

FLUSHING YMCA JUNIOR SWIM CHAMPIONSHIPS

OCTOBER 13, 14, 2018

Sanction # 181007

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #181007
- 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:** SATURDAY, OCT. 13 4:00 WU, 5:00 START, SUNDAY, OCT. 14, 7AM WU, 8AM 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 13, 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 PER SESSION PLUS RELAYS 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
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis if received by **SEPTEMBER 22nd**.
2: The final entry deadline for this meet is **SEPTEMBER 29th**.
3: Metro entries received between **SEPTEMBER 22nd** and **SEPTEMBER 29th** 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 **OCTOBER 13th** 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.
- TIMES TRIALS:** Not 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 1ST – 3RD. RIBBONS 4TH – 6TH. RELAY RIBBONS 1ST – 3RD..**

- OFFICIALS:** Meet Referee: Annie Fosteris apfosteris@gmail.com
Officials wishing to volunteer should contact Meet Referee by **September 30th**.
Admin Official – Kris Tilas – kristilas@hotmail.com
- MEET DIRECTOR:** RICHARD FINKELSTEIN 516-538-3324 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, THE 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 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 Isl. 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.

ENTRY FEE: \$5.00 per individual event
\$10.00 per relay

Session I Sat. Oct. 13th 4 P.M. Warm-up, 5 P.M. Start

<u>GIRLS</u>		<u>EVENT</u>	<u>BOYS</u>
1	13-14	50 Freestyle	2
3	11-12	50 Freestyle	4
5	13-14	200 Backstroke	6
7	11-12	50 Backstroke	8
9	13-14	100 Butterfly	10
11	11-12	50 Butterfly	12
13	13-14	100 Breaststroke	14
15	11-12	50 Breaststroke	16
17	13-14	200 Medley Relay	18
19	11-12	200 Medley Relay	20
21	13-14	1000 Freestyle	22

Session II Sun. Oct. 14th 7 A.M. Warm-up, 8 A.M. Start

23	15-18	50 Freestyle	24
25	10 & Under	50 Freestyle	26
27	15-18	200 Backstroke	28
29	10 & Under	50 Backstroke	30
31	15-18	100 Butterfly	32
33	10 & Under	50 Butterfly	34
35	15-18	100 Breaststroke	36
37	10 & Under	50 Breaststroke	38
39	15-18	200 Medley Relay	40
41	10 & Under	200 Medley Relay	42
43	15-18	1000 Freestyle	44

SPECIAL NOTES

1000 free may be limited to the top 12 girls and boys in each age group.

Events 1 - 22 will be on Sat. Oct. 13th Warm-up 4:00 P.M.

23 - 44 will be on Sun. Oct. 14th Warm-up 7:00 A.M.

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.

The USA Swimming Code of Conduct is in effect for the duration of this meet.

GENERAL INFORMATION

- Entry Format:** E Mail entries accepted at finkfly33@aol.com. Please return the form that certifies that all swimmers are current USA members along with your entries. Please include name, phone number, e mail and times to call contact person in case of any problems.
- 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. 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.

8. 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 - hard copy must follow

A) 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.

B) 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 _____

