

**FLUSHING YMCA DISTANCE MEET**  
**OCTOBER 2, 2016**  
**SANCTION #161009**

**FLUSHING YMCA DISTANCE MEET**

**OCTOBER 2, 2016**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **#161009**,
- 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:** **SUNDAY, OCT. 2, 6AM WU, 7AM 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 2, 2016** 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 ONE INDIVIDUAL EVENT**  
**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](mailto:FINKFLY33@AOL.COM)
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis for entries received by **SEPTEMBER 9<sup>TH</sup>**.  
2: The final entry deadline for this meet is **SEPTEMBER 16<sup>th</sup>**.  
3: Metro entries received between **SEPTEMBER 10<sup>TH</sup>** and **SEPTEMBER 16<sup>TH</sup>** 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 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 2<sup>nd</sup>** 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:** Will not be 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 1<sup>ST</sup> – 3<sup>RD</sup>. RIBBONS 4<sup>TH</sup> – 6<sup>TH</sup>. RELAY RIBBONS 1<sup>ST</sup> – 3<sup>RD</sup>..**
- OFFICIALS:** **Meet Referee: [Annie Fosteris apfosteris@gmail.com](mailto:apfosteris@gmail.com)**  
Officials wishing to volunteer should contact Meet Referee by **SEPTEMBER 25<sup>TH</sup>**  
**Admin Official – Kris Tilas – [kristilas@hotmail.com](mailto:kristilas@hotmail.com)**
- MEET DIRECTOR:** **RICHARD FINKELSTEIN 516-538-3324 [FINKFLY33@AOL.COM](mailto: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**
- 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 or locker rooms**
- ADMISSION:** **ADMISSION \$5 FOR AGE 13 & OVER, PROGRAMS WILL BE AVAILABLE FOR PURCHASE**
- MERCHANTS:** **REFRESHMENTS WILL BE AVAILABLE FOR PURCHASE, SWIM VENDOR MAY BE AVAILABLE**
- PARKING:** **PARKING MAY BE AVAILABLE FOR CERTIFIED COACHES IN THE YMCA LOT. 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 Island 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.

ADDITIONAL INFORMATION

**FLUSHING YMCA  
DISTANCE MEET  
OCT. 2, 2016  
METRO SANCTION # 161009**

**ENTRIES CLOSE: FRIDAY, SEPTEMBER 16<sup>TH</sup>, 2016  
PREFERENCE WILL BE GIVEN TO METRO TEAMS WHO ENTER THE MEET BY SEPT. 9<sup>TH</sup>**

**ANY CUTS NECESSARY WILL BE BASED ON DATE OF RECEIPT OF ENTRIES.  
“NO TIME” ENTRIES WILL NOT BE ACCEPTED**

- ENTRIES: HY-TEK VIA MAIL OR E MAIL. PLEASE MAIL HARD COPY IF USING E MAIL.**
- ENTRY LIMIT: TO KEEP THE MEET MANAGEABLE SWIMMERS MAY ONLY SWIM ONE EVENT.**
- ENTRY FEE: \$5 PER EVENT. MAKE CHECK PAYABLE TO “FLUSHING YMCA”.**
- WARM-UP: 6:00 A.M.**  
**START: 7:00 A.M.**

<u>GIRLS</u>	<u>EVENT</u>	<u>BOYS</u>
1	11-14 400 IM *	2
3	OPEN 400 IM	4
5	12 & UNDER 500 FREESTYLE *	6
7	OPEN 1650	8

**SWIMMERS WITH DISABILITIES ARE ENCOURAGED TO ATTEND. CONTACT RICHARD FINKELSTEIN IF YOU NEED SPECIAL CONSIDERATION.**

**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**

**AWARDS: AWARDS WILL BE GIVEN TO THE FIRST SIX PLACES IN EACH EVENT  
\*SEPARATE AWARDS FOR 11-12, 13-14 400IM.  
\* SEPARATE AWARDS FOR 10 & U, 11-12 500 FREE.**

**THE USA SWIMMING CODE OF CONDUCT IS IN EFFECT FOR THE DURATION  
OF THE MEET  
FLUSHING YMCA  
138-46 NORTHERN BLVD.**

**FLUSHING, N.Y. 11354**  
718-961-6880

**GENERAL INFORMATION**

1. Facilities: Six lane 42' X 75' indoor pool, Colorado electronic timing, Keifer lanes, Paragon starting blocks, Colorado beep start system, 6 lane scoreboard.
2. Seeding: All events will be seeded using the re-entry system.
3. Awards: A distinctive medal will be given to 1st, 2nd, and 3rd places. Ribbons will be given to 4th, 5th, and 6th places. Relay awards - Ribbons 1st - 3rd place. Coaches, please pick up awards after each session.
4. 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 will be accepted at 718-961-6880. No phone entries please.
5. Entry Format: If using Hy-Tek by mail, entries must be on disk with printout included. E Mail entries accepted at [finkfly33@aol.com](mailto: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.
6. Rules: 2016 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. Time trials may be held if time permits.
7. Conditions: Entries may have to be limited in order to keep the sessions at 4 hours in duration. The method of cutting will be listed on the event entry blank.
8. Eligibility: All contestants must be USA registered. Age as of the first day of the meet will determine eligibility for age group events.
9. 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.
10. Refreshments available at reasonable rates. Food, smoking and glass of any kind are not permitted in the pool area or balcony.
11. Admission: \$5.00 for spectators over age 12. Programs will be available for purchase.
12. 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.
13. 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.
14. 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](mailto: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.

WARM-UP PROCEDURES - Metro guidelines will be followed. Adjustments may be made to ensure a safe & proper warm up.