

**FLUSHING YMCA BIG APPLE CLASSIC**  
**NOVEMBER 9, 10, 11, 2018**  
**SANCTION # 181104**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #181104
- 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:** FRIDAY, NOV. 9, 5:00 PM WU, 6:00 START. SATURDAY, 7AM WU, 8 AM START, 1:00 WU, 2:00 START, SUNDAY, 7AM WU, 8AM START, 1:00 WU, 2:00 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 **NOVEMBER 9, 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 THREE INDIVIDUAL EVENTS AND ONE RELAY PER DAY 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 if received by **OCTOBER 19<sup>th</sup>**.  
2: The final entry deadline for this meet is OCTOBER 26<sup>th</sup>  
3: Metro entries received between **OCTOBER 20<sup>th</sup>** and **OCTOBER 26<sup>th</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 such a report 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. Make check payable to: **FLUSHING YMCA**. Payment must be received by **NOVEMBER 9<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:** Will not 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 **NOVEMBER 1<sup>st</sup>**

Admin Official – [Kristilas@hotmail.com](mailto:Kristilas@hotmail.com)  
RICHARD FINKELSTEIN 516-538-3324 [FINKFLY33@AOL.COM](mailto:FINKFLY33@AOL.COM)

**MEET  
DIRECTOR:**

**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 SHOULD BE AVAILABLE**

**PARKING:**

**PARKING MAY BE AVAILABLE FOR CERTIFIED COACHES IN THE YMCA LOT. OBTAIN PARKING PASS FROM THE FRONT DESK SPECTATORS AND SWIMMERS USE STREET PARKING OR THE MUNICIPAL LOT ACROSS THE STREET FROM REAR ENTRANCE TO THE Y.**

**DIRECTIONS:**

**SUGGESTED DIRECTIONS: From Eastern Long Island - L.I.E. to Cross Isl. Pkwy. North (follow towards Whitestone Expy). Exit at Linden Place. Make left at light (Linden Pl). Follow 5 blocks to 35th Ave. Make left. Go 1 block to Leavitt St. Make right. Go 1 block to Northern Blvd. Make right on Northern Blvd and then immediate left turn/U-Turn before Linden Place. YMCA will be on your right after Union St. From RFK Bridge - Take Grand Central Pkwy to Northern Blvd/Citi Field 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.**

**ENTRY TIME MUST BE AT OR FASTER THAN THE CUT except for the host team. "NO TIME" ENTRIES WILL NOT BE ACCEPTED. Proof of time may be required for 1000 and 1650 for other than the host club.**

**Friday Nov. 9: Session #1 Warm-up 5:00 PM Start 6:00**

<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
1	2:54.0	13-14 200 Breaststroke	2:45.0	2
3	2:48.0	Open 200 Breaststroke	2:35.0	4
5	2:16.0	13-14 200 Freestyle	2:10.0	6
7	2:12.0	Open 200 Freestyle	2:01.0	8
9	1:09.0	13-14 100 Butterfly	1:06.0	10
11	1:08.0	Open 100 Butterfly	1:02.0	12
13	5:22.0	13-14 400 IM	5:10.0	14
15	5:10.0	Open 400 IM	4:50.0	16
17	NCT	Open 200 Free Relay	NCT	18
19	12:00.0	Open 1000 Freestyle **	11:10.0	20

**\*\* 1000 limited to 3 heats of girls & 3 heats of boys  
1000 counts towards Open high point award only**

**Saturday Nov. 10: Session #2 Warm-up 7:00 Start 8:00**

<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
21	NCT	11-12 200 IM	NCT	22
23	2:35.0	13-14 200 IM	2:29.0	24
25	NCT	11-12 100 Freestyle	NCT	26
27	29.0	13-14 50 Freestyle	27.0	28
29	NCT	11-12 50 Backstroke	NCT	30
31	1:12.0	13-14 100 Backstroke	1:06.0	32
33	NCT	11-12 100 Breaststroke	NCT	34
35	1:20.0	13-14 100 Breaststroke	1:16.0	36
37	NCT	11-12 50 Butterfly	NCT	38
39	5:53.0	13-14 500 freestyle	5:41.0	40
41	NCT	11-12 200 Medley Relay	NCT	42
43	NCT	13-14 200 Medley Relay	NCT	44

**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.**

**Saturday Nov. 10: Session #3 Warm-up 1:00 Start 2:00**

<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
45	NCT	9-10 100 IM	NCT	46
47	2:30.0	Open 200 IM	2:17.0	48
49	NCT	9-10 100 Freestyle	NCT	50
51	28.6	Open 50 Freestyle	25.5	52
53	NCT	9-10 50 Breast	NCT	54
55	1:18.0	Open 100 Breaststroke	1:10.0	56
57	NCT	9-10 100 Backstroke	NCT	58
59	1:09.5	Open 100 Backstroke	1:03.0	60
61	NCT	9-10 50 Butterfly	NCT	62
63	5:40.0	Open 500 Freestyle	5:15.0	64
65	NCT	9-10 200 Med Relay	NCT	66
67	NCT	Open 200 Med Relay	NCT	68

Sunday Nov. 11		Session #4 Warm-up 7:00, Start 8:00		
<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
69	NCT	11-12 200 Freestyle	NCT	70
71	2:35.0	13-14 200 Butterfly	2:30.0	72
73	NCT	11-12 50 Breaststroke	NCT	74
75	1:03.0	13-14 100 Freestyle	59.0	76
77	NCT	11-12 100 Butterfly	NCT	78
79	2:32.0	13-14 200 Backstroke	2:25.0	80
81	NCT	11-12 50 Freestyle	NCT	82
83	NCT	13-14 400 Free Relay	NCT	84
85	NCT	11-12 100 Backstroke	NCT	86
87	NCT	11-12 200 Free Relay	NCT	88
89	NCT	13-14 1650 Freestyle***	NCT	90

Sunday Nov. 11		Session #5 Warm-up 1:00, Start 2:00		
<u>Event#</u>	<u>Girls</u>	<u>Event</u>	<u>Boys</u>	<u>Event#</u>
91	NCT	9-10 200 Free	NCT	92
93	2:30.0	Open 200 Butterfly	2:20.0	94
95	NCT	9-10 50 Backstroke	NCT	96
97	1:02.0	Open 100 Free	55.5	98
99	NCT	9-10 100 Fly	NCT	100
101	2:30.0	Open 200 Back	2:16.0	102
103	NCT	9-10 50 Free	NCT	104
105	NCT	Open 400 Free Relay	NCT	106
107	NCT	9-10 100 Breast	NCT	108
109	NCT	9-10 200 Free Relay	NCT	110
111	NCT	Open 1650 Freestyle***	NCT	112

\*\*\* 1650 MAY BE LIMITED TO 1 HEAT OF GIRLS & BOYS.

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

- Rules: 2018 USA Rules will govern this meet. 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. Obtain 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.
  - In granting this sanction it is understood and agreed that USA Swimming Inc. and Metropolitan Swimming 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.
  - 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 \_\_\_\_\_