



NILE CROCODILE AQUATIC CLUB

NCAC Fifth Sprint Meet

January 20th, 2019

At Mark Twain Pool, Yonkers Montessori Academy

Sanction # 190100

Time Trial Sanction # 190150-T

This Meet will have 5 Hot Heats. The winner of that heat will receive a \$10.00 gift card to Starbucks. These 5 events will be randomly called.

NCAC Fifth Sprint Meet

January 20th, 2019

- 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 stand 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 January 20th, 2019.](#)
- 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 01/20/2019 will determine age for the entire meet.
- DISABILITY:** 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.
- SWIMMERS:**
- ENTRIES:** Swimmers are limited to 5 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 20th, 2019. An email confirming receipt of entries and a 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 team's entries must be received by January 10th, 2019. 2: The final entry deadline for this meet is January 16th, 2019. 3: Metro entries received between January 9th, and January 15th, 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 January 17th, 2019 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, team assignment lanes will be posted.](#)

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: [Ribbons will be given to 1-8 places for 12 and under only, heat winner will be awarded too for all events.](#)

OFFICIALS:

Meet Referee: [Frank A. Zarnitz, anssec180@msn.com. \(917\) 284-0477](#)
Officials wishing to volunteer should contact Meet Referee
ADMIN OFFICIAL: [Wendy Martinez bellamiamour@usa.net](#)
MEET Director: [Magdy Shokry \(magdyshokry@hotmail.com\)](#)

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”

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 lane.

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](#)

MERCHANTS: [Food and Beverage Concessions provided by NCAC Swim Team.](#)

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.

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 33Bronx/New England. Merge onto I695 /North Throgs Neck Expressway via Exit 10, I95New 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.

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 Except where venue facilities require otherwise, changing into or out of swimsuits other

Sunday January 23rd, 2019

Warm-up 10:00 AM - Meet Starts 11:00 AM

GIRLS	EVENTS	BOYS
1	8 & Under 200 Medley Relay	2
3	Open 200 Medley Relay	4
5	8 & Under 25 Free	6
7	Open 50 Free	8
9	Open 100 Free	10
11	8 & Under 25 Back	12
13	Open 50 Back	14
15	Open 100 Back	16
17	8 & Under 25 Breast	18
19	Open 50 Breast	20
21	Open 100 Breast	22
23	8 & Under 25 Fly	24
25	Open 50 Fly	26
27	Open 100 Butterfly	28
29	12 & Under 100 IM	30
31	Open 200 IM	32
33	12 & Under 200 Free Relay	34
35	Open 200 Free Relay	36