

**WESTCHESTER AQUATIC CLUB  
WOLVERINES  
PRESENT**



**THE 1ST ANNUAL DOTTIE FIERRO MEMORIAL  
TOYS FOR TOTS HOLIDAY MEET !**

**DECEMBER 9, 2018**

**MARK TWAIN MIDDLE SCHOOL**

**YONKERS, NEW YORK**

**PRIZES FOR EACH HEAT WINNER !**

**EACH FAMILY IS ASKED TO DONATE A TOY**

**FOR TOYS FOR THE TOTS DONATION BIN**

Sanction #: 181210    Time Trial #: 181252-T

**SANCTION** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction #:  
: 181210 - Time Trial - 181252-T

**LOCATION** Mark Twain Middle School 160 Woodlawn Avenue Yonkers, New York 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). 10 feet in deep end, 4 feet in shallow end.

**SESSIONS:** **Session 1:** Sunday AM – 13-14 & Open Session: 9:00 AM Warmup - 10:00 AM Start  
**Session 2:** Sunday PM – 8&U, 9-10, 11-12 Session: 2:00 PM Warmup - 3:00 PM Start

**FORMAT:** All events are 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.  
No “Deck Registrations” will be accepted  
Age on 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:** Session, Entry Limits: 4 Individual, 1 Relay

**Swimmers may swim up to 4 Individual Events per Session and 1 Relay,**

The meet will be run on computer using Hy-Tek's Meet Manager. Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries. An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach.

Please contact Carle Fierro if you do not receive such a report within 2 days of your original email. Telephone or faxed entries will not be accepted.

**U.S. Mail Entries/Payment to:**

***Westchester Aquatic Club***

5 White Birch Road South Pound Ridge, New York 10576

Email Entries/Confirm Entry Receipt: Email entries to: Carleswim@aol.com Please sign the "signature waiver" on envelope for entries sent by Express Mail

**DEADLINE** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by November 10, 2018.

2: The final entry deadline for this meet is November 25, 2018.

3: Metro entries received between November 10, 2018 and November 25, 2018 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 & \$10.00 per relay event must accompany the entries. Make check payable to: **Westchester Aquatic Club.**

Each Family is asked to Donate a Toy for "Toys for Tots" Donation Bin located by the Parent Concession Stand.

Payment must be received by November 25, 2018 unless otherwise arranged with the meet director 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:** Team Lane assignment will be given at the meet.

**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:** **Fun Prizes** will be awarded to all heat winners. **12&U Events:** Relays & Individual Events, Medals 1st thru 3rd place, Ribbons 4th thru 8th place

**OFFICIALS** **Meet Referee: Flick Marinello, email: [flickdance@msn.com](mailto:flickdance@msn.com)** 845-406-1103  
Officials wishing to volunteer should contact Meet Referee by October 10, 2018

**ADMIN. OFFICIAL:** **Wendy Martinez**

**MEET DIRECTOR** **Carle Fierro**, email: [carleswim@aol.com](mailto:carleswim@aol.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.

**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:** 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). 10 feet in deep end, 4 feet in shallow end.

**DISCLAIMER** Upon acceptance of his/her entries, the participant waives all claims against Yonkers Montessori School, City of Yonkers & Westchester 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

**DRONES:** Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

**DECK  
CHANGING:** Deck changes are prohibited.

**ADMISSION** Adults \$5.00 Children \$2.00 per session Session Meet will be Posted on Meet Mobile. The stands must be cleared after each session.

**MERCHANTS** Parent Food Concession. Metro Swim Shop

**PARKING:** Is available in two school lots and on street around the perimeter of the school and side streets. Please adhere to posted parking restrictions to avoid tickets. Car Pooling is recommended.

**DIRECTIONS** **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 Avenue. 160 Woodlawn Avenue 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.

**Sunday AM – 13-14 & Open Session: 9:00 AM Warmup - 10:00 AM Start**

**\* Only Swimmers Ages 11&Over are Eligible for Open Events**

<b><u>Female #</u></b>	<b><u>Event</u></b>	<b><u>Male #</u></b>
1	Open 200 Free Relay	2
3	13-14 200 Free Relay	4
5	Open 200 Free *	6
7	Open 100 Free *	9
9	Open 50 Free *	10
11	Open 200 Back *	12
13	Open 100 Back *	14
15	Open 200 Breast *	16
17	Open 100 Breast *	18
19	Open 200 Fly*	20
21	Open 100 Fly*	22
23	Open 200 IM *	24

***Swimmers may swim up to 4 Individual Events per Session and 1 Relay***

**Sunday PM – 8&U, 9-10, 11-12 Session: 2:00 PM Warmup - 3:00 PM Start**

<b><u>Female #</u></b>	<b><u>Event</u></b>	<b><u>Male #</u></b>
25	11-12 200 Free Relay	26
27	10&U 200 Free Relay	28
29	8&U 200 Free Relay	30
31	12&U 100 IM	32
33	10&U 100 IM	34
35	12&U 100 Free	36
37	10&U 50 Free	38
39	8&U 25 Free	40
41	12&U 100 Back	42
43	10&U 50 Back	44
45	8&U 25 Back	46
47	12&U 100 Fly	48
49	10&U 50 Fly	50
51	8&U 25 Fly	52
53	12&U 100 Breast	54
55	10&U 50 Breast	56
57	8&U 25 Breast	58

***Swimmers may swim up to 4 Individual Events per Session and 1 Relay***





## Metropolitan Swimming Photographer Registration Form

**As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.**

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID \_\_\_\_\_ # \_\_\_\_\_

Taking photos of \_\_\_\_\_

On behalf of \_\_\_\_\_

Purpose \_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature \_\_\_\_\_ Today's Date \_\_\_\_\_

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date(s) of meet \_\_\_\_\_