



**Age Group
Championships
Hosted by Sachem Swim Club
March 23-25,
2012
Sanction #120306**

Age Group Championships

March 23rd- 25th,
2012

- SANCTION:** Metropolitan Swimming, Inc., # 120306
- LOCATION:** Sachem **East** High School Pool
- FACILITY:** Colorado Electronic Timing System and 6-lane electronic scoreboard. 25 yards, 6 lane Pool
The pool has been certified in accordance with Article 104.2.2C (4)
- SESSIONS:** Session 1 – 4:00 pm Warm-up 5:00 pm Start – March 23rd All Age Groups
Session 2 – 8:00 am Warm-up 9:00 am Start – March 24th: 9-10, 13-14
Session 3 – 3:00 pm Warm-up 4:00 pm Start – March 24th 11-12 15-18
Session 4 - 8:00 am Warm-up 9:00 am Start – March 25th 9-10, 13-14
Session 5 - 2:00 pm Warm-up 3:00 pm Start – March 25th 11-12, 15-18
Warmup/Session times may be adjusted based on entries received. Any changes in Warmup/Sessions times will be posted 1 week before the start of the meet.
- FORMAT:** All events are timed finals. Slow to fast standard Pre-Seed Seeding. Metropolitan Association scratch rules will be in effect for this meet.
- 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 **March 23 2012** 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 enter 4 events per session. 8 & Under swimmers are not permitted to compete in this meet. Entry times cannot be faster than AGE GROUP times as specified by Metropolitan Swimming 2012 time standards. NT's entries are not permitted. Entry times must have been achieved between January 1, 2011 and the meet entry deadline, March 13, 2012.**
Hy-Tek Email entries will be accepted. An email confirmation will be sent back. If you do not receive the confirmation email within 2 days of your original email, please get in touch with the meet director to discuss the entry. Meet entries recon from SWIMS will be performed before the meet.
- U.S. Mail Entries/Payment to: **Sachem Swim Club, P.O. Box 381, Lake Grove, NY 11755**
Email Entries/Confirm Entry Receipt: efisher@me.com
If sending express mail, please sign the waiver on the front.
- DEADLINE:** 1: The following Metro teams are eligible to attend; Bethpage, Connetquot, East Hampton, Farmingdale, Hauppauge, Huntington Y, Islanders Aquatics, Lindenhurst, LIAC, LIE, LBA, North Shore, Sachem Swim Club, Team Suffolk, Three Village, & West Islip.
2: The final entry deadline for this meet is **Tuesday, March 13, 2012**
- ENTRY FEE:** An entry fee of **\$3.00** per individual event the plus **\$1.00** per swimmer Metro Championship Surcharge must accompany the entries.
Make check payable to: **Sachem Swim Club.**
Payment must be received by **Thursday, March 20, 2012**

WARM-UP:	General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General lanes will be available for the remaining 10 minutes. Lane assignments will be distributed along with the scratch sheet at each session.	
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 conclusion of warm-up of the session. Coaches are asked to indicate clearly, by either drawing a line or highlighting through the athlete's name for the athlete to be completely scratched from the session or through an event to indicate the event is to be scratched for 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, and 2. Stand BEHIND your assigned block until the swimmers in your heat have 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.	
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 medals for 1st – 6th place, ribbons 7th – 12th place for swimmers below the silver minimum standard. Overachiever ribbons will be awarded to swimmers who swim Silver, JO and Zone qualifying times in an event for a first time at this meet. All awards must be picked up at the end of the meet. Awards will not be mailed.	
OFFICIALS:	Meet Referee: Nelson Gonzalez, Email - nelsonshorses1@aol.com Officials wishing to volunteer should contact Meet Referee by March 1, 2012.	
MEET DIRECTOR:	Eric Fisher efisher@me.com	
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.	
DISCLAIMER:	Upon acceptance of his/her entries, the participant waives all claims against Sachem Swim Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.	
ADMISSION:	Admission - \$5.00	Programs - \$3.00
MERCHANTS:	Vendors will be available on site for the purchase of suits, bags, towels, goggles and apparel. Hot and cold dishes, snacks, desserts, and beverages will be available.	
PARKING:	There is ample free parking available	

DIRECTIONS: Long Island Expressway to Exit 63. Head North on North Ocean Avenue, until you reach Granny Road. Make a right on Granny road and Sachem east is on the left about ½ mile down the road. The school is set back way off the road. It is your second right after passing the elementary school.

List of Events

Session

1

Friday Afternoon 4pm warm-up – 5pm start (All age groups)

Age Group	Girls Event	Event	Boys Event	Age Group
2:32.00	1	9-10 200 Free	2	2:32.00
2:14.00	3	11-12 200 Free	4	2:15.50
5:07.00	5	13-14 400 IM	6	4:46.00
5:05.00	7	15-18 400 IM	8	4:42.20
5:36.00	9	13-14 500 Free	10	5:22.00
5:31.00	11	15-18 500 Free	12	5:11.00

Session

2

Saturday Morning 8am warm-up - 9am start (9-10 and 13-14)

Age Group	Girls Event	Event	Boys Event	Age Group
2:08.00	13	13-14 200 Free	14	2:00.00
43.00	15	9-10 50 Breast	16	43.50
1:16.50	17	13-14 100	18	54.00
32.10	19	9-10 50 Free	20	32.00
27.00	21	13-14 50 Free	22	25.30
1:22.20	23	9-10 100 Back	24	1:22.20
1:06.60	25	13-14 100 Back	26	1:03.00
36.00	27	9-10 50 fly	28	36.00
1:05.70	29	13-14 100 Fly	30	1:01.60
2:52.00	31	9-10 200 IM	32	2:52.00
2:23.50	33	13-14 200 IM	34	2:14.00

Session

3

Saturday Afternoon 3pm warm-up – 4pm start (11-12 and 15-18)

Age Group	Girls Event	Event	Boys Event	Age Group
2:04.50	35	15-18 200 Free	36	1:54.00

37.20	37	11-12 50 Breast	38	37.60
1:15.20	39	15-18 100 Breast	40	1:06.50
28.50	41	11-12 50 Free	42	28.30
26.60	43	15-18 50 Free	44	23.80
1:10.50	45	11-12 100 Back	46	1:11.60
1:05.50	47	15-18 100 Back	48	1:00.00
31.60	49	11-12 50 fly	50	32.10
1:05.00	51	15-18 100 Fly	52	58.00
2:30.50	53	11-12 200 IM	54	2:32.60
2:20.00	55	15-18 200 IM	56	2:08.00

Session

4

Sunday Morning 8 am warm-up – 9am start (9-10 and 13-14)

Age Group	Girls Event #	Event	Boys Event	Age Group Not Faster than:
1:27.10	57	9-10 100 Fly	58	1:27.10
58.5	59	13-14 100 Free	60	54.00
1:11.50	61	9-10 100 Free	62	1:11.60
2:22.60	63	13-14 200 Back	64	2:17.00
37.5	65	9-10 50 Back	66	37.50
2:43.00	67	13-14 200 Breast	68	2:35.20
1:33.00	69	9-10 100 Breast	70	1:34.60
2:31.00	71	13-14 200 Fly	72	2:24.00
1:21.00	73	9-10 100 IM	74	1:22.00

Session 5

Sunday Afternoon 2pm warm-up – 3pm start (11-12 and 15-18)

Age Group	Girls Event	Event	Boys Event	Age Group
1:12.10	75	11-12 100 Fly	76	1:13.50
57.80	77	15-18 100 Free	78	52.00
1:01.80	79	11-12 100 Free	80	1:01.80
2:21.00	81	15-18 200 Back	82	2:11.00
33.00	83	11-12 50 Back	84	33.30
2:43.00	85	15-18 200 Breast	86	2:30.10
1:20.50	87	11-12 100 Breast	88	1:21.60
2:30.00	89	15-18 200 Fly	90	2:12.50
1:11.30	91	11-12 100 IM	92	1:12.30
6:02.00	93	11-12 500 Free	94	6:02.00

