



NCAC 1st LONG COURSE INVITE SPRINT MEET

APRIL 28th, 2019 @ Lehman College

Sanction # 190401 Time Trial - #190451-T

INVITED TEAMS

**APEX, ASAP, BKR, CAS, CFB, CFJV, CENT, COND, CYI, FREE, GATE,
HS, HES, IA, WIS, JCCT, KBM, LBA, LGAC, LIFE, LSA, LIAC, MAKO,
NYCC, NYCP, NYSA, NFS, N.S.BLUE SEALS, PAC, PAT, QNS, RA, RED,
RFAC, RIST, SHY, SMC, SSC, TS, TRI, TVSC, WAC, YFD, YMID**

**“CONTACT US TO BE ADDED
TO THE LIST**

2019-MR-NCAC 1st LONG COURSE INVITE SPRINT MEET

APRIL 28th, 2019

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #
- LOCATION:** Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West Bronx, New York 10468
- FACILITY:** 8 Lane 50 Meter Pool utilizing Daktronic Timing System and Scoreboard
The pool Has been certified in accordance with Article 104.2.2C (4) The competitive course is 7-13 feet deep. 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 stands. Spectators are not authorized to be in any other part of the building. Offenders will be ejected from the facility.
- SESSIONS:** 1 session on Sunday April 28th, 2019. Warm up @ 1:30 pm meet starts @ 2:30 pm
- FORMAT:** 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 1st day of the meet.
Age on April 28th, 2019 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 athlete's coach is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** Swimmers may enter 4 Individual events per session, Deck Entries are NOT permitted. All Entries must be sent as a Hy-Tek file. Manual Entries will NOT be accepted. Mail payment along with Hy-Tek Meet Entry Fee Report
Entries will be accepted until the meet is full. First Come First Served. An email confirming receipt of entries will be sent. Contact Meet Director if you do not receive such a report within 2 days of your original email. Your entries are considered NOT received until you have gotten a confirmation.

U.S. Mail Payment to: NCAC, 61-28 172 Street, Fresh Meadows NY 11365

Email Entries/Confirm Entry Receipt: magdyshokry@hotmail.com

DEADLINE: April 12, 2019. Entries received after the entry deadline will only be accepted if the meet is not full.

ENTRY FEE: An entry fee of \$6.00 per individual event. Make check payable to: NCAC. Payment must be received by April 12, 2019 for email entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

WARM-UP: Will be informed at the meet according to how many teams and swimmers

SCRATCHES: Coaches will be given scratch sheets upon check-in for the meet. 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 only for 12 and under 1-8 places

OFFICIALS: Meet Referee: Frank A. Zarnitz Anssec180@msn.com, 917-2840477 and Felicity Marinello, flickdance@msn.com, 845-406-1103

Officials wishing to volunteer should contact Meet Referee by April 21th.

Admin Official: Wendy Martinez, bellamiamour@gmail.com, 917-392-9259

MEET DIRECTOR: Magdy shokry, magdyshokry@hotmail.com, 347-466-0375

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 warmups 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 Deck Changing is Not permitted.

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.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all liabilities and claims for damages against The City of New York, Lehman College Apex Aquatic Center, NCAC Swim Team, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for injuries to anyone during the conduct of the meet.

AUDIO/VISUAL STATEMENT PHOTOGRAPHIC POLICY:

The use of audio or visual recording devices, including a cell phone or tablet device, is not permitted in changing areas, rest rooms or locker rooms. Photography, of any kind, is not permitted behind the starting platforms 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

ADMISSION: \$5 Admission Fee, \$3 for Programs

MERCHANTS: Food and Beverage Concessions provided by NCAC Swim Team.

PARKING: Parking is \$10 in The North Lot (alongside the reservoir) There is also ample free and metered street parking however be sure to read all signs to avoid costly parking tickets. Parking fees are set and collected by Lehman College and subject to change at the discretion of Lehman College and without prior notice or consultation with NCAC

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Sunday, APRIL 28th, 2019

Warm up 1:30 pm Meet Starts 2:30 pm

WOMEN	EVENTS	MEN
1	Open 200 M. IM	2
3	Open 50 M. FR	4
5	Open 100 M. BR	6
7	Open 200 M. BK	8
9	Open 50 M. FL	10
11	Open 100 M. FR	12
13	Open 200 M. BR	14
15	Open 50 M. BK	16
17	Open 100 M. FL	18
19	Open 200 M. FR	20
21	Open 50 M. BR	22
23	Open 100 M. BK	24
25	Open 200 M. FL	26