



**YWCA Middies MLK Distance Meet
January 21, 2019
Sanction #: 190115**

YWCA Middies Distance Meet

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., 190115
- 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: Monday, January 21, 7 am warm up, 8 am start**
- 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 **January 21, 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 the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** **Swimmers are limited to 2 events**
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) .
- U.S. Mail Entries/Payment to: **YWCA Middies, 515 North Street, White Plains, NY, 10605**
Email Entries/Confirm Entry Receipt: 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, December 25, 2018.**
2: The final entry deadline for this meet is **Tuesday, January 1, 2019.**
3: Metro entries received between **December 27, 2018,** and **January 2, 2019** 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 **January 2, 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:** **Warm up sessions will be assigned and each team will have 20 minutes to complete. All lanes will open for the last 10 minutes for specific warm up.**
- 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.

OFFICIALS: **Meet Referee:** [Andy Kass middies@ywcaawpcw.org](mailto:Andy.Kass@middies@ywcaawpcw.org)
Admin Official: John Yearwood
Officials wishing to volunteer should contact Meet Referee

MEET DIRECTOR: [John Yearwood, yearwood@ywcaawpcw.org, 914-949-6227 x151](mailto:John.Yearwood@ywcaawpcw.org)

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 or 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: [Admission \\$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 3rd 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 Distance Meet

Session 1			
Warm up	7:00 AM	Meet start	8:00 AM
Girls	Event		Boys
1	12&under 200 IM		2
3	11&over 400 IIM		4
5	9-12 year old 500 Free		6
7	13&over 1650		8

Please Note: Distance Events will be seeded and run Fastest to slowest and will be alternated Girls/Boys

ALL Swimmers must provide their own Counters and Timers