



**YWCA Middies Fall Festival  
October 20-21, 2018  
Sanction #: 181016**

# YWCA Middies Fall Festival

October 20-21, 2018

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 181016
- 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, October 20, 7 am warm up, 7:45 am start (9-12)**  
**Session 2: Saturday, October 20, 11:15 am warm up, 11:45 am start (8&under)**  
**Session 3: Saturday, October 20, 2:00 pm Warm Up, 3:00 pm Start (13 &over)**  
**Session 4: Sunday, October 21, 7 am warm up, 7:45 am start (9-12)**  
**Session 5: Sunday, October 21, 11:15 am warm up, 11:45 am start (8&under)**  
**Session 6: Sunday, October 21, 2:00 pm Warm Up, 3:00 pm Start (13 &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 **October 21, 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 3 events per session**  
**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](mailto: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](mailto: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, October 3, 2018.**  
2: The final entry deadline for this meet is **Tuesday, October 10, 2018.**  
3: Metro entries received between **October 3,** and **October 10, 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 even must accompany the entries.  
Make check payable to: **YWCA Middies.**  
Payment must be received by **October 10, 2018** 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**
- 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 1<sup>st</sup> – 8<sup>th</sup> place per age group.](#)

**OFFICIALS:** **Meet Referee:** [Andy Kass, MIDDIES@YWCWPCW.ORG](#)  
Admin Official: John Yearwood  
Officials wishing to volunteer should contact Meet Referee by **October 4, 2018.**

**MEET DIRECTOR:** [John Yearwood, yearwood@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.  
“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.”

**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, 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 3<sup>rd</sup> 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.

## Order of Events

YWCA Middies Fall Festival			
Session 1		3 events	
Warm up	7:00 AM	Meet start	7:45 AM
Girls	Event		Boys
1	9-10yd 200 free		2
3	11-12 50 free		4
5	9-10 50 free		6
7	11-12 100 back		8
9	9-10 100 back		10
11	11-12 50 fly		12
13	9-10 50 fly		14
15	11-12 100 breast		16
17	9-10 100 breast		18
19	11-12 200 IM		20
21	9-10 100 IM		22
23	11-12 500 free		24

YWCA Middies Fall Festival			
Session 2		3 events	
Warm up	11:15 AM	Meet start	11:45 PM
Girls	Event		Boys
25	7&u 25 Back		26
27	8yr old 50 Back		28
29	7&u 25 Fly		30
31	8yr old 25 Fly		32
33	7&under 25 Breast		34
35	8yr old 50 Breast		36
37	7&under 25 Free		38
39	8yd old 25 Free		40
41	7&under 100 IM		42
43	8yr old 100 IM		44

YWCA Middies Fall Festival			
Session 3		3 events	
Warm up	2:00 PM	Meet start	3:00 PM

Girls	Event	Boys
45	Open 500 Free	46
47	13&over 100 Back	48
49	13&over 200 Fly	50
51	13&over 100 Breast	52
53	13&over 200 Free	54
55	13&over 200 IM	56

YWCA Middies Fall Festival			
Session 4		3 events	
Warm up	7:00 AM	Meet start	7:45 AM
Girls	Event		Boys
57	11-12 100 IM		58
59	9-10 200 IM		60
61	11 – 12 200 Free		62
63	9-10 100 Free		64
65	11 – 12 100 Fly		66
67	9 - 10 100 fly		68
69	11 – 12 50 Breast		70
71	9 - 10 50 breast		72
73	11 – 12 50 Back		74
75	9 – 10 50 Back		76
77	11 – 12 100 Free		78

YWCA Middies Fall Festival			
Session 5		3 events	
Warm up	11:15 AM	Meet start	11:45 AM
Girls	Event		Boys
79	7&u 50 Back		80
81	8yr old 25 Back		82
83	7&u 50 Fly		84
85	8yr old 50 Fly		86
87	7&u 50 Breast		88
89	8yr old 25 Breast		90
91	7&u 50 Free		92
93	8yr old 50 Free		94

YWCA Middies Fall Festival			
Session 6		3 events	
Warm up	2:00 PM	Meet start	3:00 PM
Girls	Event		Boys
95	13& Over 400 IM		96
97	13& Over 50 Free		98
99	13& Over 100 Fly		100
101	13& Over 200 Breast		102
103	13& Over 100 Free		104
105	13& Over 200 Back		106



## Metropolitan Swimming

### Photographer Registration Form

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 \_\_\_\_\_