



# **NDAC**

## **12&Under Season Starter Sprints**

**Sunday, October 9, 2016**

**Sanction # 161003**

# NDAC 12&Under Season Starter Sprints

October 9, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #
- LOCATION:** Bard College Pool, Stevenson Gym, Bard College, Annandale-on-Hudson NY 12504
- FACILITY:** 25 yard pool with six 7-foot lanes; non-turbulent lane lines; seating for 150 is available; Colorado electronic timing system and scoreboard  
The pool **Has Not** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** 1 Session. Warm-ups at 7:45am - Meet starts at 8:30 am
- FORMAT:** 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.  
Age on **October 9, 2016** will determine age for the entire meet.  
**No Time or NT is not acceptable.**
- 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 5 individual events for the session.**  
**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.**
- U.S. Mail Entries/Payment to: **NDAC, attn. Sprint Meet, PO Box 440, Red Hook, NY 12571**  
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 **September 25, 2016**.  
2: The final entry deadline for this meet is **October 2, 2016**  
3: Metro entries received between **September 1 and October 2** and all entries from other LSCs 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 even must accompany the entries.  
Make check payable to: **NDAC**.  
Payment must be received by **October 5, 2016** 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.
- 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 following:  
**6&Under, 8&Under, 10& Under., 12&Under. Ribbons or bag tags for Places 1-6.**
- OFFICIALS:** Meet Referee: John Staubi  
email: [jastaubi@gmail.com](mailto:jastaubi@gmail.com)  
Officials wishing to volunteer should contact Meet Referees by **October 5, 2016.**
- MEET DIRECTORS:** Annette Mackrel + Jing Ju, [entries@ndac.us](mailto:entries@ndac.us)
- ADMIN. OFFICIALS:** Annette Mackrel + Jing Ju [entries@ndac.us](mailto: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:** Turn end: The water depth at 1.0 meter from wall is 4 feet and at 5.0 meters it is 4.5 feet  
Block end: The water depth at 1.0 meter from wall is 13 feet and at 5.0 meters it is 12 feet
- DISCLAIMER:** DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Bard College and Northern Dutchess 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 liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."
- AUDIO/VISUAL STATEMENT:** **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**
- DECK CHANGING:** Deck Changes are prohibited
- ADMISSION:** **\$5 per session, meet program \$3**
- MERCHANTS:** **The Deep End**
- PARKING:** **Parking lot on Annandale Road across from Stevenson Gym. Illegally parked cars will be towed at the owner's expense.**
- DIRECTIONS:** **From points south:** New York State Thruway to Exit 19 (Kingston), take Rte. 209 (changes to Rte. 199 at the Hudson River) over the Rhinecliff Bridge to Rte. 9G North, turn left onto Rte. 9G and drive north 3.5 miles- at the light, turn left onto Annandale Rd.– college is 1 mile north.  
**From points north:** New York State Thruway to Exit 19 and proceed as from points south.

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### 1 Session

Girls	Events	Boys
1	6&U 25 Free	2
3	8&U 25 Free	4
5	10&U 50 Free	6
7	12&U 50 Free	8
9	6&U 25 Back	10
11	8&U 25 Back	12
13	10&U 50 Back	14
15	12&U 50 Back	16
17	8&U 25 Breast	18
19	10&U 50 Breast	20
21	12&U 50 Breast	22
23	8&U 25 Fly	24
25	10&U 50 Fly	26
27	12&U 50 Fly	28
29	8&U 100 IM	30
31	10&U 100 IM	32
33	12&U 100 IM	34