

2011 Metropolitan SC Zone Team Qualifier Meet

**Only Swimmers who WILL actually attend Zones if they make the team, may compete at the Zones Qualifier Meet.
(Eligibility age for this meet is as of March 31, 2011)**

February 19-20-21, 2011

Saturday, Sunday and Monday

At

Lehman College APEX Aquatic Center

250 Bedford Park Boulevard West

Bronx, New York 10468

Hosted By

Metropolitan Swimming

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number 110202

General Chairman:

Meet Director:

Athlete Representatives:

Mary Fleckenstein

Keith Furey (Age Group Chairman)

Frances Warren, Gregg Byrne, Liyan Yao

2011 Metropolitan SC ZONE TEAM QUALIFIER MEET

February 19-21, 2011

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # **110202**

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

FACILITY: The competitive course is 7-13 feet deep. The shallow end of the pool will be available for warm-up, warm-down, throughout the meet. (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.

<u>SESSIONS:</u>	Prelims:	(11-12, 13-14, 15-18)	Warm-up	8:00 am	Meet: 9:00am
	Timed Finals:	(10&Under)	Warm-up	1:00 pm	Meet: 1:45pm
	Finals:	(11-12, 13-14, 15-18)	Warm-up	4:30 pm	Meet: 5:30pm

FORMAT: All 10 & under events as well as the 11-12 500 Freestyle are Timed Finals.
All other 11-12, 13-14 and 15-18 events will have Prelims and Finals
TOP EIGHT ONLY FINAL in the evening.

ELIGIBILITY:

1. **Only Swimmers who WILL attend Zones if they make the team can compete at the Zones Qualifier Meet. All swimmers must swim in the age group they will be as of the first day of Zones (March 31, 2011) as long as they meet the qualifying times for that age group.**
2. All swimmers must be registered for 2011 with USS and Metropolitan Swimming (as of entry deadline). A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not compete in more than three (3) individual events per any one-day. A swimmer who is not scratched and competes in more than 3 events in a day will automatically be DQ'd from any event(s) beyond the first 3 events that the swimmer competes in (scratches behind the blocks count as an entry).
3. 10&under swimmers may swim up to five (5) events per day.
4. **Qualifying Period: January 1, 2010 through entry deadline for Zone Team Qualifier meet.**

DISABILITY SWIMMERS: Swimmers with disabilities 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.

IMPORTANT NOTE ABOUT EASTERN ZONE TEAM ELIGIBILITY

As per the Eastern Zone rule, **13 and Over Swimmers** may not compete at Zones if they have a Qualifying Time **in any event, equal to or faster than the times posted in the chart below**

- 1) The SCY times are based upon the 2011 SCY Junior National Championships.
- 2) The LCM times are based upon the 2010 Junior National Championships
- 3) The SCM times are based on the slowest time between the LCM Junior National Championships.
- 4) Athletes who have competed in an Individual Event at the USA Swimming National Championships, the USA Swimming Spring Championships, U.S. Open, the USA Swimming Junior Championships or a USA Swimming Trials Class meet are

not eligible to enter and compete at an EZ AG Championship meet.

5) Athletes 13 years of age and over who have achieved a qualifying time in an individual event for any of the above meets (see F.5d) prior to the entry deadline for the EZ meet, may not enter and compete in an EZ AG Championship meet.

6) Athletes 12 years of age or younger who have achieved a qualifying time in an individual event for any of the above meets (see F.5d), but have not competed in that event at the stated meet, may enter and compete in that event in an EZ AG Championship meet.

2011 EASTERN ZONE MAXIMUM QUALIFYING TIMES FOR ZONE MEETS
(Individual entry QT's may not equal or exceed these times for 13 & Over swimmers)

WOMEN			EVENT	MEN		
SCY	LCM	SCM		SCM	LCM	SCY
23.79	26.99	26.29	50 FREESTYLE	23.49	24.29	21.29
51.59	58.59	56.79	100 FREESTYLE	51.09	53.09	46.29
1:50.89	2:06.19	2:02.19	200 FREESTYLE	1:52.09	1:55.89	1:41.29
4:54.69	4:24.69	4:14.09	400/500 FREESTYLE	3:56.79	4:07.09	4:34.19
10:09.59	9:03.49	8:50.09	800/1000 FREESTYLE	8:19.19	8:35.59	9:31.49
16:51.39	17:20.49	16:44.89	1500/1650 FREESTYLE	15:51.49	16:15.49	15:53.89
57.49	1:05.69	1:03.09	100 BACKSTROKE	55.99	1:00.09	51.59
2:02.99	2:20.99	2:16.29	200 BACKSTROKE	2:01.99	2:09.59	1:51.89
1:04.69	1:14.29	1:11.29	100 BREASTSTROKE	1:04.49	1:07.79	58.09
2:20.19	2:39.99	2:34.99	200 BREASTSTROKE	2:18.09	2:27.59	2:06.79
56.69	1:03.59	1:01.89	100 BUTTERFLY	55.49	57.39	50.59
2:04.49	2:19.69	2:16.29	200 BUTTERFLY	2:03.39	2:08.39	1:52.79
2:05.69	2:23.09	2:17.99	200 INDIVIDUAL MEDLEY	2:05.29	2:11.39	1:53.39
4:26.09	5:02.09	4:52.89	400 INDIVIDUAL MEDLEY	4:27.49	4:38.99	4:01.69

ENTRIES:

Hy-Tek Export File should be emailed or sent on a diskette. Deck entries will not be accepted.

Be sure to enclose a Master Entry Sheet or **Hy-Tek Entries Report**.

The Name, Address, Email and Phone Number of Club Official must be included on the form.

In case of dispute, the official entry form will be considered the only document of entry.

A swimmer's age as of the first day of the actual Eastern Zone Meet (March 31, 2011) will determine the swimmers age groups for the Zone Qualifier meet.

ENTRY FEE:

\$4.00 per Prelims/Finals Event, **\$3.00** per Timed Final Event, **\$1.00** surcharge per swimmer for Metropolitan Swimming. **Make one CHECK payable to METROPOLITAN SWIMMING.**

DEADLINE:

Entries must be in hand no later than **Tuesday, February 8, 2011**. This entry date allows any swims achieved through Sunday, February 6th to be emailed prior to the deadline. Entries received after the deadline will NOT be accepted. For all swimmers that qualify for the first time between February 7th and February 13th, coaches must send an email with **new entries information only**, no later than Tuesday, February 14th. **Absolutely no new Hy-Tek file and no updating of times will be allowed.**

ENTRIES:

1. Mail entries and checks to: **Metropolitan Swimming - Attention: Monique G. Grayson**
22 Pine Hill Court
Briarcliff Manor, New York 10510

Sign Express Mail Waiver allowing delivery without signature.

2. Email questions and Entries to Monique Grayson to monique.grayson@metroswimming.org

3. **A Meet Manager entries report will be emailed back as confirmation of receipt. If you do not receive a reply within 3 days of sending, then your entries have NOT been received and your team has NOT been entered.** RE-send your entries or contact Monique Grayson at 914-941-4464
4. SWIMS Times Recon will be performed before the meet. No need to email Proof of Times. Any time not in SWIMS, or any time that can't be verified from sanctioned meet results, will be deleted from the meet entries.

Metropolitan Swimming will impose **a per swimmer fine of \$100.00 fine to the Club** of any swimmer that qualifies for the Zone Team and then decides to scratch out of the meet. Only swimmers that will agree to attend Zones can compete in the Zone Qualifier Meet

WARM-UP:

First 40 minutes will be general warm-up. (First 30 minutes for 10-Under sessions)
Last 20 minutes: 2 or more lanes will be open for one-way sprint. (Last 15 minutes for 10-U sessions)
All other lanes will remain open for general warm-up.

SCRATCHES:

1. This meet will be deck seeded. Scratches will be due thirty (30) minutes before each published session start time.
2. **Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.**
3. **There will be a \$50.00 per event fine for any swimmer that does not scratch the last day's finals and fails to show.**
4. Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the meet. **Coaches should inform their swimmers to leave plenty of time for traffic, especially in bad weather!**
5. The coach of a swimmer that was seeded in an event, and is a **No-Show (NS)** in the event, must positively check the swimmer for the next days' events in order for that swimmer to be eligible to compete in the rest of the meet.
6. Athletes who miss a race in which they were seeded and did not properly deck scratched **will be barred from their next individual event of the day.** If they miss their last event of the day they will be barred from their first event of the next day.

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

OFFICIALS:

Meet Referee: Bob Fitzsimmons, contact information e-mail rfitzsimmons@highroadcap.com
Officials wishing to volunteer should contact the Meet Referee by February 1, 2010.

**MEET
DIRECTOR:**

Age Group Chair – Keith Furey - keith.furey@metroswimming.org

**DISTANCE
EVENTS:**

Swimmers 13-14 and 15-18 must send an application to the Metro Office in order to be selected to swim the distance events at Zones: 1000 free and 1650 free – Application form is attached to this meet information on page 11.

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.
Each club is requested to handle its own team and discipline problems. Anyone found vandalizing college property, stealing or displaying disorderly conduct will be subject to disqualification, ejection from the meet, and possible criminal prosecution.

SAFETY: Warm-up Procedures and Safety Guidelines of Metropolitan Swimming will be strictly enforced. 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.
The USA Swimming Code of Conduct is in effect for the duration of the meet.
All swimmers must wear footwear upon leaving the pool area.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Lehman College, Lehman College Apex Aquatic Center, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: Adult Admission: \$5.00 per person - Child Admission: \$2.00 per person
Only swimmers, coaches with current USA Swimming certification credentials, and officials will be allowed on deck.

PROGRAMS: Prelims and Finals Programs: \$3.00 per session

MERCHANTS: The **Metro Swim Shop** 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.

**Timers Assignment and Updated Sessions Warm-up & Start Times will be posted on the Metro Web site no later than February 15th.
Clubs are responsible for obtaining this information.**

FOOD: Refreshments will be available for purchase in the lower lobby throughout the meet.
Please eat outside the pool area and place trash in the proper receptacles.
No Food or Drinks Will Be Allowed On the Pool Deck.
Plastic Water Bottles however, are acceptable. Coaches please monitor your team area.

PARKING: Parking: Free 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/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 2nd 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 ONLY:

IMPORTANT NOTE REGARDING THE EASTERN ZONE MEET

The 2011 Eastern Zone All-Star Championship Meet will be held March 31-April 2, 2011 at Rochester Webster Facility in Rochester, NY. All Metropolitan Swimmers will be participating as a team and all 11 & Over will be staying in a hotel as a team (no exceptions)

- The cost for all **11-over that qualify for Zones is \$350.00 per swimmer** (this includes hotel room, meals, transportation, and uniforms). Amount may be adjusted at a later date
- The cost for all **10-under that qualify for Zones is \$150.00 per swimmer** (this includes meet entries and uniforms). Amount may be adjusted at a later date.
- All 10-under swimmers must stay with their parents and be under their parents' responsibility.
- **All teams with 4 or more 11-over qualifying athletes MUST be prepared to send at least one coach as a Zone Team Coach or Chaperone.**

All fees for Zones are due by the conclusion of the Zone Qualifying Meet.

Fees are NON-REFUNDABLE! No Exceptions!!!

Checks, Cash, Credit Card

A representative from Hobie Swim will be available at the Zone Qualifying Meet starting on Friday afternoon. Swimmers that qualify for Zones will be able to try on equipment for size and order additional optional items.

Metropolitan Swimming will impose a **per swimmer fine of \$100.00 fine to the Club** of any swimmer that qualifies for the Zone Team and then decides to scratch out of the meet. Only swimmers that will agree to attend Zones can compete in the Zone Qualifier Meet.

2011 Metropolitan ZONE TEAM QUALIFIER MEET

Order of Events (All Events in Yards)

Session #1.

Saturday February 19, 2011 Prelims Warm-up 8:00 am Start 9:00 am

<u>Girls</u>	<u>Qual. Time</u>	<u>Event</u>	<u>Qual. Time</u>	<u>Boys</u>
1	2:30.59	11-12 200 Backstroke	2:31.99	2
3	1:13.99	15-18 100 Breaststroke	1:06.49	4
5	1:15.49	13-14 100 Breaststroke	1:11.59	6
7	:36.59	11-12 50 Breaststroke	:37.09	8
9	2:02.49	15-18 200 Freestyle	1:53.49	10
11	2:06.49	13-14 200 Freestyle	1:59.99	12
13	1:00.29	11-12 100 Freestyle	59.59	14
15	1:04.49	15-18 100 Butterfly	:57.19	16
17	1:05.29	13-14 100 Butterfly	1:01.19	18
19	:30.89	11-12 50 Butterfly	:30.59	20
21	4:59.99	15-18 400 Individual Medley	4:41.99	22
23	4:59.99	13-14 400 Individual Medley	4:50.99	24
25	2:29.69	11-12 200 Individual Medley	2:28.59	26

Session #2.

Saturday February 19, 2011 Timed Finals Warm-up 1:00 p.m. Start 1:45 p.m.

<u>Qual. Time</u>	<u>Girls' Events</u>	<u>Boys' Events</u>	<u>Qual. Time</u>
27	1:08.09	100 Freestyle	10&Under
		10&Under	100 Individual Medley
29	:41.99	50 Breaststroke	10&Under
		10&Under	100 Breaststroke
31	:34.79	50 Butterfly	10&Under
		10&Under	50 Backstroke
33	2:48.99	200 Individual Medley	10&Under
		10&Under	200 Freestyle
35	6:30.49	500 Freestyle	10&Under

Session #3.

Saturday February 19, 2011 Finals Warm-up 4:30 p.m. Start 5:30 p.m.

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
1	11-12 200 Backstroke	2
3	15-18 100 Breaststroke	4
5	13-14 100 Breaststroke	6
7	11-12 50 Breaststroke	8
9	15-18 200 Freestyle	10
11	13-14 200 Freestyle	12
13	11-12 100 Freestyle	14
15	15-18 100 Butterfly	16
17	13-14 100 Butterfly	18
19	11-12 50 Butterfly	20
21	15-18 400 Individual Medley	22
23	13-14 400 Individual Medley	24
25	11-12 200 Individual Medley	26

Session #4.**Sunday February 20, 2011 Prelims Warm-up 8:00 am Start 9:00 am**

<u>Girls</u>	<u>Qual. Time</u>	<u>Event</u>	<u>Qual. Time</u>	<u>Boys</u>
37	2:37.99	11-12 200 Butterfly	2:36.99	38
39	2:19.99	15-18 200 Individual Medley	2:07.99	40
41	2:21.99	13-14 200 Individual Medley	2:13.99	42
43	1:10.69	11-12 100 Individual Medley	1:09.99	44
55	:26.29	15-18 50 Freestyle	:23.49	46
47	:26.79	13-14 50 Freestyle	:24.69	48
49	2:37.89	15-18 200 Breaststroke	2:29.99	50
51	2:40.59	13-14 200 Breaststroke	2:35.59	52
53	1:19.99	11-12 100 Breaststroke	1:20.99	54
55	1:05.49	15-18 100 Backstroke	:59.49	56
57	1:05.99	13-14 100 Backstroke	1:02.49	58
59	:32.69	11-12 50 Backstroke	:32.49	60
61	5:27.99	15-18 500 Freestyle	5:09.99	62
63	5:31.99	13-14 500 Freestyle	5:22.99	64
65	2:11.99	11-12 200 Freestyle	2:11.69	66

Session #5.**Sunday February 20, 2011 Timed Finals Warm-up 1:00 p.m. Start 1:45 p.m.**

<u>Qual. Time</u>	<u>Girls' Events</u>	<u>Boys' Events</u>	<u>Qual. Time</u>
		10&Under 100 Freestyle	1:08.99 68
69 1:17.99	100 Individual Medley	10&Under	
		10&Under 50 Breaststroke	:42.09 70
71 1:31.99	100 Breaststroke	10&Under	
		10&Under 50 Butterfly	:34.99 72
73 :36.49	50 Backstroke	10&Under	
		10&Under 200 Individual Medley	2:45.99 74
75 2:28.99	200 Freestyle	10&Under	
		10&Under 500 Freestyle	6:27.99 76

Session #6.**Sunday February 20, 2011 Finals Warm-up 4:30 p.m. Start 5:30 p.m.**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
37	11-12 200 Butterfly	38
39	15-18 200 Individual Medley	40
41	13-14 200 Individual Medley	42
43	11-12 100 Individual Medley	44
45	15-18 50 Freestyle	46
47	13-14 50 Freestyle	48
49	15-18 200 Breaststroke	50
51	13-14 200 Breaststroke	52
53	11-12 100 Breaststroke	54
55	15-18 100 Backstroke	56
57	13-14 100 Backstroke	58
59	11-12 50 Backstroke	60
61	15-18 500 Freestyle	62
63	13-14 500 Freestyle	64
65	11-12 200 Freestyle	66

Session #7.**Monday February 21, 2011 Prelims Warm-up 8:00 am Start 9:00 am**

<u>Girls</u>	<u>Qual. Time</u>	<u>Event</u>	<u>Qual. Time</u>	<u>Boys</u>
77	5:57.99	11-12 500 Freestyle (Timed Finals)	5:55.99	78
79	2:20.99	15-18 200 Backstroke	2:09.99	80
81	2:50.59	11-12 200 Breaststroke	2:54.99	82
83	2:21.49	13-14 200 Backstroke	2:15.99	84
85	1:09.49	11-12 100 Backstroke	1:08.79	86
87	:57.19	15-18 100 Freestyle	:51.29	88
89	:58.19	13-14 100 Freestyle	:54.59	90
91	:27.99	11-12 50 Freestyle	:27.69	92
93	2:24.99	15-18 200 Butterfly	2:12.99	94
95	2:25.79	13-14 200 Butterfly	2:19.99	96
97	1:08.99	11-12 100 Butterfly	1:09.49	98

Session #8.**Monday February 21, 2011 Timed Finals Warm-up 1:00 p.m. Start 1:45 p.m.**

<u>Qual. Time</u>	<u>Girls' Events</u>	<u>Boys' Events</u>	<u>Qual. Time</u>
99	1:17.99	100 Backstroke	1:18.59
101	:31.09	50 Freestyle	:30.99
103	1:21.99	100 Butterfly	1:21.99

Session #9.**Monday February 21, 2011 Finals Warm-up 4:30 p.m. Start 5:30 p.m.**

<u>Girls</u>	<u>Event</u>	<u>Boys</u>
79	15-18 200 Backstroke	80
81	11-12 200 Breaststroke	82
83	13-14 200 Backstroke	84
85	11-12 100 Backstroke	86
87	15-18 100 Freestyle	88
89	13-14 100 Freestyle	90
91	11-12 50 Freestyle	92
93	15-18 200 Butterfly	94
95	13-14 200 Butterfly	96
97	11-12 100 Butterfly	98

SC Zone Team Qualifier Meet – February 19-21, 2011

Team Name _____ Team Code _____

Coach's Name _____

Address _____

City _____ State _____ Zip _____

Day Phone # _____ Evening Phone # _____

E-Mail _____

MEET ENTRY REPORT

Metropolitan Swimmer Surcharge

Females Entered _____ x \$ 1.00 = _____

Males Entered _____ x \$ 1.00 = _____

Individual Entries

Female Trials/Finals Entries _____ x \$ 4.00 = _____

Male Trials/Finals Entries _____ x \$ 4.00 = _____

Female Timed Finals Entries _____ x \$ 3.00 = _____

Male Timed Finals Entries _____ x \$ 3.00 = _____

Total Amount Entries (Made payable to Metropolitan Swimming) = \$_____

Mail Checks and Entry Information, by February 8, 2011 to:

**Monique G. Grayson
22 Pine Hill Court
Briarcliff Manor, New York 10510**

Please sign Express Mail Waiver allowing delivery without signature

Hy-tek master entry sheet and meet entry fee report must be included with payment,



Metropolitan Zone Team Distance Events Application 2011

One form per swimmer.

Please apply to the Metro office by March 1, 2011.

Window entry times are good from November 1, 2010.

Name _____

Sex: Male / Female

Team _____

Date of birth: _____ Age _____ (as of March 31, 2011)

Events: 13-14 and 15-18: 1000 free 1650 free

13-14 girls and 15-18 girls: 1000 free – **11:09.99** 1650 free: **19:09.99**

13-14 boys and 15-18 boys: 1000 free – **10:45.99** 1650 free; **18:19.99**

Best time from November 1, 2010. Meet where swim was done.

1000 free: _____

1650 free: _____

_____ Athlete's signature

_____ Coach's signature

Keith Furey - Age Group Chair – Zone Team Distance Application

1 Virginia Street

New City, NY 10956

If you have any questions, please email Keith at keith.furey@metroswimming.org