

# BGC-N. Westchester Marlins Swim Team



## November Distance Invitational

Invited Teams: All Teams are Invited  
First Come First Served

*Teams may send an email to request inclusion – [MTravers@bgcnw.com](mailto:MTravers@bgcnw.com)*

**Saturday, November 8, 2025**

**Sanction # 251106-D**

# BGNW Distance Invitational

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**Saturday, November 8, 2025**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,  
Sanction # 251106-D
- LOCATION:** Boys & Girls Clubs of Northern Westchester – Trotta Millennium Pool  
351 Main Street – Mount Kisco, NY 10549 – (914) 666-8069
- FACILITY:** 25-yard indoor pool with eight 7-foot lanes. Non-turbulent lane-lines. Seating for 200 spectators.  
Colorado electronic timing system, with an eight-line scoreboard.  
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** **Saturday Morning, Session 1:** There will be another warm-up after the 400 IM
- Part 1: 11-over 400 IM (limited to 100 swimmers) – **warm-up 7:00am – start 7:45am**
  - Part 2: 9-12 500 Free Limited to 115 swimmers) – **warm-up 8:40am – start 9:00am**
- Warm-up and start times may be adjusted based on timelines.**
- Saturday Afternoon, Session 2:** 11-Over 1650 free only
- Teams May be Limited to nine (9) women and nine (9) men in the 1650.**
- 1) Part 1: Heats 1-4 - **warm-up 3:00pm – start 3:45pm**
  - 2) Part 2: Heats 5-11 - **warm-up 5:15pm – start 6:00pm**
- Warm-up and start times may be adjusted based on number of entries**
- FORMAT:** All events will be held as timed finals - Deck seeding - **all events will run fastest to slowest, alternating women and men.**
- Note Re: Afternoon session - 1650 free:** **Teams may be Limited to nine (9) women and nine (9) men in the 1650.**
- Host Team reserves the right to enter its own swimmers first.
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.  
No Deck Registrations will be accepted.  
Age on **November 8, 2025**, will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodation you might require. 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 1 event per session.**  
Deck entries will not be accepted. Invited Teams entries only. Entries will be accepted on a first come first serve basis. No deck entries.  
The meet will be run on computer using Hy-Tek's Meet Manager.  
**Each session will have a limited number of entries (as mentioned in Sessions above)**  
Teams must submit entries using an export file of Hy-Tek Team Manager. Payment must be received by **Saturday, November 8, 2025**. Paper entries, phoned, or faxed entries will NOT be accepted.  
An email confirming receipt of entries and a meet manager meet entries report will be sent to the coach. Please email Monique if you do not receive such a report within 2 days of your original email. Email all entries to Monique Grayson at [mggrayson@gmail.com](mailto:mggrayson@gmail.com)

<b>ENTRY FEE:</b>	An entry fee of <b>\$10.00</b> per event, and <b>\$20.00</b> per swimmer surcharge, must accompany the entries
<b>SURCHARGE:</b>	<i>Host Club may waive meet entry fees &amp; facility surcharge for registered outreach swimmers. Coaches should contact the Meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.</i>
	Make checks payable to: <b>Boys &amp; Girls Clubs of Northern Westchester</b> <b>Mail to:</b> BGNW Marlins Swim Team – Distance Meet – att.: Mike Travers 351 Main Street Mount Kisco, NY 10549
	<b>Payment</b> must be received by <b>November 8, 2025</b> Failure to pay entry fees by this deadline could result in teams being barred from the meet.
<b>DEADLINE:</b>	1: Entries will be accepted on a first come/first served basis until the cap of athletes per session is reached <b>2: The final entry deadline for this meet is October 31, 2025</b> 3: An email confirming receipt of entries if you provide an email contact. Please contact the Meet Director if you do not receive such a report within 2 days of your original email.
<b>WARM-UP:</b>	Lane assignment will be given at the meet. One-way sprints at discretion of meet referee.
<b>SCRATCHES:</b>	Coaches will be given scratch sheets upon check-in for each Timed Finals session. All scratches are due no later than 30 minutes prior to the start of each session. Coaches are asked to indicate <b>clearly</b> individual events scratches, and which swimmers will not be participating in the session.
<b>COACHES:</b>	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.
<b>AWARDS:</b>	Ribbons (first to 8 <sup>th</sup> places) will be given <u>to 12-under swimmers only.</u>
<b>OFFICIALS:</b>	<b>Meet Referee:</b> Andy Kass – <a href="mailto:akass@orangecountygov.com">akass@orangecountygov.com</a> Officials wishing to volunteer should contact the Meet Referees by <b>November 1, 2025.</b>
<b>MEET DIRECTOR:</b>	Monique Grayson - <a href="mailto:mggrayson@gmail.com">mggrayson@gmail.com</a> <b>Questions:</b> Mike Travers – Head Coach – 914-666-8069 # 115 or <a href="mailto:MTravers@bgcnw.com">MTravers@bgcnw.com</a>
<b>ADMIN. OFFICIALS:</b>	Monique Grayson – <a href="mailto:mggrayson@gmail.com">mggrayson@gmail.com</a>
<b>RULES:</b>	The current USA Swimming Rules and Regulations will apply. <b>The USA Swimming Code of Conduct is in effect for the duration of the meet.</b> The overhead start procedure may be used at the discretion of the meet Referee.
<b>SAFETY:</b>	Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. 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 without the use of the backstroke ledge. 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.  Medical supervision will be provided by the Boys & Girls Club of Northern Westchester lifeguarding staff.
<b>WATER DEPTH:</b>	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." <b>Deep end: at 1m: 9'0"; at 5m: 7'6" – Shallow end: at 1m: 4'0"; at 5m: 4'6"</b>

<b>AUDIO/VISUAL STATEMENT:</b>	<p>Use of Audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, and locker rooms.</p> <p><b>The use of cell phones and cameras is prohibited from behind the starting blocks.</b></p> <p>"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."</p>
<b>DISCLAIMER:</b>	<p>Upon acceptance of his/her entries, the participant waives all claims against the Boys &amp; Girls Clubs of Northern Westchester, The Marlins Swim Team, Metropolitan Swimming Inc., USA Swimming Inc., their agents, or representatives for any injury occurring because of the meet. <b>"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."</b></p>
<b>DECK CHANGING:</b>	<b>Deck Changes are prohibited.</b>
<b>MAAPP:</b>	<p>All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</p>
<b>ADMISSION:</b>	<b>Spectators will be permitted - Free admission.</b> Results will be made available on Meet Mobile.
<b>SEATING:</b>	<p>Bleacher seating is available for athletes and spectators.</p> <p>Athletes may also be seated in overflow rooms at hosts discretion.</p>
<b>PARKING:</b>	Parking is available at the Boys & Girls Club
<b>DIRECTIONS:</b>	<p><u>From I-684 North or South:</u> Take exit 4 to route 172 west (towards Mt. Kisco). Drive approximately 2 miles. Take 117 North (keep right at traffic light). Go one block. Just before the traffic light, turn right into B/G Club driveway. Enter the pool from the main entrance.</p> <p><u>From Long Island:</u> Take Whitestone Bridge, to the Hutchinson Parkway North, to I-684 north, to exit 4 (then proceed as above).</p> <p><u>From Saw Mill Parkway North:</u> Take exit 33, Readers Digest Road. Cross railroad tracks and keep right. At the traffic light, make a left turn on route 117 (it will become Main Street). Pass 2 traffic lights. Just before the third traffic light, turn right into B/G Club driveway.</p> <p><u>From Taconic Parkway South:</u> Take exit for route 133, Mount Kisco. At the traffic light, make a right turn. At the next traffic light, turn right and follow signs for Mt. Kisco (on route 133 east). Drive approximately 4 miles. At the end of 133, turn right onto route 117 South (Main Street). Pass 2 traffic lights. Just after the third traffic light, make an immediate left turn into the B/G Club driveway.</p>
<b>HOTELS:</b>	<p>The MTK Hotel in Mount Kisco (1 Holiday Inn Drive – Mount Kisco, NY 10549) will give a preferred rate if coaches mention that they are attending a meet at the Boys &amp; Girls Club. 914-241-2600</p>

**BGNW MARLINS DISTANCE Invitational - NOVEMBER 8, 2025.**

**Invited Teams: All Teams are invited**

**SATURDAY, SESSION 1: This session will run fastest to slowest, alternating women & men.**

- a) Part 1: Events 1-2 - **11-over 400 IM** (limited to 100 swimmers) – warm-up 7:00am – start 7:45am
- b) Part 2: Events 3-4 - **9-12 500 Free** Limited to 115 swimmers) – warm-up 8:40am – start 9:00am

**SATURDAY, SESSION 2: 11-Over - This session will run fastest to slowest, alternating women & men.**

**Teams May be Limited to nine (9) women and nine (9) men in the 1650 Freestyle.**

**Note: All 500 free and 1000 free Split times from the mile will be extracted and uploaded to SWIMS**

- c) Part 1: **Events 5-6 - Heats 1-4** - warm-up 3:00pm – start 3:45pm
- d) Part 2: **Heats 5-11** - warm-up 5:15pm – start 6:00pm



## Metropolitan Swimming

### Photographer Registration Form

This form must be completed by any photographer (video or still) who intends to take pictures at a 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 directions from the Meet Referee.

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

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

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