



2011
Metropolitan Long Course
JUNIOR OLYMPIC
SWIMMING CHAMPIONSHIP

Sanction # 110710

Wednesday July 27, 2011

Thursday July 28, 2011

Saturday July 30, 2011

Sunday July 31, 2011

Hosted By
Lehman College
The City University of New York

The APEX and Badger Swim Clubs

THE
APEX
AT LEHMAN COLLEGE
SWIM CLUB

BADGER
SWIMMING



Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 110710
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)
SESSIONS:	7 sessions with distance Freestyle events on Wednesday evening to alleviate lengthy weekend sessions. There will be 10 minute warmups placed intermittently throughout the meet based on the needs of the timeline.
FORMAT:	All Events are Timed Finals The meet will be Deck Seeded. Long course meter times will be the conforming standards and will be seeded first, followed by SCM & SCY. All scratch sheets are due back 30 minutes prior to the end of warm-ups.
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 will determine age for the entire meet. Times must have been achieved in either Long Course Meters, Short Course Yards or Short Course Meters, between May 1, 2010 and the entry deadline. 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.
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:	A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not swim more than three (3) individual events per any one-day excluding relays. Failure to scratch will result in the swimmer swimming the first three events they are entered in on that day. Entry times must equal or better the qualifying standards. Relay only swimmers must also be listed on the Master Entry Form. Entry times may NOT be converted. NT's and Deck Entries will not be accepted. A meet entries Recon through the USA-Swimming database (SWIMS) will be performed before the meet to prove eligibility. All times that are not provable through SWIMS will be removed from the meet. A Hy-Tek Team Manager Export file of entries must be emailed. An Entry Summary with a signed waiver must accompany each entry. The Name, Address, and Phone Number of Club Official must be included on the form. U.S. Mail Entries/Payment to: Badger Swim Club 119 Rockland Ave, Larchmont NY 10538 Email Entries/Confirm Entry Receipt: LCJOentries@gmail.com Signature Waiver Required for Express Mailed Entries
DEADLINE:	1. Metro LSC teams are eligible to attend.

	2: The final entry deadline for this meet is Monday, July 18, 2011. Entries received after the deadline will be rejected.
	An email confirming receipt of entries if you provide an email contact. Please contact Maria Kessler - MariaKessler@hotmail.com if you do not receive such a report within 2 days of your original email.
ENTRY FEE:	An entry fee of \$4.00 per individual event, \$10.00 per Relay event, and \$1.00 Metropolitan surcharge (including RELAY ONLY SWIMMERS) must accompany the entries. Make check payable to: Badger Swim Club. Payment must be received by Monday, July 18, 2011 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:	
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. Metropolitan Scratch Procedure for Timed Final Meets is as follows; Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner; 1. Go to the Referee, before the event and state you do not wish to swim. 2. Stand BEHIND your assigned block until the swimmers in your heat has been sent off by the starter. 3. The swimmer is then disqualified from THAT EVENT for the delay of the meet. 4. This counts as an event against the total-per-day allowance. If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet. If a team fails to scratch a relay by the scratch deadline, and that relay is a No Show, all future relays of that team must be positively checked in at the computer table for the relays to be seeded. Coaches must make sure that their swimmers understand that once they are scratched, they will not be re- entered in the session. Coaches should inform their swimmer to leave plenty of time for traffic, etc.
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:	Medals for 1st through 8th places, and ribbons for 9th through 16th places in Individual Events. Medals for 1st through 3rd, and ribbons for 4th through 8th places in Relays Events. Top 3 places win Individual High Point Awards in each Age Group 10&Under, 11-12, 13-14, & 15-18. Combined Team Awards for 10&Under, 11-12, 13-14, and Overall 14&Under Team Award. Awards must be picked up at the end of the meet. No awards will be mailed.
SCORING	Individual Events: (1st-16th Place) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1 Relay Events: (1st-16th Place) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2 NOTE: Only two relays per club may score.
OFFICIALS:	Meet Referee: Steven Kessler - StevenKessler@msn.com Officials wishing to volunteer should contact Meet Referee by Monday, July 18, 2011.

MEET DIRECTOR:	Maria Kessler - MariaKessler@hotmail.com Peter Kiernan - apexswim@usa.net
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.
Protests:	All competition-related protests, including protest concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protest will be handled at the time the meet jury determines.
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, Metropolitan Swimming Inc., USA Swimming Inc., Badger Swim Club, APEX Swim Club, Lehman College, their agents or representatives for any injury occurring as a result of the meet.
ADMISSION:	Adults \$5.00 Children \$2.00 per session Session Programs: \$3.00 The stands must be cleared after each session
MERCHANTS:	Food concession and Swim Shop
PARKING:	Parking: \$5.00 all-day parking at College Supervised Lot, (100 yards from APEX) as well as metered and street parking.
DIRECTIONS:	DIRECTIONS TO LEHMAN COLLEGE APEX Bedford Park Boulevard between Goulden and Paul Aves. BY SUBWAY: Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street. BY BUS: FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West. BY CAR: Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right. Via Saw Mill River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right. IMPORTANT! IN CASE OF EMERGENCY: Pool Office: 718-960-7123 Meet Desk: 718-960-1134

Distance Session
Wednesday Evening 4pm Start

Girls	SCM	SCY	LCM	Event	LCM	SCY	SCM	Boys
15				10&U 400M Freestyle				16
17				13-14 400M Freestyle				18
37				15-18 400M Freestyle				38
39				11-12 400M Freestyle				40

Session 1
Thursday 7am WU 8am Start

Girls	SCM	SCY	LCM	Event	LCM	SCY	SCM	Boys
1	NCT	NCT	NCT	13-14 200M Medley Relay	NCT	NCT	NCT	2
3				10&U 100M Freestyle				4
5				13-14 100M Freestyle				6
7				10&U 50M Breaststroke				8
9				13-14 100M Breaststroke				10
11				10&U 50M Backstroke				12
13				13-14 100M Butterfly				14

Session 2
Thursday 1:30pm WU 2:30pm Start

Girls	SCM	SCY	LCM	Event	LCM	SCY	SCM	Boys
19	NCT	NCT	NCT	11-12 200M Medley Relay	NCT	NCT	NCT	20
21	NCT	NCT	NCT	15-18 200M Medley Relay	NCT	NCT	NCT	22
23				11-12 100M Freestyle				24
25				15-18 100M Freestyle				26
27				11-12 100M Breaststroke				28
29				15-18 100M Breaststroke				30
31				11-12 50M Backstroke				32
33				15-18 100M Butterfly				34
35				11-12 20M Butterfly				36

Session 3
Saturday 7am WU 8am Start

Girls	SCM	SCY	LCM	Event	LCM	SCY	SCM	Boys
41				10&U 50M Butterfly				42
43				13-14 200M Freestyle				44
45				10&U 200M Freestyle				46
47				13-14 200M Butterfly				48
49				10&U 100M Breaststroke				50
51				13-14 100M Backstroke				52
53				10&U 100M Backstroke				54
55				13-14 400M IM				56
57				10&U 200M Freestyle Relay				58
59				13-14 400M Freestyle Relay				60

Session 4
Saturday 1:30pm WU 2:30pm Start

Girls	SCM	SCY	LCM	Event	LCM	SCY	SCM	Boys
61				11-12 200M Freestyle				62
63				15-18 200M Freestyle				64
65				11-12 50M Breaststroke				66
67				15-18 200M Breaststroke				68
69				11-12 100M Backstroke				70
71				15-18 100M Backstroke				72
73				11-12 50M Butterfly				74
75				15-18 400M IM				76
77				11-12 200M Breaststroke				78
79				15-18 400M Freestyle Relay				80
81				11-12 400M Freestyle Relay				82
83				11-12 400M IM				84

Session 5
Sunday 7am WU 8am Start

Girls	SCM	SCY	LCM	Event	LCM	SCY	SCM	Boys
85				13-14 200M Freestyle Relay				86
87				10&U 200M Medley Relay				88
89				13-14 200M Backstroke				90
91				10&U 200M IM				92
93				13-14 200M IM				94
95				10&U 50 Freestyle				96
97				13-14 50M Freestyle				98
99				10&U 100M Butterfly				100
101				13-14 200M Breaststroke				102
103				10&U 400M Freestyle Relay				104
105				13-14 400M Medley Relay				106

Session 6
Sunday 1:30pm WU 2:30pm Start

Girls	SCM	SCY	LCM	Event	LCM	SCY	SCM	Boys
107				11-12 200M Freestyle Relay				108
109				15-18 200M Freestyle Relay				110
111				11-12 200M Backstroke				112
113				15-18 200M Backstroke				114
115				11-12 200M IM				16
117				15-18 200M IM				118
119				11-12 50M Freestyle				120
121				15-18 50M Freestyle				122
123				11-12 100M Butterfly				124
125				15-18 200M Butterfly				126
127				11-12 400M Medley Relay				128
129				15-18 400M Medley Relay				130

2011 Junior Olympics Long Course Time Standards

eligibility period: from May 1, 2010 to meet entry deadline

SCM	SCY	LCM	EVENT	LCM	SCY	SCM
GIRLS 10 & UNDER				BOYS 10 & UNDER		
35.79	32.09	37.49	50 Free	37.49	31.99	35.19
1:18.59	1:11.49	1:22.99	100 Free	1:22.99	1:11.59	1:18.59
2:47.99	2:31.99	3:00.99	200 Free	3:00.99	2:31.99	2:47.89
5:52.09	6:44.99	6:04.99	400 Free	6:04.99	6:44.99	5:52.09
40.99	37.49	44.99	50 Back	44.99	37.49	41.09
1:31.09	1:22.19	1:36.99	100 Back	1:36.99	1:22.19	1:31.09
47.59	42.99	50.99	50 Breast	51.99	43.49	48.19
1:42.79	1:32.99	1:50.99	100 Breast	1:53.99	1:34.59	1:44.59
39.99	35.99	43.99	50 Fly	43.99	35.99	39.99
1:37.09	1:27.09	1:46.99	100 Fly	1:46.99	1:27.09	1:36.59
3:08.89	2:51.99	3:27.99	200 IM	3:29.99	2:51.99	3:10.09
SCM	SCY	LCM		LCM	SCY	SCM
GIRLS 11-12				BOYS 11-12		
31.39	28.49	32.49	50 Free	32.49	28.29	31.29
1:08.29	1:01.79	1:10.49	100 Free	1:10.49	1:01.79	1:08.29
2:27.69	2:13.99	2:34.99	200 Free	2:34.99	2:15.49	2:30.29
5:16.89	6:01.99	5:26.99	400 Free	5:26.99	6:01.99	5:16.79
36.39	32.99	38.49	50 Back	38.99	33.29	36.69
1:17.89	1:10.49	1:21.99	100 Back	1:22.99	1:11.59	1:18.79
2:48.49	2:32.99	2:56.99	200 Back	2:57.99	2:37.99	2:54.89
41.49	37.19	43.49	50 Breast	44.59	37.59	41.49
1:29.29	1:20.49	1:33.99	100 Breast	1:36.99	1:21.59	1:30.29
3:13.39	2:55.99	3:24.99	200 Breast	3:27.99	2:59.99	3:17.59
35.29	31.59	35.99	50 Fly	37.49	32.09	35.49
1:19.59	1:12.09	1:21.49	100 Fly	1:22.99	1:13.49	1:20.99
2:56.79	2:39.99	2:59.99	200 Fly	3:02.49	2:39.99	2:56.79
2:46.39	2:30.49	2:54.99	200 IM	2:59.99	2:32.59	2:48.89
6:02.39	5:27.99	6:15.99	400 IM	6:15.99	5:27.99	6:02.39
SCM	SCY	LCM		LCM	SCY	SCM
GIRLS 13-14				BOYS 13-14		
29.89	26.99	31.39	50 Free	29.19	24.99	27.49
1:04.89	57.49	1:07.99	100 Free	1:03.99	53.99	59.59
2:21.29	2:07.99	2:29.49	200 Free	2:20.99	1:59.99	2:12.69
4:53.89	5:35.99	5:12.99	400 Free	5:01.99	5:21.99	4:41.99
1:13.99	1:06.59	1:18.49	100 Back	1:15.49	1:02.99	1:09.29
2:37.39	2:22.59	2:48.99	200 Back	2:41.99	2:16.99	2:30.59
1:24.59	1:16.49	1:31.49	100 Breast	1:26.29	1:10.99	1:18.39
2:59.99	2:42.99	3:15.99	200 Breast	3:05.99	2:35.19	2:51.39
1:12.39	1:05.69	1:18.99	100 Fly	1:13.29	1:01.59	1:08.09
2:45.79	2:30.99	2:53.99	200 Fly	2:48.29	2:23.99	2:39.19
2:38.09	2:23.49	2:49.99	200 IM	2:39.49	2:13.99	2:28.09
5:39.59	5:06.99	5:54.99	400 IM	5:43.99	4:45.99	5:16.19
SCM	SCY	LCM		LCM	SCY	SCM
GIRLS 15-18				BOYS 15-18		
29.49	26.59	31.19	50 Free	28.49	23.79	26.29
1:03.89	57.79	1:07.19	100 Free	1:01.99	51.99	57.09
2:18.49	2:04.49	2:26.49	200 Free	2:15.99	1:53.99	2:04.99
4:49.39	5:30.99	5:05.99	400 Free	4:49.99	5:10.99	4:33.69
1:12.49	1:05.49	1:18.49	100 Back	1:11.99	59.99	1:04.39
2:35.29	2:20.99	2:48.99	200 Back	2:34.99	2:10.99	2:24.99
1:22.39	1:15.19	1:29.49	100 Breast	1:21.99	1:06.49	1:13.79
3:00.49	2:42.99	3:13.99	200 Breast	2:59.99	2:30.09	2:46.09
1:12.59	1:04.99	1:17.49	100 Fly	1:09.99	57.99	1:03.59
2:44.19	2:29.99	2:50.99	200 Fly	2:36.99	2:12.49	2:26.39
2:34.69	2:19.99	2:45.99	200 IM	2:34.99	2:07.99	2:21.09
5:38.99	5:04.99	5:53.99	400 IM	5:29.99	4:41.99	5:08.09