

BGC-N. Westchester Marlins Swim Team



Distance Meet

November 6, 2011

Sanction # 111105

Time Trials Sanction # 111152-T

BGNW Distance Meet

November 6, 2011

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,
Sanction # **111105 (Time Trials Sanction # 111152-T)**
- 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 1:00pm – start 1:45pm**
- FORMAT:** All events will be held as 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 additional 15-20 minutes warm-up in between sessions.
All teams will be contacted by Tuesday, November 1st 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 6, 2011 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 ½ hours before scratches,**
Teams must submit entries using an export file of Hy-Tek Team Manager. Email ALL entries to Monique Grayson at bgnwmarlins@aol.com. Payment must be received by Saturday, November 1, 2011.
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.
NT (no time), paper, phone or fax entries will NOT be accepted.
- Make checks payable to: **Boys & Girls Clubs of Northern Westchester**
Mail to: BGNW Marlins Swim Team
attention Monique Grayson
351 Main Street
Mount Kisco, NY 10549
Email entries to: bgnwmarlins@aol.com
- Please sign the "signature waiver" on envelope for checks 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 21, 2011.**
2: The final entry deadline for this meet is **October 29, 2011**
3: Metro entries received between **October 21, 2011** and **October 29, 2011** 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 1, 2011** 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 15 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: Bob Fitzsimmons** rfitzsimmons@highroadcap.com
Officials wishing to volunteer should contact the Meet Referee by **October 30, 2011**.
- MEET DIRECTOR:** Monique Grayson – bgnwmarlins@aol.com
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:** **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”
- WATER DEPTH:** USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
Deep end: at 1m: 9’0”; at 5m: 7’6” – Shallow end: at 1m: 4’0”; at 5m: 4’6”
- 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. "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."
- 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 6, 2011**

MORNING SESSION:

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

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

Sprint lanes and continued general warm-up 8:40-8:55am

| 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* |

***Time permitting, there will be a 10 minutes warm-up before events 5 & 6**

AFTERNOON SESSION:

1:00pm Warm-up 1:45pm Start

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

Sprint lanes and continued general warm-up 1:30-1:40pm

If morning session finishes early, warm-up time for afternoon session may start earlier but meet start time will not change

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 no later than Tuesday, November 1st, if the session is divided into 2 sessions

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

Note: 500 free and 1000 free Split times from the 1650 will be uploaded to SWIMS