



2011 Senior Metropolitan Long Course Championships

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number 110701

Time Trials Sanction Number 110750-T

Sponsored by Metropolitan Swimming, Inc.

To be held at:

**LEHMAN COLLEGE APEX
BRONX, NEW YORK**

July 21 - 24, 2011

General Chair:

Mary Fleckenstein

Meet Director:

Don Wagner

Meet Jury:

Don Wagner, Senior Chair

A Metro Athlete

A Metro Coach

2011 SENIOR METROPOLITAN LONG COURSE SWIMMING CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

July 21 - 24, 2011

PLEASE READ CAREFULLY AND COMPLETELY!

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # **110701**

LOCATION: Lehman College APEX Aquatic Center, 250 Bedford Park Boulevard West, Bronx, NY 10468

FACILITY: The competitive course is 7-13 feet deep. 7 lanes will be used to conduct the prelims with 1 lane left for warm up/warm down. 8 lanes will be used for finals. A 10 minutes break will be added after each event (women and men). (Coaches must monitor their swimmers in the warm-up lanes).
The pool has been certified in accordance with Article 104.2.2C (4)
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 spectators stands and are not authorized to be in any other part of the building. Offenders will be ejected from the facility.

SESSIONS:

Thursday:	Timed Finals:	Warm-up 4:30 p.m.	Meet Start: 5:30 p.m.
Friday, Saturday, and Sunday			
	Prelims:	Warm-up 7:30 a.m.	Meet Start: 9:00 a.m.
	Finals:	Warm-up 4:30 p.m.	Meet Start: 5:30 p.m.

FORMAT:

1. Coaches and swimmers shall have the responsibility to familiarize themselves with the current U.S.A. Swimming Rules and Regulations.
2. There will be preliminary heats and finals in all individual events except the 800 Meter and 1500 Meter Freestyle. These events and all relays will be Timed Finals. A “prelims” break before the relays will be held at the discretion of the meet director.
3. The event order for the evening sessions will be: Bonus Final—8 swimmers (limited to swimmers 18 & under), Consolation Final—8 swimmers, Championship Final—8 swimmers. There will be a 10 minute break before the relays in all finals sessions.
4. Consolation and Championship finals will score. Bonus Final is a non-scoring heat.
5. All Relays are timed finals with the Top 8 relays swimming at finals.
6. All participating teams will be expected to time lanes during the meet.

FINALS ORDER:

Thursday: All heats of 800 Meter Freestyle to be swum fastest to slowest alternating women and men.

Friday: Same order as the Prelims and the fastest heat of the 800 Meter Freestyle Relay

Saturday: Same order as the Prelims and the fastest heat of the 400 Meter Medley Relay.

Sunday: Heats of the 1500 Meter Freestyle will run to finish approximately 10-15 minutes before the start of warm-up for finals. They will be run alternating men and women, slowest to fastest. Warm-up for the 1500 will be adjusted and announced after positive check-in. The evening session will begin with the fastest heats of the 1500 Meter Freestyle, Women and Men; then the remaining individual events in the same order as prelims; and the fastest heat of the 400 Meter Freestyle Relay.

DISTANCE EVENTS:

The 800 Meter Freestyle **may** be limited to 40 Women and 40 Men. The 1500 Meter Freestyle may be limited to 32 Women and 32 Men. **Swimmers entered in these events must confirm their intention to swim (POSITIVE CHECK-IN) or they will not be seeded.**

ELIGIBILITY:

- 1 All swimmers must be 2011 USA Swimming, Inc. registered as of the entry deadline. In addition, to be eligible to swim in this meet, **Metro swimmers must have competed in individual events in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals while registered with Metropolitan Swimming, Inc.) since **July 26, 2010. Attendance at a meet as a relay only swimmer will not count as one of the 3 Metro Meets requirement.****
- 2 Entry times must equal or better the qualifying standards. **Long course meter times will be the conforming standard and will be seeded faster than yard or sc meter times. Entry times may NOT be converted.**
- 3 **Times must have been achieved between May 1, 2010 and the meet entry deadline.**
- 4 **SWIMS TIMES RECON will be performed before the meet.**
- 5 As per House of Delegates of May 14, 2008: Beginning with the 2009 SC Senior Mets, **all relay entries must be accompanied by proof of time. Composite times may be used. Top 8 Relays will swim at Finals. Clubs may enter any number of relay but only 2 relay teams per Club may score.**
- 6 **Each time not proven by August 25, 2011 will be subject to a \$50.00 fine.**

DISABILITY SWIMMERS:

Swimmers with disabilities that qualify for Disability National Championships are encouraged to enter. 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:

1. A swimmer may enter any event for which he/she has met the qualifying standard, **but may be seeded and participate in only six (6) individual events.**
2. A swimmer may not swim more than three (3) individual events on any one-day (this includes **Time Trials**).
3. A swimmer may swim in any number of relay events during the meet.
4. All entries, individual and relay, must be submitted on a Hy-Tek file. Include Hy-Tek Team Manager Meet Entries report. Swimmers who will be on relays only must be listed on the Master Entry Form. A hard copy of the entries must be emailed (or mailed) at the time entries are sent. **SWIMS recon will be performed before the meet.**
5. Mail all entries to: jim.wargo@condorsswimming.com

Sign Express Mail Waiver allowing delivery without signature.

6. **A Meet Manager entries report will be emailed back as confirmation of receipt.** Coaches, please contact Jim Wargo if you do not receive such a report within 2 days of your original email. **Problems or questions:** E-mail jim.wargo@condorsswimming.com or call Don at 412-952-8953

DEADLINE:

Entries must be in hand no later than **Tuesday, July 12, 2011.** This entry date allows any swims achieved through Sunday, July 10th to be "Express Mailed" prior to the deadline. Entries received after the deadline will NOT be accepted. If a swimmer qualifies between July 13 and July 17, coaches must send an email with **new entries only** no later than Monday, July 18th. **Absolutely no new Hy-Tek file and no updating of times will be allowed.**

ENTRY FEE:

\$5.00 per individual entry, \$10.00 per relay entered, \$4.00 per swimmer for Metro surcharge (including relay only swimmers). Entry fees **MUST** accompany entries. Make one check payable to **Metropolitan Swimming. NO REFUNDS.**

WARM-UP:

Prelims: First 60 minutes will be general warm-up. Last 25 minutes: 2 or more lanes will be open for one-way sprint. All other lanes will remain open for general warm-up.
Finals: First 30 minutes will be general warm-up. Last 25 minutes: 2 or more lanes will be open for one-way sprint. All other lanes will remain open for general warm-up.

SCRATCHES: **SCRATCH RULES AND PROCEDURES: READ VERY CAREFULLY!!**

1. **POSITIVE CHECKING** for the 800 Yard Freestyle **MUST** be made in person at the pool desk of Lehman College APEX between **4pm and 5pm on Thursday, July 21, 2011**. The 800 free will be seeded promptly at 5pm.
2. **Scratches for Friday's events MUST be made by emailing wendy.martinez1@lehman.cuny.edu between 11am and 1:00pm on Thursday, July 21st or in person by a coach during warm-up of the 800 free on Thursday.**
3. **All scratches for Friday will close at the end of warm-up, at 5:30pm, on Thursday, July 21st.**
4. Scratches for all subsequent days' events and confirmation of intent to swim the 1500 Yard Freestyle shall be made no later than 30 minutes after the conclusion of the prelims of the preceding day. Scratch forms will be provided.
5. **In all prelim-final events, after the prelims have been seeded, any swimmer who fails to compete in an individual event heat in which he/she is entered and from which he/she has not been scratched will be barred from all further individual and relay events of that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares his/her intent to swim prior to the close of scratches for that day's events.**
6. Heat sheets for same day finals and for the next day prelims session will be posted within 30 minutes of the conclusion of each morning session.
7. A swimmer qualifying for any finals swim based upon the results of the prelims must notify the Clerk of Course within 30 minutes after announcement of the qualifiers for that event that he/she **may not intend** to compete, and further must declare his/her final intention within 30 minutes following his/her last preliminary event. If a swimmer fails to follow this procedure, he/she will be barred from further competition for the remainder of the meet, except as noted in Rule 207.12.6 E1 and E3. In addition, if a swimmer fails to follow this procedure for the last session of the meet, his/her club will be fined \$50.00 for each instance.
8. The relay scratch rule will be as follows: Any relay team entered in a relay event and not properly scratched must swim the event. Failure to do so will result in each member of the relay team being barred from the next relay event in which they may otherwise be eligible to compete. A relay team member failing to appear ready to swim for a relay event will be barred from his/her next individual event. Relay members who do appear ready to swim shall not be penalized.
9. **It is the responsibility of the Swimmers and the Coaches to make sure that swimmers have not moved up into the top 24 by the close of the prelims 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: Medals for the first 8 places in individual events and first 3 places in relays.
Top Women, Men, and Combined Teams Awards will be presented.
Female and Male Individual High Point Awards will be presented.

SCORING: All events will be scored to 16 places. Points for Individual events are:

- Bonus Final – no score
- Consolation Final – 9, 7, 6, 5, 4, 3, 2, 1.
- Championship Final – 20, 17, 16, 15, 14, 13, 12, 11

Points will be double for relays. Only two relay teams per club may score.

OFFICIALS: Meet Referee: Corinne Cody - corinne.cody@metroswimming.org or 914-443-0457.
Officials should contact Corinne to assist on deck.

MEET DIRECTOR: Senior Chair – Don Wagner - Don.wagner@condorsswimming.com or 412-952-8953

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 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”
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Lehman College APEX, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- 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."
Water depth at 1 meter: 4’3” Water depth at 5 meters: 4’3”
- ADMISSION:** Adult Admission: \$5.00 per person Child Admission: \$2.00 per person
Only swimmers, coaches with current USA Swimming certification credentials, timers, meet marshals and officials will be allowed on deck.
- PROGRAMS:** Prelims and Finals Programs: \$3.00 per session
- MERCHANTS:** Will be in attendance at the meet
Food will be available in designated area only – Food and glass bottles will not be allowed on deck or in the locker rooms.
- TIMERS:** **TIMERS WITH WATCHES** will be required from each club and will be assigned based on a percentage of entries at each session. Assignments will be posted on the website with the psych sheets. **PLEASE COOPERATE.** Any timer that has not reported, from a club assigned to time, will result in the disqualification of that club’s swimmers until that timer reports. **Swimmers entered in the 800 and 1500 must provide their own timer and counter.**
- TIME TRIALS:** Time trials will be held after prelims, as time permits. They will cost \$5.00 per swim. Time trials will be open only to swimmers who are entered in individual events in the meet. Swimmers are allowed a maximum of two (2) time trials over the course of the weekend. Swimmers may not sign up for time trials if they were seeded in 3 individual events for the prelims on that same day.
Time trials are counted toward the three individual events allowed per swimmer per day.
- PARKING:** **Parking:** \$5 all-day parking at College Supervised Lot, (100 yards from APEX).
- DIRECTIONS:** **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/McClearn 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 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

2011 SENIOR METROPOLITAN LONG COURSE SWIMMING CHAMPIONSHIPS

July 21 - 24, 2011

Thursday, July 21, 2011

Female			Event				Male		
SCM	SCY	LCM	#			#	LCM	SCY	SCM
9:33.89	10:55.99	10:12.99	1	800	Free	2	9:49.99	10:22.99	9:05.09

Friday, July 22, 2011

Female			Event				Male		
SCM	SCY	LCM	#			#	LCM	SCY	SCM
1:20.49	1:12.09	1:24.99	3	100	Breast	4	1:17.99	1:04.49	1:11.99
2:13.89	1:59.99	2:18.99	5	200	Free	6	2:09.99	1:49.99	2:02.79
1:09.19	1:01.99	1:11.99	7	100	Fly	8	1:04.49	55.19	1:01.59
5:20.89	4:47.49	5:35.99	9	400	IM	10	5:12.99	4:25.99	4:56.89
NCT	NCT	NCT	11	800	Free Relay	12	NCT	NCT	NCT

Saturday, July 23, 2011

Female			Event				Male		
SCM	SCY	LCM	#			#	LCM	SCY	SCM
2:31.79	2:15.99	2:37.29	13	200	IM	14	2:25.49	2:03.99	2:18.39
28.69	25.69	30.29	15	50	Free	16	27.49	23.29	25.99
1:09.89	1:02.59	1:14.99	17	100	Back	18	1:07.99	56.99	1:03.59
4:35.59	5:14.99	4:52.99	19	400	Free	20	4:31.99	4:56.99	4:19.89
NCT	NCT	NCT	21	400	Med Relay	22	NCT	NCT	NCT

Sunday, July 24, 2011

Female			Event				Male		
SCM	SCY	LCM	#			#	LCM	SCY	SCM
18:36.69	18:39.99	19:47.99	23	1500	Free	24	18:40.99	17:49.99	17:46.79
2:30.79	2:15.09	2:38.99	25	200	Back	26	2:27.99	2:03.99	2:18.39
2:54.09	2:35.99	3:04.99	27	200	Breast	28	2:52.99	2:22.99	2:39.89
1:02.39	55.89	1:04.99	29	100	Free	30	59.19	50.19	56.09
2:35.09	2:18.99	2:43.99	31	200	Fly	32	2:28.99	2:05.99	2:20.99
NCT	NCT	NCT	33	400	Free Relay	34	NCT	NCT	NCT

JULY 21-24, 2011

SENIOR METROPOLITAN CHAMPIONSHIPS

Team Name _____ Team Code _____

Coach's Name _____

Phone # Day _____ Eve _____ Fax _____

Address _____

Email: _____

ENTRY SUMMARY

Women Entered _____ x \$4.00 = \$ _____

Men Entered _____ x \$4.00 = \$ _____

Women's Individual Entries _____ x \$ 5.00 = \$ _____

Men's Individual Entries _____ x \$ 5.00 = \$ _____

Women's Relay Entries _____ x \$ 10.00 = \$ _____

Men's Relay Entries _____ x \$ 10.00 = \$ _____

Total Amount Enclosed = \$ _____

Make check payable to Metropolitan Swimming

RELAY ENTRY

(use only if not submitting entries on disk)

Women

Event # 11 800 m. Freestyle

Team A _____

Team B _____

Team C _____

Event # 21 400 m. Medley

Team A _____

Team B _____

Team C _____

Event # 33 400 m. Freestyle

Team A _____

Team B _____

Team C _____

Men

Event # 12 800 m. Freestyle

Team A _____

Team B _____

Team C _____

Event # 22 400 m. Medley

Team A _____

Team B _____

Team C _____

Event # 34 400 m. Freestyle

Team A _____

Team B _____

Team C _____