

2012 Metropolitan Short Course Junior Olympics Swimming Championships



March 16-18, 2012
Friday, Saturday, Sunday

UPDATED March 10, 2012

Hosted By



Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number 120304

Time Trial Number 120353-T

General Chairman:

Meet Director:

Age Group Chairman:

Coach Representative:

Athlete Representative:

Bob Vializ

Don Wagner / Edgar Perez

John Yearwood

Edgar Perez

Larry Collins

Liyan Yao

Gregg Byrne

Julian Mackrel

Meet Committee:

Age Group Rep.

Athlete Rep.

Meet Director

Metropolitan Junior Olympics

March 16th-18th, 2012

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #120304, Time Trial #120353-T**

LOCATION: **12 & Under**
Felix Festa Middle School Pool
30 Parrott Road
West Nyack, NY 10994

13 & Over
Lehman College APEX Aquatic Center
250 Bedford Park Blvd. West
Bronx, New York 10468

FACILITY: 50 meter pool with 7-foot lanes and non-turbulent lane lines. Shallow end of pool will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard. Seating for 800 spectators.
The pool has not been certified in accordance with Article 104.2.2C (4)

SESSIONS: **Felix Festa – 12 & Under**
Session 1: Friday AM - Warm-Up 9:00 AM, Start 10:05 AM (11-12 year olds)
Session 2: Friday PM – Warm-Up 2:30 PM, Start 3:35 PM (10 & Under)
Session 3: Saturday AM – **Warm-Up 8:00 AM, Start 9:05 AM (11-12 year olds)**
Session 4: Saturday PM – Warm-Up 1:30 PM, Start 2:35 PM (10 & Under)
Session 5: Sunday AM – **Warm-Up 8:00 AM, Start 9:05 AM (11-12 year olds)**
Session 6: Sunday PM – Warm-Up 1:30 PM, Start 2:35 PM (10 & Under)

Lehman College – 13 & Over
Session 7: Friday AM - Warm-Up 8:00 AM, Start 9:00 AM (15-18 year olds)
Session 8: Friday PM – **Warm-Up 1:00 PM, Start 2:00 PM (13-14 year olds)**
Session 9: Saturday AM – Warm-Up 8:00 AM, Start 9:00 AM (15-18 year olds)
Session 10: Saturday PM – **Warm-Up 12:30 PM, Start 1:30 PM (13-14 year olds)**
Session 11: Sunday AM – Warm-Up 8:00 AM, Start 9:00 AM (15-18 year olds)
Session 12: Sunday PM – **Warm-Up 12:30 PM, Start 1:30 PM (13-14 year olds)**

FORMAT: This will be a timed finals event.
This will be a deck seeded event.

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 16, 2012** will determine age for the entire meet.

DISABILITY SWIMMER: 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: Entry times must equal or better the qualifying standards. Short course yards time will be the conforming standard and can only be used for entries. Entry times may NOT be converted. Times must have been achieved between January 1, 2011 and the meet entry deadline. **SWIMS Time Recon will be performed before the meet and all un-provable times will be scratched from the meet.**

A swimmer may enter any number of events, but may swim no more than three (3) individual events per day for a total of nine (9) individual events. If scratched from the 1000 or 1650 because of two-heat limit, a 4th event may be selected.

All swimmers, including relay only swimmers and alternates, must be listed on official entry form and included in Hy-Tek export file. Swimming exhibition or Deck entries (including relay only swimmers will not be permitted.

Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.

U.S. Mail Entries/Payment to:

**Condors Swim Club
115 North Main Street
New City, NY 10956**

Email Entries/Confirm Entry Receipt: **MeetEntries@CondorsSwimming.com**

Sign Express Mail Waiver allowing delivery without signature.

DEADLINE: **Entries must be received by: March 6, 2012.** Entries received after the deadline will not be accepted. Swimmers achieving cuts after the deadline must email the entry by **Noon on Monday, March 12th. New cuts only. No time updates.**

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 event, **\$8.00** per Relay Event and **\$1.00** surcharge per swimmer for Metropolitan Swimming, includes **Relay Only Swimmer** must accompany the entries.

Make check payable to: **Condors Swimming**

Payment must be received by **March 10, 2012** 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.

TIME TRIALS: If time permits. A separate sanction number will be used for time trial purposes. Swimmer must be entered in the meet to participate in time trials.

Time Trials count as one of the 3 individual events limit per day.

Fee for time trials is \$5.00 per event, payable at sign-up.

Please note that there is a limit of two (2) time trials over the course of the weekend.

PROTESTS: All competition-related protests, including protests 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. Protests will be handled at the time they are presented to the Meet Director, by the Meet Committee.

WARM-UP: Warm-up lanes and times will be assigned to each team. Warm-up will be broken up to three 25 minute general warm-up sessions. Following the general warm-up, the competition pool will be open to all teams for a 15 minute dive and pace session: lanes 2-7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. The shallow end pool will remain open for general warm-up. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.

SCRATCH: Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 45 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 Procedures will be followed. Please consult your GUIDELINES.

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.

Athletes who miss a race in which they were seeded and did not properly deck scratch **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.

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.

Failure to scratch a swimmer entered in more than three events in a day will result in that swimmer having to swim the first three events for which he/she is entered. No Exceptions.

A relay swimmer who fails to report will be barred from his/her first individual event of the next day. The other three will not be penalized provided they appeared. Relay swimmers' names must be submitted **in the order in which they will swim.**

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.

SCORING: Individual Events (1st – 16th Pl.) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events (1st – 16th Pl.) 40-34-3230-28-26-24-22-18-14-12-10-8-6-4-2
Only two relays per club may score

AWARDS: Individual Events: Medals for 1st through 8th places, Ribbons for 9th through 16th places.
Relay Events: Medals for 1st through 3rd places, and ribbons for 4th through 8th places.
Individual High Point Awards: 1st through 3rd for 10&U, 11-12, 13-14, & 15-18
Combined Team Awards: 10&U, 11-12, 13-14, & 15-18
Overall 14 & Under Team Award

OFFICIALS: **Meet Referee:** Mike Natale
Officials wishing to volunteer should contact Meet Referee by email mfnc45@optonline.net

MEET DIRECTOR: Don Wagner (Felix Festa), contact information phone: 845-638-4381,
email Don.Wagner@CondorsSwimming.com
Edgar Perez (Lehman College), email Edgar.Perez@MetroSwimming.org

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.

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."
1.0 meter (shallow end) = 4 feet 6 inches, 5 meters = 13 feet

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

DISCLAIMER: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Clarkstown Central School District, Condors Swim Club**, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

AUDIO/VISUAL STATEMENT: **Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms**

ADMISSION \$5.00 Adults/session
\$3.00 Program/session

MERCHAN: A concession stand will be available throughout the meet. Kast-A-Way Swimwear will be available with swimming merchandise throughout the meet.

PARKING: There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing. However, parking will be limited at Felix Festa middle school on Friday due to a teacher in-service. Alternate parking will be offered and parking attendants will be available to direct cars to the proper locations. More information will be emailed to the teams by March 12.

DIRECTION: From North of Rockland County: Take Palisades Interstate Parkway South to Exit 10. Make a left off the exit. Make a left at the first traffic light onto Middletown Road. Take a right at next traffic light onto Germonds Road...

From the George Washington Bridge: Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

From the Tappan Zee Bridge: Take the NYS Thruway (I-87 North) to Exit 13N (Palisades Interstate Parkway – North). Take Palisades Interstate Parkway North to Exit 10. Make a right off the exit onto Germonds Road...

...follow Germonds Road through the intersection of Germonds Road and Route 304 (you will pass Albertus Magnus High School on your right). Make a left onto Parrott Road. The entrance for the pool is down the walkway at the end of the tennis courts.



HOTELS: Comfort Inn & Suites
425 E. Route 59
Nanuet, NY 10954
845-623-6000

Fairfield Inn Spring Valley Nanuet
100 Spring Valley Market Place
Spring Valley, NY 10977
845-426-2000

Candlewood Suites
20 Overlook Blvd
Nanuet, NY 10954
845-371-4445

Hilton Garden Inn Nanuet
270 New York 59
Nanuet, NY 10954
845-623-0600

Hampton Inn Nanuet
260 New York 59
Nanuet, NY 10954
845-623-0900

Marriott Park Ridge
300 Brae Blvd
Park Ridge, NJ 07656
201-307-0800

Lehman College 13 & Over

Girls		Friday Morning - Session 1	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
5:04.99	1	15 - 18 400 IM	2	4:41.99
	5	15 - 18 400 Freestyle Relay	6	
1:05.49	9	15 - 18 100 Backstroke	10	59.99
2:42.99	13	15 - 18 200 Breaststroke	14	2:30.09
57.79	17	15 - 18 100 Freestyle	18	51.99
11:09.99	21	15 - 18 1000 Freestyle		
		15 - 18 1650 Freestyle	22	18:03.49

Girls		Friday Afternoon - Session 2	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
5:06.99	3	13 - 14 400 IM	4	4:45.99
	7	13 - 14 400 Freestyle Relay	8	
1:06.59	11	13 - 14 100 Backstroke	12	1:02.99
2:42.99	15	13 - 14 200 Breaststroke	16	2:35.19
58.49	19	13 - 14 100 Freestyle	20	53.99

Girls		Saturday Morning - Session 3	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
	45	15 - 18 200 Medley Relay	46	
2:19.99	49	15 - 18 200 IM	50	2:07.99
1:15.19	53	15 - 18 100 Breaststroke	54	1:06.49
2:29.99	57	15 - 18 200 Butterfly	58	2:12.49
2:04.49	61	15 - 18 200 Freestyle	62	1:53.99
	65	15 - 18 200 Freestyle Relay	66	

Girls		Saturday Afternoon - Session 4	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
	47	13 - 14 200 Medley Relay	48	
2:23.49	51	13 - 14 200 IM	52	2:13.99
1:16.49	55	13 - 14 100 Breaststroke	56	1:10.99
2:30.99	59	13 - 14 200 Butterfly	60	2:23.99
2:07.99	63	13 - 14 200 Freestyle	64	1:59.99
11:19.99	67	13 - 14 1000 Freestyle		

		13 - 14 1650 Freestyle	68	18:19.99
Girls		Sunday Morning - Session 5	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
5:30.99	97	15 - 18 500 Freestyle	98	5:10.99
1:04.99	101	15 - 18 100 Butterfly	102	57.99
2:20.99	105	15 - 18 200 Backstroke	106	2:10.99
26.59	109	15- 18 50 Freestyle	110	23.79
	113	15 - 18 400 Medley Relay	114	

Girls		Sunday Afternoon - Session 6	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
5:35.99	95	13 - 14 500 Freestyle	96	5:21.99
	99	13 - 14 200 Freestyle Relay	100	
1:05.69	103	13 - 14 100 Butterfly	104	1:01.59
2:22.59	107	13 - 14 200 Backstroke	108	2:16.99
26.99	111	13 - 14 50 Freestyle	112	24.99
	115	13 - 14 400 Medley Relay	116	

Felix Festa – 12 & Under

Girls		Friday Morning - Session 1	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
5:27.49	23	11 - 12 400 IM	24	5:27.99
	27	11 - 12 400 Freestyle Relay	28	
31.59	31	11 - 12 50 Butterfly	32	32.09
1:10.49	35	11 - 12 100 Backstroke	36	1:11.59
2:55.99	39	11 - 12 200 Breaststroke	40	2:59.99
1:01.79	43	11 - 12 100 Freestyle	44	1:01.79

Girls		Friday Afternoon - Session 2	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
2:51.99	25	10 & Under 200 IM	26	2:51.99
	29	10 & Under 400 Freestyle Relay	30	
1:22.19	33	10 & Under 100 Backstroke	34	1:22.19
1:32.99	37	10 & Under 100 Breaststroke	38	1:34.59
1:11.49	41	10 & Under 100 Freestyle	42	1:11.59

Girls		Saturday Morning - Session 3	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
	69	11 - 12 200 Medley Relay	70	
2:13.99	73	11 - 12 200 Freestyle	74	2:15.49
1:20.49	77	11 - 12 100 Breaststroke	78	1:21.59
2:30.49	81	11 - 12 200 IM	82	2:32.59
32.99	85	11 - 12 50 Backstroke	86	33.29
2:39.99	89	11 - 12 200 Butterfly	90	2:39.99
	93	11 - 12 200 Freestyle Relay	94	

Girls		Saturday Afternoon - Session 4	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
6:44.99	71	10 & Under 500 Freestyle	72	6:44.99
42.99	75	10 & Under 50 Breaststroke	76	43.49
1:20.99	79	10 & Under 100 IM	80	1:21.99
32.09	83	10 & Under 50 Freestyle	84	31.99
1:27.09	87	10 & Under 100 Butterfly	88	1:27.09
	91	10 & Under 200 Freestyle Relay	92	

Girls		Sunday Morning - Session 5	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
6:01.99	117	11 - 12 500 Freestyle	118	6:01.99
1:11.29	119	11 -12 100 IM	120	1:12.29
37.19	123	11 - 12 50 Breaststroke	124	37.59
1:12.09	127	11 -12 100 Butterfly	128	1:13.49
2:32.99	131	11 -1 2 200 Backstroke	132	2:37.99
28.49	133	11 - 12 50 Freestyle	134	28.29
	137	11 - 12 400 Medley Relay	138	

Girls		Sunday Afternoon - Session 6	Boys	
Cut Time	Event No.	Event	Event No.	Cut Time
2:31.99	121	10 & Under 200 Freestyle	122	2:31.99
35.99	125	10 & Under 50 Butterfly	126	35.99
37.49	129	10 & Under 50 Backstroke	130	37.49
	135	10 & Under 200 Medley Relay	136	