



YWCA Middies Founding Fathers
February 6-8, 2015
Sanction #: **150207**

YWCA Middies Founding Father's Swim Meet

February 6-8, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 150207
- LOCATION:** **YWCA of White Plains**
515 North St.
White Plains, NY 10605
- FACILITY:** **One 6x7' lane 25 yard course. Non-turbulent lane lines. Colorado electronic timing system with 6 line scoreboard.**
The pool **has** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1: Friday, February 6, 4:30 pm warm up, 5:30 pm start (11&over)**
Session 2: Saturday, February 7, 7:30 am warm up, 8:30 am start (10&under)
Session 3: Saturday, February 7, 1:00 pm warm up, 2:00 pm start (11 and over)
Session 4: Sunday, February 8, 7:30 am warm up, 8:30 am start (10&under)
- FORMAT:** **All events will be timed finals, deck seeding.**
- 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 **February 6, 2015** 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 3 events + 1 relay in session 1, 3 events + 1 relay in session 2.**
This meet will be run using Hy-Tek's Meet Manager. All files must be emailed in Hy-Tek format.
An email confirming receipt of entries along with a meet manager report will be returned to the coach.
If this report is not received within 2 days, contact John Yearwood (jyearwood@ywcawpcw.org) .
- U.S. Mail Entries/Payment to: **YWCA Middies, 515 North Street, White Plains, NY, 10605**
Email Entries/Confirm Entry Receipt: jyearwood@ywcawpcw.org
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **Tuesday, January 20, 2015.**
2: The final entry deadline for this meet is **Tuesday, January 27, 2015.**
3: Metro entries received between **January 21, and January 26, 2015** 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 **\$4.00** per individual even must accompany the entries. Relays **\$12.00**
Make check payable to: **YWCA Middies.**
Payment must be received by **January 27, 2015** 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:** **Warm up sessions will be assigned and each team will have 20 minutes to complete. All lanes will open for the last 10 minutes for specific 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:** [Heat Winner duckies will be handed out per heat.](#)
[Ribbons 1st – 8th place per age group.](#)
- OFFICIALS:** **Meet Referee:** [Sally Hall, csaehallfamily@aol.com](mailto:csaehallfamily@aol.com), 914-844-4170
Officials wishing to volunteer should contact Meet Referee by [January 27, 2015](#).
- MEET DIRECTOR:** [John Yearwood, middies@ywcaawpcw.org](mailto:middies@ywcaawpcw.org), 914-949-6227 x151
- ADMIN OFFICIAL:** [Jenn Parra, middies@ywcaawpcw.org](mailto:middies@ywcaawpcw.org)
- 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.
“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."
[The water depth is 3 feet at the shallow end and 10 feet deep at the diving end.](#)
- AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms**
- DECK CHANGING:** **Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited.**
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against [the YWCA of White Plains and the YWCA Middies](#), Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** [Adults \(16 and over\): \\$5, Programs: \\$3](#)
- MERCHANTS:** [Vendors will be at the meet selling merchandise. Concessions will be provided.](#)
- PARKING:** [Parking is available in the back of the YWCA. NO CARS to be parked in front.](#)
- DIRECTIONS:** **The YWCA is located at 515 North St., White Plains, NY opposite White Plain High School. Bryant Ave. is the nearest intersection.**
From Hutchinson River Pkwy, North and South:
Take Exit 25 (Route 127, North St.) west toward White Plains. YWCA is on the left 1.5 miles.
From Cross Westchester Express (I-287):
Heading East (from Tappan Zee Bridge) take Exit 9A. Bear right and continue to the 3rd intersection,

Bryant Ave. Turn right and continue to North St. Turn left and drive one block. YWCA is on right.

Heading West (from Port Chester or Connecticut):

Take Exit 9S. After light bear right onto the Hutchinson River Pkwy South. Take Exit 25W as above.

From I-684:

Follow to end which merges with the Hutchinson River Pkwy. Take Exit 25W as above.

By Bus:

Bee Line Bus #5 (from bus terminal at Metro-North White Plains or Harrison Station.) For a bus schedule call: (914) 949-2020.

Order of Events

YWCA Middies Founding Father's Swim Meet			
Session 1		3 events	
Warm up	4:30 PM	Meet start	5:30 PM
Girls	Event		Boys
1	13 and over 500 free		2
3	11-12 200 back		4
5	13 and over 100 back		6
7	11-12 50 fly		8
9	13 and over 200 fly		10
11	11-12 100 breast		12
13	13 and over 100 breast		14
15	11-12 50 free		16
17	13 and over 100 free		18
19	11-12 200 IM		20
21	13 and over 200 IM		22
23	11-12 100 back		24

Session 2		3 events	
Warm up	7:30 AM	Meet start	8:30 AM
Girls	Event		Boys
25	8 and under 100 free		26
27	10 and under 200 free		28
29	7 and under 25 back		30
31	8 year old 50 back		32
33	9-10 100 back		34
35	7 and under 25 fly		36
37	8 year old 25 fly		38
39	9-10 50 fly		40
41	7 and under 25 breast		42
43	8 year old 50 breast		44
45	9-10 100 breast		46
47	7 and under 25 free		48
49	8 year old 25 free		50

51	9-10 50 free	52
53	7 and under 100 IM	54
55	8 year old 100 IM	56
57	9-10 100 IM	58

Session 3	3 events		
Warm up	1:00 PM	Meet start	2:00 PM
Girls	Event		Boys
59	OPEN 400 IM		60
61	11-12 200 free		62
63	13 and over 50 free		64
65	11-12 100 fly		66
67	13 and over 100 fly		68
69	11-12 200 breast		70
71	13 and over 200 breast		72
73	11-12 50 breast		74
75	13 and over 200 free		76
77	11-12 100 free		78
79	13 and over 200 back		80
81	11-12 50 back		82

Session 4	3 events		
Warm up	7:30 AM	Meet start	8:30 AM
Girls	Event		Boys
83	10 and under 200 I.M.		84
85	7 and under 50 back		86
87	8 year old 25 back		88
89	9-10 50 back		90
91	7 and under 50 fly		92
93	8 year old 50 fly		94
95	9-10 100 fly		96
97	7 and under 50 breast		98
99	8 year old 25 breast		100
101	9-10 50 breast		102
103	7 and under 50 free		104
105	8 year old 50 free		106
107	9-10 100 free		108