



Badger December SCM
December 11, 2011

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 111204
- LOCATION:** Lehman College
APEX Aquatic Center
250 Bedford Park Blvd. West
Bronx, NY 10468
- FACILITY:** The competitive course is 7-13 feet deep. Two-25 yard warm-up/warm-down lanes will be available in
The shallow end of the pool 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)
- SESSIONS:** Session I - 10 & Under's – 8:00 am warmup, 9:00 am start
Session II - 11 & Over's – 1:00 pm warmup, 2:00 pm start
- FORMAT:** Timed Finals
Deck Seeding
- 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.
- 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:** AM 10&Under Session: **(4) four Individual events**
PM 11&Over Session: **(4) three Individual events,**
- 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.
- U.S. Mail Entries/Payment to: **"Badger Swim Club"**
- Send checks, diskettes and entry forms to: Badger Swim Club**
Badger Swim Club
119 Rockland Avenue
Larchmont, NY 10538
- Email Entries/Confirm Entry Receipt: **badgerswimclub@gmail.com**
Signature Waiver Required for Express Mailed Entries
- DEADLINE:** 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be

received by 12/1/2011.

2: The final entry deadline for this meet is

3: Metro entries received between ~~1/3/2012 and 1/8/2012~~ and all entries from other LSC's will be entered in the order they were received, as space allows.

An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you

do not receive such a report within 2 days of your original email.

ENTRY FEE: An entry fee of **\$\$3.00** per individual even must accompany the entries. Make check payable to: **Badger Swim Club**. Payment must be received by **December 1, 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: First 45 minutes will be general warm-up. Lane assignments will be given at meet. Last 15 minutes: lanes 2 thru 7 will be open for one-way sprint. Lanes 1 and 8 will be general 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.

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. Prizes Awarded for heat winners. Relay Events: Medals for 1st through 3rd, and ribbons for 4th -8th places..

OFFICIALS: **Meet Referee: Steven Kessler – StevenKessler@msn.com**
Officials wishing to volunteer should contact Meet Referee by **December 1, 2011**.

MEET DIRECTOR: **Maria Kessler – Maria Kessler@hotmail.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.
“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, Badger Swim Club**, Metropolitan Swimming Inc., USA Swimming Inc., 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: TBA / Parent Food Concession

PARKING: **Parking:** Free all-day parking at College Supervised Lot, (100 yards from APEX).

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

	Session I	
1	8YO 50 Free	2
3	7&U 50 Free	4
5	6&U 25 Free	6
7	9-10 200 Free	8
9	6&U 25 Back	10
11	7&U 25 Back	12
13	8YO 50 Back	14
15	9-10 50 Back	16
17	7&U 25 Fly	18
19	8YO 25 Fly	20
21	9-10 50 FLy	22
23	7&U 25 Breast	24
25	8YO 25 Breast	26
27	9-10 50 Breast	28
29	8YO 100 IM	30
31	9-10 200 IM	32
	AM 10&Under Session: (4) four Individual events	
	Session II	
33	11-12 200 IM	34
35	Open 400 IM	36
37	11-12 100 Free	38
39	Open 200 Free	40
41	11-12 50 Back	42
43	Open 200 Back	44
45	11-12 50 Fly	46
47	Open 200 Fly	48
49	11-12 50 Breast	50
51	Open 200 Breast	52
53		54
	PM 11&Over Session: (4) three Individual events	