

FRAN SCHNARR MEMORIAL SPRINT MEET
JANUARY 26, 27, 2019
Sanction # 190113

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #190113
- 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, JAN. 26 4:00 WU, 5:00 START, SUNDAY, JAN. 27, 7AM WU, 8AM.**
- 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 **JANUARY 26, 2019** 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 FIVE 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. Metro teams entries must be received by **DECEMBER 29th**.
2: The final entry deadline for this meet is **JANUARY 12th**.
3: Metro entries received between **DECEMBER 29th** and **JANUARY 12th** 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 \$5 **PER INDIVIDUAL AND \$10 PER RELAY** entry must accompany the entries.
Make check payable to: **FLUSHING YMCA**.
Payment must be received by **JANUARY 26th** 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:** Not available
- 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 **JANUARY 9TH**.
Admin Official – 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".

"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."

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

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. **WiFi may be available by the refreshment area.**

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.

ANYONE ENTERING ALL FIVE EVENTS WILL BE ELIGIBLE FOR THE FRAN SCHNARR PENTATHLETE AWARD. TIMES FOR ALL FIVE EVENTS ARE ADDED TOGETHER AND THE PERSON WITH THE LOWEST TOTAL TIME IS THE PENTATHLETE CHAMPION. THE TOP 3 FINISHERS WILL RECEIVE TROPHIES. SWIMMERS WITH DISABILITIES ARE ENCOURAGED TO ENTER. CONTACT RICHARD FINKELSTEIN IF YOU NEED SPECIAL CONSIDERATION. THE USA SWIMMING CODE OF CONDUCT IS IN EFFECT FOR THE DURATION OF THE MEET.

SATURDAY 4:00 PM WARM-UP		5:00 PM START	
<u>GIRLS EVENT #</u>	<u>EVENT</u>	<u>BOYS EVENT #</u>	
1	11-12 50 Free	2	
3	13-14 50 Free	4	
5	11-12 50 Back	6	
7	13-14 50 Back	8	
9	11-12 50 Fly	10	
11	13-14 50 Fly	12	
13	11-12 50 Breast	14	
15	13-14 50 Breast	16	
17	11-12 100 IM	18	
19	13-14 100 IM	20	
21	11-12 100 MEDLEY RELAY	22	
23	13-14 100 MEDLEY RELAY	24	
SUNDAY 7:00 A.M. WARM-UP		8:00 A.M. START	
25	10 & U 50 Free	26	
27	15 & over 50 Free	28	
29	10 & U 50 Back	30	
31	15 & over 50 Back	32	
33	10 & U 50 Fly	34	
35	15 & over 50 Fly	36	
37	10 & U 50 Breast	38	
39	15 & over 50 Breast	40	
41	10 & U 100 IM	42	
43	OPEN 100 IM	44	
45	10 & U 100 Medley Relay	46	
47	OPEN 100 Medley Relay	48	

- Entry Fees: \$5.00 per individual event, \$10.00 per relay except where noted. Make checks payable to "Flushing YMCA". If not enclosing check please enclose check request. Telephone inquiries accepted at 718-961-6880. No phone entries please.
- Entry Format: 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: 2019 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.

- 6. Refreshments available at reasonable rates. Food, smoking and glass of any kind are not permitted in the pool area or balcony.
- 7. Admission: \$5.00 for spectators over age 12. Programs will be available for purchase.
- 8. 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.
- 9. 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.
- 10. Mail: SEND ALL ENTRIES TO: RICHARD FINKELSTEIN - SWIM COACH
FLUSHING YMCA 138-46 NORTHERN BLVD.
FLUSHING, N.Y. 11354

E Mail entries accepted at Finkfly33@aol.com - hard copy must follow

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.

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 _____