



# Winter Invitational

January 24-26, 2020

**Sanction #200111**

**Invited Teams:** ALL METRO TEAMS, Waverunners, Berkeley Aquatic Club, Victor Swim Club, Sussex County YMCA & CPAC

Any other teams that would like to be invited, please contact Mary Lange at [Pacentries@gmail.com](mailto:Pacentries@gmail.com)

# Winter Invitational

January 24-26<sup>th</sup>, 2020

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan, Inc. **#200111**
- LOCATION:** Felix Festa Middle School Pool  
30 Parrott Road  
West Nyack, NY 10994
- FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lanes lines. Shallow end of pool will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators. The pool has not been certified in accordance with Article 104.2.2C(4)
- SESSIONS:** **PLEASE NOTE: THE BUILDING DOORS WILL NOT OPEN UNTIL 5:30** – you may not enter the building prior.
- Session 1: Friday Evening - Warm-up 5:45, Start 6:30 PM **\*\*\*3 Hour Time Limit\*\*\***  
Session 2: Saturday Morning - Warm-up 7:30 AM, Start 8:30 AM  
Session 3: Saturday Afternoon - Warm-up 1:00 PM, Start 2:00 PM  
Session 4: Sunday Morning - Warm-up 7:30 AM, Start 8:30 AM  
Session 5: Sunday Afternoon - Warm-up 1:00 PM, Start 2:00 PM
- FORMAT:** This will be a timed finals event.  
This is a deck seeded meet.
- 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 24, 2020 will determine the 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 a responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** Swimmers may be entered in 2 events on Friday evening and 3 individual events on Saturday and Sunday. **No NT's will be accepted.**
- Invited teams will be given priority in acceptance of entries. Host team reserves the right to refuse entries from teams that have a history of late or non-payment of entry fees. Entries will be accepted on a first come, first served basis for invited teams until the meet is determined to be full. The host team reserves the right to keep its swimmers entered in the meet.
- The 500 Free may be limited to the fastest 5 heats; the 400IM may also be limited to the fastest 5 heats. The 1650 will be limited to fastest 2 heats for both men and women. Host team retains the right to keep its swimmers entered in these events.
- Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent

on disk. A Master Sheet must accompany all entries.

U.S. Mail Entries/Payments:

**Phoenix Aquatic Club  
10 Sparrow Lane  
Pearl River, NY 10965**

Email Entries/Confirm Entry Receipt: [pacentries@gmail.com](mailto:pacentries@gmail.com)

Sign Express Mail Waiver allowing delivery without signature.

- DEADLINE:** **ENTRIES MUST BE RECEIVED BY: January 17, 2020**  
An email confirming receipt of entries will be sent if you provide an email contact. Please contact the meet director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$8.00** per individual event plus **\$3.00** per athlete surcharge must accompany the entries.  
Make check payable to: **Phoenix Aquatic Club**  
Payment must be received by **January 17, 2020** for email entries. Payments 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:** The first 25 minutes will be general warm-up. The last 20 minutes: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Lanes 3 & 6 will be assigned as necessary. No diving will be allowed except in designated sprint lanes. A coach must supervise all swimmers. The meet director reserves the right to assign warm-up lanes.
- SCRATCH PROCEDURES:** 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. DECK PASS LIVE may be used to verify a coach's registration.
- AWARDS:** Ribbons will be awarded for 1-8<sup>th</sup> place in the 8&U, 9-10 and 11-12 age divisions for all 12&U under events. No awards for 13&O

- OFFICIALS:** **Meet Referee:** Phil Paspalas  
Officials wishing to volunteer should contact Meet Referee by email:  
[paspalas@optonline.net](mailto:paspalas@optonline.net)
- MEET DIRECTOR:** Mary Lange, contact information phone 845-323-9118,  
Email [thelangez@hotmail.com](mailto:thelangez@hotmail.com)
- ADMIN OFFICIALS:** Mary Lange [thelangez@hotmail.com](mailto:thelangez@hotmail.com)  
Helen Shaw [fiveshawsnow@gmail.com](mailto:fiveshawsnow@gmail.com)
- 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.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Phoenix Aquatic Club, Metropolitan Swimming Inc., USA Swimming Inc.**, their agents or representatives for any injury occurring as a result of the meet.
- AUDIO/VISUAL STATEMENT:** **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms, locker rooms or behind the blocks.**  
**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.**
- DECK CHANGING:** Deck changes are prohibited.
- ADMISSION:** \$7.00 Adults/session \$3.00 Children/session \$3.00 Program/session free wifi access
- MERCHANT:** A concession stand will be available throughout the duration of the meet. Metro Swim Shop will be available with swimming merchandise throughout the meet.
- PARKING:** There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing. **Attendees should NOT park on the grass or on any residential street or the town will tow them. There will be security guards directing parking – please be respectful.**
- 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 of 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"**

**MAAPP**

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

**WATER DEPTH:**

USA 2011 -202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3 ½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls." **1.0 meter = 4 feet 6 inches, 5 meters = 13 feet**

**DIRECTIONS:**

From North of Rockland County: Take Palisades Interstate Parkway South to Exit 10. Make a left off the exit. Make a left at the first traffic light onto Middletown Road. Take a right a right at next traffic light onto Germonds Road . . .

From the George Washington Bridge: Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road . . .

From the Tappan Zee Bridge: Take the NYS Thruway (I-87 North) to Exit 13N (Palisades Interstate Parkway – North to Exit 10. Make a right off the exit onto Germonds Road...

... follow Germonds Road through the intersection of Germonds Road and Route 304 (you will pass Albertus Magnus High School on your right). Make a left onto Parrott Road. The entrance for the pool is down the walkway at the end of the tennis courts.

**Friday Evening – Session One**  
**Warm-up 5:45 PM/Start 6:30 PM**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
1	10 & Under 200 Freestyle	2
3	Open 500 Freestyle	4
5	Open 400IM	6

**\*\*\*3.5 HOUR LIMIT FOR THIS SESSION\*\*\***

**Saturday Morning – Session Two**  
**Warm-up 7:30am/Start 8:30am**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
7	10 & Under 100 Back	8
9	13-14 200 Back	10
11	8 & Under 25 Back	12
13	13-14 50 Free	14
15	10 & Under 50 Free	16
17	13-14 100 Breast	18
19	10 & Under 100 Breast	20
21	8 & Under 25 Breast	22
23	13-14 200 Fly	24
25	10 & Under 50 Fly	26
27	13-14 200 Free	28
29	10 & Under 100 IM	30

**Saturday Afternoon – Session Three**  
**Warm-up 1:30pm/Start 2:30pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
31	11-12 100 Fly	32
33	Open 100 Fly	34
35	11-12 200 IM	36
37	Open 200 IM	38
39	11-12 100 Back	40
41	Open 100 Back	42
43	11-12 50 Breast	44
45	Open 200 Breast	46
47	11-12 50 Free	48
49	Open 100 Free	50

**Sunday Morning – Session Four**  
**Warm-up 7:30am/Start 8:30am**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
51	10 & Under 100 Fly	52
53	13-14 100 Fly	54
55	8 & Under 25 Fly	56
57	10 & Under 200 IM	58
59	13-14 200 IM	60
61	10 & Under 50 Back	62
63	13-14 100 Back	64
65	8 & Under 25 Free	66
67	10 & Under 50 Breast	68
69	13-14 200 Breast	70
71	10 & Under 100 Free	72
73	13-14 100 Free	74

**Sunday Afternoon – Session Five**  
**Warm-up 1:30pm/Start 2:30pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
75	11-12 50 Back	76
77	Open 200 Back	78
79	11-12 100 Freestyle	80
81	Open 50 Freestyle	82
83	11-12 100 Breast	84
85	Open 100 Breast	86
87	11-12 50 Fly	88
89	Open 200 Fly	90
91	11-12 200 Freestyle	92
93	Open 200 Freestyle	94
95	11-12 100 IM	96



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 \_\_\_\_\_