



Sunday, June 28, 2026

at the
Dunlevy Milbank Center
Harlem, New York

Teams: **CAS Stingrays Kips Bay Makos, and New Rochelle YMCA**

All Ages: Warm up @730AM

This a USA Approved Meet- Sanction #TBA

SANCTION TBA

LOCATION: **Dunlevy Milbank CAS**
14-32 West 118th St. (Between 5th & Lennox Ave.) New York, New York 10026

FACILITY: The competitive course is 3-9 feet deep, (5) 25 Yard lanes with diving blocks. Seating capacity of 100 occupants.

SESSIONS: Sunday, June 28th –
Only Session – 730AM Warm Up / 830AM Start

FORMAT: Timed Finals
Deck Seeding

ELIGIBILITY: Open to all Invited teams.
Age on **June 28th, 2026** 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: **ALL athletes are limited to (3) Individual events and (1) relay event.**

Entries MUST be sent on a **Hy-Tek** disk. Be sure to enclose a Master Entry Sheet or Hy-Tek Spreadsheet. Entries received after the deadline will not be accepted. **Deck entries will not be permitted. NT's will not be permitted and scratched prior to seeding.**

Email Entries/Confirm Entry Receipt: castingrays@splashfit.org

DEADLINE: June 25th, 2019

ENTRY FEE: **There will be no surcharge fee for the meet.**

WARM-UP: **45 Min warm up in lanes 1-5 with final 15 minutes sprint lanes will be 2-4.**

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: Individual Events: Medals for 1st through 3rd places, Ribbons for 4th through 8th places. Heat Ribbons Awarded for heat winners.

Relay Events: Medals for 1st through 3rd. Team Awards: 1st thru 3rd place.

Scoring: Standard Points:
Ind. Events 20, 17, 16, 15, 14, 13, 12, 11, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1
Relays Events: 40, 34, 32, 30, 28, 26, 24, 22, 20, 18, 16, 14, 12, 10, 8, 6, 4, 2

OFFICIALS: **Meet Referee:** Jeanette Miranda
Officials wishing to referee should contact Meet Director by **JUNE 26th, 2015**

ADMIN. OFFICIAL: Administrative Official: Edwardo Oyola, Email: Eddie.Oyola@KipsBay.org

MEET DIRECTOR: Miguel Escalante, Head Coach
Tel: (646) 453-4952 call or text. Email: CAStingrays@splashfit.org

RULES: 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 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.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against The **Children's Aid Society or CAS Stingrays** for any injury occurring as a result of the meet.

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 starting blocks.

DECK CHANGING: Deck changes are prohibited.

Tickets: **N/A**

MERCHANTS: **FREE Food Concession Stand will be set up outside for lunch along with music from live DJ**

Event #	Events	
1	Girls 10 & Under 50 Freestyle	
2	Boys 10 & Under 50 Freestyle	
3	Girls 11-12 50 Freestyle	
4	Boys 11-12 50 Freestyle	
5	Girls 13-Over 50 Freestyle	
6	Boys 13- Over 50 Freestyle	
7	Girls 10 & Under 50 Butterfly	
8	Boys 10 & Under 50 Butterfly	
9	Girls 11-12 50 Butterfly	
10	Boys 11-12 50 Butterfly	
11	Girls 13 Over 100 Butterfly	
12	Boys 13 Over 100 Butterfly	
13	Girls 10 & Under 50 Backstroke	
14	Boys 10 & Under 50 Backstroke	
15	Girls 11-12 50 Backstroke	
16	Boys 11-12 50 Backstroke	
17	Girls 13-Over 100 Backstroke	
18	Boys 13-Over 100 Backstroke	
19	Girls 10 & Under 50 Breaststroke	
20	Boys 10 & Under 50 Breaststroke	
21	Girls 11-12 50 Breaststroke	
22	Boys 11-12 50 Breaststroke	
23	Girls 13-Over 100 Breaststroke	
24	Boys 13- Over Breaststroke	
25	MIXED 10 & Under 200 Freestyle Relay	
26	MIXED 11 & 12s 200 Freestyle Relay	
27	MIXED 13 & Over 200 Freestyle Relay	