



NILE CROCODILE AQUATIC CLUB

NCAC THIRD SPRINT MEET

NOVEMBER 29, 2015

At Mark Twain Pool, Yonkers Montessori Academy

Sanction # 151102

Time Trial Sanction #151151-T

NOVEMBER NCAC THIRD SPRINT MEET

NOVEMBER 29, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc. #.
- LOCATION:** [Mark Twain Pool, Yonkers Montessori Academy, 160 Woodlawn Avenue, Yonkers NY 10704](#)
- FACILITY:** 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing system. NO SMOKING ALLOWED IN THE BUILDING. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators stands and are not authorized to be in any other part of the building. The pool has been certified in accordance with Article 104.2.2C (4). 12 feet in deep end, 4 feet in shallow end.
- SESSION:** [Sunday Warm-up @ 10:00 AM Meet Starts @ 11:00 AM](#)
- FORMAT:** [Timed finals Deck seeding will be in place](#)
- 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 29, 2015 will determine age for the entire meet.
- DISABILITY** Swimmers with disabilities are encouraged to attend.
- SWIMMERS:** 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:** [5 individual Events will be permitted. Entries will be cut on a first come first serve basis. Hy-Tek entries only. U.S. Mail Entries/ Payment to: Magdy Shokry 132-15 57 RD Flushing NY 11355 Email Entries/Confirm Entry Receipt: magdyshokry@hotmail.com. Signature waiver for express mailed entries](#)
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by November 12 2015. 2: The final entry deadline for this meet is November

22, 2015 3: Metro entries received after November 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 **\$ 4:00** per individual event must accompany the entries.

Make check payable to: **Nile Crocodile Aquatic Club**

Payment must be received by November 17, 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: **General warm-up will be in place**

SCRATCHES: Coaches will be given scratch sheets upon check. 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: **Medals will be given 1-3 and ribbons 4-8**

OFFICIALS:

Meet Referee: **Kris Sawicz.** 917-975-9815 krzystof0711@aol.com

Officials wishing to volunteer should contact Meet Referee

ADMIN OFFICIAL: **Wendy Martinez**

MEET Director: **Magdy Shokry** (magdyshokry@hotmail.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.

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.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against [Mark Twain Pool](#), [Yonkers Montessori Academy](#), [Nile Crocodile Aquatic Club](#), [Metropolitan Swimming Inc.](#), & [USA Swimming Inc.](#), and their agents or representatives for any injury occurring as a result of the meet.

AUDIO Use of Audio or visual recording devices, including cell phones is not permitted in changing areas, rest rooms or locker rooms. -Art. - 202.3 and 202.4

ADMISSION: [\\$4.00 Admission](#) [\\$2.00 Programs](#)

MERCHANTS: [Food and Beverage Concessions provided by NCAC Swim Team.](#)

PARKING: [parking free in street in front of the swimming pool out of the Campus.](#)

DIRECTIONS: From the North (choose 1 from below) Taconic Parkway South to Sprain South to Bronx River Parkway South. After Cross County Parkway exits, take the Second Bronx River Road Exit. Make a right onto Bronx River Road and the immediate left onto Wakefield Avenue. Go approximately 5 blocks. Pool entrance is at the corner of Wakefield Avenue and Woodlawn Avenue. 87 South to Exit 4, Cross County Parkway. Stay on Service Road South to Yonkers Avenue. Make a left onto Yonkers Avenue. Continue for approximately .25 mile and make a right onto Kimball Avenue. Bear left onto Sterling Avenue, Then Bear Left onto Woodlawn Avenue. Pool Entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.

DIRECTIONS: From Long Island Take 495 Long Island Expressway West towards Whitestone Bridge. Merge onto Cross Island Parkway North. Merge onto I295 North via Exit 33 Bronx/New England. Merge onto I695 /North Throgs Neck Expressway via Exit 10, I95 New Haven. I695 /North Throgs Neck becomes I95 North. Take the Baychester Avenue Exit 12 on the left. Turn slight right onto Baychester Avenue. Baychester Ave becomes East\ 241st street. East 241st becomes Wakefield Avenue. Turn right onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

DIRECTIONS: From NY City 87 North towards Albany. Take the East 233rd Street Exit 13. Stay Straight on East 233rd Street and make 1st left onto Van Courtland Park East.

Van Courtland Park east becomes Kimball Avenue. Turn Right onto Wakefield Avenue.

Turn Left onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

Starting: Any swimmer entered in the meet must be certified by a USA Swimming member –coach

Rule as being proficient in performing a racing start or must start each race from within the

Compliance: 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.

Deck Except where venue facilities require otherwise, changing into or out of swimsuits other

CHANGING: than in the locker rooms and rest rooms is not appropriate and is prohibited.

Sunday November 29, 2015

Warm-up 10:00 AM Start 11:00 PM

GIRLS	EVENTS	BOYS
1.	8 UNDER 50 FREE	2.
3.	9/10 50 FREE	4.
5.	11/12 50 FREE	6.
7.	13 & OVER 100 FREE	8.
9.	8 UNDER 50 BACK	10.
11.	9/10 50 BACK	12.
13.	11/12 50 BACK	14.
15.	13 & OVER 100 BACK	16.
17.	8 UNDER 50 BREAST	18.
19.	9/10 50 BREAST	20.
21.	11/12 50 BREAST	22.
23.	13 & OVER 100 BREAST	24.
25.	8 UNDER 50 BUTTERFLY	26.
27.	9/10 50 BUTTERFLY	28.
29.	11/12 50 BUTTERFLY	30.
31.	13 & OVER 100 BUTTERFLY	32.
33.	8 UNDER 200 YARD FREE RELAY	34.
35.	9/10 200 YARD FREE RELAY	36.
37.	11/12 200 YARD FREE RELAY	38.
39.	13 & OVER 200 YARD FREE RELAY	40.