – 914-666-8069 # 115
- 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.
All swimmers must wear footwear upon leaving the pool area.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against the Boys & Girls Clubs of Northern Westchester, The Marlins Swim Team, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** Adults: \$5.00 – Programs: \$2 per session
- MERCHANTS:** The Metro Swim Shop may be in attendance at the meet
Food will be available in designated area only – Food and glass bottles will not be allowed on deck or in the locker rooms.
- PARKING:** Parking is available at the Boys & Girls Club and may also be available across the street at Northern Westchester Hospital
- DIRECTIONS:** **DIRECTIONS:**
From I-684 North or South: Take exit 4 to route 172 west (towards Mt. Kisco). Drive approximately 2 miles. Take 117 North (keep right at traffic light). Go one block. Just before traffic light, turn right into B/G Club driveway. Enter pool from the main entrance.
From Long Island: Take Whitestone Bridge, to the Hutchinson Parkway North, to I-684 north, to exit 4 (then proceed as above).
From Saw Mill Parkway North: Take exit 33, Readers Digest Road. Cross railroad tracks and keep right. At traffic light, make a left turn on route 117 (it will become Main Street). Pass 2 traffic lights. Just before the third traffic light, turn right into B/G Club driveway.
From Taconic Parkway South:
Take exit for route 133, Mount Kisco. At traffic light, make a right turn. At next traffic light, turn right and follow signs

for Mt. Kisco (on route 133 east). Drive approximately 4 miles. At the end of 133, turn right onto route 117 South (Main Street). Pass 2 traffic lights. Just after the third traffic light, make an immediate left turn into the B/G Club driveway.

PS: Additional parking may be available across the street in hospital parking lot.

HOTELS:

The Holiday Inn in Mount Kisco (1 Holiday Inn Drive – Mount Kisco, NY 10549) will give a preferred rate if coaches mention that they are attending a meet at the Boys & Girls Club. 914-241-2600

**BGC-N.WESTCHESTER MARLINS SWIM TEAM
DISTANCE MEET
NOVEMBER 15, 2009**

MORNING SESSION:

8:00am Warm-up 9:00am Start

General warm-up 8:00-8:40am

Sprint lanes and continued general warm-up 8:40-8:50am

WOMEN	EVENT	MEN
1	12-under 500 Free Awards will be given to 10-U and 11-12	2
3	13-18 400 IM Results will be for 13-14 and 15-18	4
5	11-12 400 IM	6

AFTERNOON SESSION:

12:30pm Warm-up 1:15pm Start

General warm-up 12:30-1:00pm

Sprint lanes and continued general warm-up 1:00-1:10pm

This session will run fastest to slowest, alternating women & men.

**Depending on the number of entries in the 1650, the afternoon session may be split into 2 sessions
with 15-20 minutes warm-up in between sessions**

All teams will be contacted if the session is divided into 2 sessions

WOMEN	EVENT	MEN
7	Open 1650 Free Awards will be given to 12-under	8