



NCAC Fifth Sprint Meet

January 22nd, 2017

At Mark Twain Pool, Yonkers Montessori Academy

Sanction # 170113

Time Trial Sanction # 170154 - T

NCAC Fifth Sprint Meet

January 22nd, 2017

- 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 01/22/2017 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 6 events per day. The meet will be run on computer using Hy-Tek's Meet Manager. Teams must submit entries using an export file of Hy-Tek Team Manager. Email ALL entries to MagdyShokry@hotmail.com Payment must be received by Sunday, January 22nd, 2017. An email confirming receipt of entries and a meet manage meet entries report will be sent to the coach. Please contact Monique if you do not receive such a report within 2 days of your original email. NT (no time), paper, phone or fax entries will NOT be accepted. U.S. Mail Entries/ Payment to: [Magdy Shokry 132-15 57 RD Flushing NY 11355](#)
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by January 11th, 2017.
2: The final entry deadline for this meet is January 17th, 2017.
3: Metro entries received between January 11th, and January 17th 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 \$ 5:00 per individual event and \$10 for each relay must accompany the entries. Make check payable to: [NCAC](#)
Payment must be received by September 25th, 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: [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 for 8 and under swimmers only.](#)

OFFICIALS:

Meet Referee: [Kris Sawicz. 917-975-9816 Krzystof0711@aol.com.](#)
Officials wishing to volunteer should contact Meet Referee

ADMIN OFFICIAL: [Wendy Martinez 917-392-9259 bellamiamour@usa.net.](#)

MEET Director: [Magdy Shokry 347-466-0375 \(magdyshokry@hotmail.com\).](#)

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.

“Deck changes are prohibited”

“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”

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.

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 website as well as from the Meet Director. Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

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: [\\$5.00 Admission](#), [\\$2.00 Programs](#), [\\$3.00 Heat Sheet](#).

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 Ave. 160 Woodlawn Ave.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 CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in the locker rooms and rest rooms is not appropriate and is prohibited.

Sunday January 22nd, 2017
Warm-up 10:00 AM Start 11:00 PM

Girls	Events	Boys
1	8 & Under 25 Freestyle	2
3	12 & Under 100 Freestyle	4
5	13 & Over 100 Freestyle	6
7	8 & Under 25 Backstroke	8
9	12 & Under 100 Backstroke	10
11	13 & Over 100 Backstroke	12
13	8 & Under 25 Breaststroke	14
15	12 & Under 100 Breaststroke	16
17	13 & Over 100 Breaststroke	18
19	8 & Under 25 Butterfly	20
21	12 & Under 100 Butterfly	22
23	13 & Over 100 Butterfly	24
25	8 & Under 100 IM	26
27	12 & Under 200 IM	28
29	13 & Over 200 IM	30
31	Open 50 Freestyle	32
33	8 & Under 100 Freestyle Relay	34
35	12 & Under 200 Freestyle Relay	36
37	13 & Over 200 Freestyle Relay	38