

NDAC
Winter Festival



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January 9+10, 2016

Sanction # 160101

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 160101
- LOCATION:** Valley Central High School Natatorium, 1175 Route 17K, Montgomery, NY 12549
- FACILITY:** 8-Lane, 25-yard, indoor pool with non-turbulent lane dividers. Colorado Timing System, 8-Lane Display Scoreboard. Tiered bleacher seating for spectators.
The pool **has not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1 7:30am Warm-up – 9:00am Start
Session 2 1:30pm Warm-up – 2:30pm Start
Session 3 7:30am Warm-up – 9:00am Start
Session 4 1:30pm Warm-up – 2:30pm Start
- FORMAT:** USA Swimming rules govern the meet. All events are timed finals. Slow to fast standard pre-seed seeding.
Metropolitan Association scratch rules will be in effect for this 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.
No Time or NT is not acceptable.
Age on **January 9, 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:** **Limit of 4 individual events and 1 relay per day.,**
Entries will be accepted on a first come first serve basis.
Meet will be run using Hy-Tek's Meet Manager. All entries must be in yards, NTs will not be accepted.
All entries must be sent in Team Manager format.

Mail Hard Copies and Entry Fees to: **Annette Mackrel, 90 Witchtree Rd, Woodstock, NY 12498**
Make checks payable to: **NDAC**

Email Entries/Confirm Entry Receipt: **entries@ndac.us**
Signature waiver required for Express Mail Entries/Payment.
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **December 15, 2015.**
2: The final entry deadline for this meet is **Dec. 31, 2015**
3: Metro entries received between **Sept.1 and Dec. 15** and all entries from other LSC's will be entered in the order they were received, as space allows. If, after all teams are accepted, there need to be additional cuts they will be cut by time, and teams will be informed of any cuts by December 21, 2015. The host team reserves the right to keep its swimmers entered in the meet.

NDAC will send 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 per individual** event and **\$8 per relay** must accompany the entries.
Make check payable to: **NDAC**
Payment must be received by **December 31, 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:** Assigned warm-up procedures will be in effect.
- 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.
All relays are pre-seeded.
- 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:** Events will be scored as follows:
Morning sessions: 8&Under, 9-10, 11-12
Afternoon sessions: 14&Under, 15&Up
- Individual Events: 12&Under: Medals 1st-3rd, Ribbons 4th-8th place. 13&Up: Ribbons 1st - 8th.**
Relays: Ribbons 1st - 3rd.
- OFFICIALS:** Meet Referee: David Cavotti
email: dcavotti@frontiernet.net
Officials wishing to volunteer should contact Meet Referees by December 31, 2015.
- AO:** Admin. Official: Annette Mackrel, entries@ndac.us
- MEET DIRECTOR:** Annette Mackrel (845-679-5463)
email: entries@ndac.us
- 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.
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:** Start End...1 meter 13' 0"; 5 meters 12' 0"; Turn End...1 meter 3' 6"; 5 meters 4' 0"
- Audio/Visual Statement:** Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.
- DECK CHANGING:** Except where venue facilities require otherwise, changing into or out of swim suits other than locker rooms or designated areas is not appropriate and is prohibited.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Valley Central School District & Northern Dutchess Aquatic Club (NDAC), Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms
- ADMISSION:** \$5 per session, Daily Program (2 sessions) \$4
- MERCHANTS:** The Deep End
- PARKING:** Parking in appropriate marked spots. Illegally parked cars will be towed at the owner's expense. Free parking is available on-site at the Valley Central Middle & High Schools.
NO parking allowed in the fire zone in front of the buildings OR on Route 17K. If you are parked illegally...you will be ticketed and towed at your own expense.

**Additional
Information:**

All persons on deck must be USA Swimming registered and should have their registration card visible. This is a USA Swimming rule and will be enforced. The USA Swimming Code of Conduct is in effect for the duration of the meet.

Grievances (disputed finishes, etc.) must be made to the Meet Referee who will have the final say. It is each team's responsibility to make sure their swimmers are on time to be seeded.

Any cuts will be made based on the date and time of receipt of team entries. The Host Club reserves the right to enter all its swimmers. If a swimmer is late, the Meet Referee will make the decision if the swimmer can be placed in a different heat.

DIRECTIONS: Mapquest: <http://www.mapquest.com/#e017787af2f6213d9b309b9a>

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Session 1

Saturday Morning Warm-up: 7:30 AM / Start: 9:00 AM

Girls	Events		Boys
1	8 & U	200 Medley Relay*	2
3	9-10	200 Medley Relay*	4
5	11-12	200 Medley Relay*	6
7	8 & U	100 Freestyle	8
9	12 & U	200 Freestyle	10
11	8 & U	25 Butterfly	12
13	9-10	50 Butterfly	14
15	11-12	100 Butterfly	16
17	8 & U	50 Backstroke	18
19	9-10	100 Backstroke	20
21	11-12	50 Backstroke	22
23	8 & U	25 Breaststroke	24
25	9-10	50 Breaststroke	26
27	11-12	100 Breaststroke	28
29	8 & U	50 Freestyle	30
31	9-10	50 Freestyle	32
33	11-12	50 Freestyle	34

***Relays will be pre-seeded. There will be no re-seed.**

Session 2

Saturday Afternoon Warm-up: 1:30 PM / Start: 2:30 PM

Girls	Events		Boys
35	13-14	200 Medley Relay*	36
37	Open	200 Medley Relay*	38
39	Open	200 Freestyle	40
41	Open	100 Butterfly	42
43	Open	200 Backstroke	44
45	Open	100 Breaststroke	46
47	Open	50 Freestyle	48
49	Open	500 Freestyle	50

***Relays will be pre-seeded. There will be no re-seed.**

Session 3

Sunday Morning Warm-up: 7:30 AM / Start: 9:00 AM

Girls		Events	Boys
51	8 & U	200 Free Relay*	52
53	9-10	200 Free Relay*	54
55	11-12	200 Free Relay*	56
57	8 & U	100 I.M.	58
59	12 & U	200 I.M.	60
61	8 & U	50 Butterfly	62
63	9-10	100 Butterfly	64
65	11-12	50 Butterfly	66
67	8 & U	25 Backstroke	68
69	9-10	50 Backstroke	70
71	11-12	100 Backstroke	72
73	8 & U	50 Breaststroke	74
75	9-10	100 Breaststroke	76
77	11-12	50 Breaststroke	78
79	8 & U	25 Freestyle	80
81	9-10	100 Freestyle	82
83	11-12	100 Freestyle	84

***Relays will be pre-seeded. There will be no re-seed.**

Session 4

Sunday Afternoon Warm Up: 1:30 PM / Start: 2:30 PM

Girls		Events	Boys
85	13-14	200 Free Relay*	86
87	Open	200 Free Relay*	88
89	Open	200 I.M.	90
91	Open	200 Butterfly	92
93	Open	100 Backstroke	94
95	Open	200 Breaststroke	96
97	Open	100 Freestyle	98
99	Open	400 I.M.	100

***Relays will be pre-seeded. There will be no re-seed.**