

**FLUSHING YMCA DISTANCE MEET  
OCTOBER 7, 2018  
SANCTION #181006, 181052-T**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #181006, 181052T ,
- LOCATION:** FLUSHING YMCA
- FACILITY:** SIX LANES, 25 YARDS, COLORADO TIMING, KEIFER LANES, PARAGON STARTING BLOCKS,  
SIX LANE SCOREBOARD  
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** SUNDAY, OCT. 7, 6AM WU, 7AM START.
- FORMAT:** TIMED FINALS  
DECK SEEDED
- 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 **OCTOBER 7, 2018** 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 SWIM ONE INDIVIDUAL EVENT**  
**ENTRIES WILL BE ACCEPTED ON A FIRST COME, FIRST SERVED BASIS. E MAIL HY-TEK FILE IS THE PREFERRED METHOD OF ENTRY.**  
U.S. Mail Entries/Payment to: **RICHARD FINKELSTEIN, FLUSHING YMCA 138-46 NORTHERN BLVD. FLUSHING, NY 11354**  
Email Entries/Confirm Entry Receipt: [FINKFLY33@AOL.COM](mailto:FINKFLY33@AOL.COM)
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis for entries received by **SEPTEMBER 15<sup>TH</sup>**.  
2: The final entry deadline for this meet is **SEPTEMBER 22<sup>ND</sup>**.  
3: Metro entries received between **SEPTEMBER 15<sup>TH</sup>** and **SEPTEMBER 22<sup>ND</sup>** 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 will be sent if you provide an email contact. Please contact Meet Director if you do not receive within 2 days of your original email.
- ENTRY FEE:** An entry fee of \$5 **PER INDIVIDUAL AND \$10 PER RELAY** entry must accompany the entries.  
**1650 - NO CHARGE BUT YOU WILL HAVE TO PROVIDE YOUR OWN TIMER.**  
Make check payable to: **FLUSHING YMCA.**  
Payment must be received by **OCTOBER 7<sup>th</sup>** 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:** **METRO WARM UP GUIDELINES WILL BE FOLLOWED. ADJUSTMENTS MAY BE MADE TO ENSURE A SAFE AND PROPER 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.
- TIME TRIALS:** May be available
- 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 MEDALS 1<sup>ST</sup> – 3<sup>RD</sup>. RIBBONS 4<sup>TH</sup> – 6<sup>TH</sup>. RELAY RIBBONS 1<sup>ST</sup> – 3<sup>RD</sup>..
- OFFICIALS:** Meet Referee: Annie Fosteris [apfosteris@gmail.com](mailto:apfosteris@gmail.com)  
Officials wishing to volunteer should contact Meet Referee by **SEPTEMBER 25<sup>TH</sup>**  
Admin Official – Kris Tilas – [kristilas@hotmail.com](mailto:kristilas@hotmail.com)
- MEET DIRECTOR:** RICHARD FINKELSTEIN 516-538-3324 [FINKFLY33@AOL.COM](mailto:FINKFLY33@AOL.COM)
- RULES & Policy:** 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. "Deck changes are prohibited".  
**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 web site as well as from the Meet Director. "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."
- 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. 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:** Diving end water depth – 12 feet at 1 meter, 8 feet at 15 meters  
Shallow end water depth – 4 feet at 1 meter, 10 feet at 15 meters
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against the **YMCA OF GREATER NY, FLUSHING YMCA, FLUSHING Y AQUATIC CLUB**, 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 any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.
- AUDIO/VISUAL:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks
- ADMISSION:** **ADMISSION \$5 FOR AGE 13 & OVER, PROGRAMS WILL BE AVAILABLE FOR PURCHASE**
- MERCHANTS:** **REFRESHMENTS WILL BE AVAILABLE FOR PURCHASE, SWIM VENDOR MAY BE AVAILABLE**
- PARKING:** **PARKING MAY BE AVAILABLE FOR CERTIFIED COACHES IN THE YMCA LOT. PLEASE OBTAIN PARKING PASS FROM FRONT DESK. SPECTATORS AND SWIMMERS USE STREET PARKING OR THE MUNICIPAL LOT ACROSS THE STREET FROM THE REAR ENTRANCE TO THE Y.**
- DIRECTIONS:** **SUGGESTED DIRECTIONS: From Eastern Long Island - L.I.E. to Cross Island Pkwy. North (follow towards Whitestone Expy). Exit at Linden Place. Make a left at the light (Linden Pl). Follow about 5 blocks to 35th Ave. Make left onto 35th Ave. Go 1 block to Leavitt St. Make right. Go 1 block to Northern Blvd. Make right onto Northern Blvd and then immediate left turn/U-Turn before Linden Place. The YMCA will be on your right after Union St. From Triboro Bridge - Take Grand Central Pkwy to Northern Blvd/Shea Stadium exit. Follow signs to Northern Blvd. YMCA will be about one mile on the right. From Whitestone Bridge - Stay to the right when coming off the bridge. Exit at Linden Place and follow as above.**

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1	11-14 400 IM *	2
3	OPEN 400 IM	4
5	12 & UNDER 500 FREESTYLE *	6
7	OPEN 1650	8

USE OF ALCOHOL OR TOBACCO PRODUCTS ANYWHERE IN THE YMCA IS STRICTLY PROHIBITED. NO GLASS OF ANY KIND ON DECK OR IN THE BALCONY. VIOLATION OF THE ABOVE MAY RESULT IN IMMEDIATE REMOVAL FROM THE FACILITY AWARDS: AWARDS WILL BE GIVEN TO THE FIRST SIX PLACES IN EACH EVENT

\*SEPARATE AWARDS FOR 11-12, 13-14 400IM.

\* SEPARATE AWARDS FOR 10 & U, 11-12 500 FREE.

THE USA SWIMMING CODE OF CONDUCT IS IN EFFECT FOR THE DURATION OF THE MEET

**GENERAL INFORMATION**

- Rules: 2018 USA Rules will govern this meet. Metro safety and warm-up guidelines are in effect. Total warm-up will last 50 minutes and will be adjusted to ensure a safe and proper warm-up for all age groups.
- Eligibility: All contestants must be USA registered. Age as of the first day of the meet will determine eligibility for age group events.
- Parking may be available for certified coaches listed on the summary sheet in our lot on 37th Ave. If you are not listed, you will not have a spot. You must obtain a parking pass from the front desk. A municipal parking lot is available around the corner from the back entrance of the "Y" on Union St. between 37th and 38th Ave. in addition to street parking.
- Refreshments available at reasonable rates. Food, smoking and glass of any kind are not permitted in the pool area or balcony.
- Supervision: Each club is requested to handle its own team and discipline problems. Anyone found guilty of vandalism or disorderly conduct will be ejected from the meet. No one is permitted above the 2nd floor of the building.
- Coaches must show their current U.S.A. membership card to pick up meet packet. Only currently certified U.S.S. coaches will be permitted on the pool deck. U.S.A. cards must be worn on the pool deck or be available if requested.
- Mail: SEND ALL ENTRIES TO: RICHARD FINKELSTEIN - SWIM COACH

FLUSHING YMCA 138-46 NORTHERN BLVD.  
FLUSHING, N.Y. 11354

E Mail entries to [Finkfly33@aol.com](mailto:Finkfly33@aol.com)

8) In granting this sanction it is understood and agreed that USA Swimming Inc. shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event. Upon acceptance of entries, swimmers, coaches, parents and spectators waive their right to all claims against Metropolitan Swimming, the Metropolitan Swim Committee, Flushing Y Aquatic Club, Flushing YMCA, their agents and/or representatives for any injury or loss of property occurring as a result of this meet.

9) I HEREBY CERTIFY THAT ALL SWIMMERS THAT I AM ENTERING AT THE \_\_\_\_\_ ARE CURRENTLY REGISTERED WITH USA SWIMMING  
name of meet

\_\_\_\_\_  
name of club

\_\_\_\_\_  
club code

\_\_\_\_\_  
E Mail

\_\_\_\_\_  
coach's name (print)

\_\_\_\_\_  
coach's signature

The following certified coaches will be attending this meet:

\_\_\_\_\_  
PLEASE RETURN THIS SHEET, SIGNED, ALONG WITH YOUR ENTRIES AND KEEP A COPY FOR YOUR RECORDS.



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.**

**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.

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

**Notes:**

The above policy will be published in meet announcements and programs.

It is the Meet Director's responsibility to have forms available at the meet.

The Meet Director should check the actual ID against entry on form, and keep a file of submitted forms.

The intent is to promote accountability and to give Meet Directors and Referees a tool for managing concerns about photographers. Teams should consider providing a lanyard indicating that the photographer is registered.

See form, below.



## 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 \_\_\_\_\_