



YWCA Middies Founding Fathers
February 13-14, 2016
Sanction #: 160203

YWCA Middies Founding Father's Swim Meet

February 13-14, 2016

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #160203
- LOCATION:** **YWCA of White Plains**
515 North St.
White Plains, NY 10605
- FACILITY:** **One 6x7' lane 25 yard course. Non-turbulent lane lines. Colorado electronic timing system with 6 line scoreboard.**
The pool **has** been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Session 1: Saturday, February 13, 7:30 am warm up, 8:30 am start (10&under)**
Session 2: Saturday, February 13, 1:00 pm warm up, 2:00 pm start (11 and over)
Session 3: Sunday, February 14, 7:30 am warm up, 8:30 am start (10&under)
Session 4: Sunday, February 14, 1:00 pm warm up, 2:00 pm start (11&over)
- FORMAT:** **All events will be timed finals, deck seeding.**
- 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 **February 13, 2015** 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 are limited to 3 events + 1 relay in session 1, 3 events + 1 relay in session 2.**
This meet will be run using Hy-Tek's Meet Manager. All files must be emailed in Hy-Tek format.
An email confirming receipt of entries along with a meet manager report will be returned to the coach.
If this report is not received within 2 days, contact John Yearwood (jyearwood@ywcawpcw.org) .
- U.S. Mail Entries/Payment to: **YWCA Middies, 515 North Street, White Plains, NY, 10605**
Email Entries/Confirm Entry Receipt: jyearwood@ywcawpcw.org
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **Tuesday, January 16, 2016.**
2: The final entry deadline for this meet is **Tuesday, January 26, 2016.**
3: Metro entries received between **January 20,** and **January 25, 2016** 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 even must accompany the entries.
Make check payable to: **YWCA Middies.**
Payment must be received by **January 27, 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:** **Warm up sessions will be assigned and each team will have 20 minutes to complete. All lanes will open for the last 10 minutes for specific 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.

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: [Heat Winner duckies will be handed out per heat.](#)
[Ribbons 1st – 8th place per age group.](#)

OFFICIALS: **Meet Referee:** [Sally Hall, csaehallfamily@aol.com](mailto:csaehallfamily@aol.com), 914-844-4170
Officials wishing to volunteer should contact Meet Referee

MEET DIRECTOR and Admin Official: [John Yearwood, middies@ywcawpcw.org](mailto:middies@ywcawpcw.org), 914-949-6227 x151

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: USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
[The water depth is 3 feet at the shallow end and 10 feet deep at the diving end.](#)

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, or behind the blocks**

DECK CHANGING: **Deck Changing is Prohibited.**

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against [the YWCA of White Plains and the YWCA Middies](#), Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: [Adults \(16 and over\): \\$5, Programs: \\$3](#)

MERCHANTS: [Vendors will be at the meet selling merchandise. Concessions will be provided.](#)

PARKING: [Parking is available in the back of the YWCA. NO CARS to be parked in front.](#)

DIRECTIONS: **The YWCA is located at 515 North St., White Plains, NY opposite White Plain High School. Bryant Ave. is the nearest intersection.**
From Hutchinson River Pkwy, North and South:
Take Exit 25 (Route 127, North St.) west toward White Plains. YWCA is on the left 1.5 miles.
From Cross Westchester Express (I-287):
Heading East (from Tappan Zee Bridge) take Exit 9A. Bear right and continue to the 3rd intersection,
Bryant Ave. Turn right and continue to North St. Turn left and drive one block. YWCA is on right.

Heading West (from Port Chester or Connecticut):

Take Exit 9S. After light bear right onto the Hutchinson River Pkwy South. Take Exit 25W as above.

From I-684:

Follow to end which merges with the Hutchinson River Pkwy. Take Exit 25W as above.

By Bus:

Bee Line Bus #5 (from bus terminal at Metro-North White Plains or Harrison Station.) For a bus schedule call: (914) 949-2020.

Session 1		3 events	
Warm up	7:30 AM	Meet start	8:30 AM
Girls	Event		Boys
1	8 and under 100 free		2
3	10 and under 200 free		4
5	7 and under 25 back		6
7	8 year old 50 back		8
9	9-10 100 back		10
11	7 and under 25 fly		12
13	8 year old 25 fly		14
15	9-10 50 fly		16
17	7 and under 25 breast		18
19	8 year old 50 breast		20
21	9-10 100 breast		22
23	7 and under 25 free		24
25	8 year old 25 free		26
27	9-10 50 free		28
29	7 and under 100 IM		30
31	8 year old 100 IM		32
33	9-10 100 IM		34

Session 2		3 events	
Warm up	1:00 PM	Meet start	2:00 PM
Girls	Event		Boys
35	13 and over 500 free		36
37	11-12 200 back		38
39	13 and over 100 back		40
41	11-12 50 fly		42
43	13 and over 200 fly		44
45	11-12 100 breast		46
47	13 and over 100 breast		48
49	11-12 50 free		50
51	13 and over 100 free		52
53	11-12 200 IM		54
55	13 and over 200 IM		56
57	11-12 100 back		58

Session 3	3 events		
Warm up	7:30 AM	Meet start	8:30 AM
Girls	Event		Boys
59	10 and under 200 I.M.		60
61	7 and under 50 back		62
63	8 year old 25 back		64
65	9-10 50 back		66
67	7 and under 50 fly		68
69	8 year old 50 fly		70
71	9-10 100 fly		72
73	7 and under 50 breast		74
75	8 year old 25 breast		76
77	9-10 50 breast		78
79	7 and under 50 free		80
81	8 year old 50 free		82
83	10&under 100 free		84

Session 4	3 events		
Warm up	1:00 PM	Meet start	2:00 PM
Girls	Event		Boys
85	OPEN 400 IM		86
87	11-12 200 free		88
89	13 and over 50 free		90
91	11-12 100 fly		92
93	13 and over 100 fly		94
95	11-12 200 breast		96
97	13 and over 200 breast		98
99	11-12 50 breast		100
101	13 and over 200 free		102
103	11-12 100 free		104
105	13 and over 200 back		106
107	11-12 50 back		108