

2012

Metropolitan Swimming

SILVER CHAMPIONSHIPS CENTRAL

**Apex, Asphalt Green, Badger Swim Club, Blue Arrow, Boys Club of New York (Abbe),
Brooklyn Seals, CAS Stingrays, Central Queens YMHA, Cross Island,
Flushing YMCA, Flying Dolphins (YFD), GAEL, Gateway, Harbor Seals,
Harlem Honey Bears, Hurricanes, Hydroquatic, Kips Bay Makos, Kraken Swim Team,
Long Island Express, Long Beach, La Guardia, Madison Square Boys & Girls Club,
Manhattan Makos, Mc Burney YMCA, New Rochelle YMCA, New York City Aquatic Club,
Nile Crocodile, Nu-Finmen, Richmond Aquatic Club, Riverbank Red Tails, Roosevelt Island
Swim Team, Swim Brooklyn, Wagner Aquatics, White Plains Middies,
Wolverines, Yellow Fin Swim Team,**

MARCH 2-3-4, 2012

Hosted By

Lehman College
The City University of New York
The APEX Swim Club

Held at the
Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468

Sanction # 120302
Time Trials Sanction # 120352-T

THE
APEX
AT LEHMAN COLLEGE
SWIM CLUB

2012 Metro Silvers Championships - Central
Hosted by Lehman College and the APEX Swim Club
March 2-4, 2012

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #120302
Time Trial Sanction #120352-T
- LOCATION:** Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468
- FACILITY:** The competitive course is 7-13 feet deep. Two-30 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 1: Friday, March 2 | Warm-ups 4:00 PM | Session Starts at 5:00 PM | |
| Session 2: Saturday, March 3 | Warm-ups 7:30 AM | Session Starts at 8:30 AM | |
| Session 3: Saturday, March 3 | Warm-ups 1:30 PM | Session Starts at 2:30 PM | ** |
| Session 4: Sunday, March 4 | Warm-ups 7:30 AM | Session Starts at 8:30 AM | |
| Session 5: Sunday, March 4 | Warm-ups 1:30 PM | Session Starts at 2:30 PM | ** |
- ** afternoon sessions warm-up and start times may be adjusted after the meet entries deadline.**
All teams will be notified.
- FORMAT:** **This is a Timed Final Event**
The meet will be Deck Seeded. Scratch sheets are due back 30 min. prior to the end of warm-ups.
Time Trials will ONLY be run if time allows at the discretion of the Meet Referee and Meet Director.
There will be no more than two (2) time trials per swimmer over the 5 sessions and time trials will count towards the 5 events per day/per swimmer. The cost for time trials is \$5.00 per Time Trial and must be paid in cash at the desk.
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers from Metro Central.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on **March 2, 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:** **Swimmers may compete in up to 5 events per session.**
Entry times must be within the Silvers Time Standards as specified by Metropolitan Swimming.
NT's entries are not permitted.
Entry times must have been achieved between January 1, 2011 and the meet entry deadline, February 17, 2012.
- A **SWIMS Times Recon** will be done at least one week prior to the meet. Times must have been achieved within the qualifying time period and must be in the SWIMS database. Times cannot be converted times. Entry Times not in the SWIMS database will be removed.
A hard copy of the entries with "**proof of times**" must be emails or (mailed) at the time entries are sent. (Just check the box "include proof of times" in the Team Manager Entry Report.
- Team Manager Entry file must be emailed to Peter Kiernan. A confirmation report will be emailed back as receipt of entry.**
- An Entry Summary, Hy-Tek file, and payment must be received for entries to be considered accepted by Friday, February 17, 2012.**

U.S. Mail Entries/Payment to: **Peter Kiernan – Lehman College APEX Aquatic Center**
250 Bedford Park Boulevard West - Bronx, New York 10468

Email Entries/Confirm Entry Receipt: ApexSwim@usa.net

Sign Express mail Waiver allowing delivery without signature.

- DEADLINE:** 1: This is a Metro Championship Meet - Only Metro LSC Central teams are eligible to attend.
2: The final entry deadline for this meet is **February 17, 2012**
3: Only new Silver cuts achieved between **February 18, 2012 through February 27, 2012** will be added.
No updates of times.
An email confirming receipt of entries if you provide an email contact. Please contact Peter Kiernan at ApexSwim@usa.net 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 plus **\$1.00** per swimmer Metro Championship Surcharge must accompany the entries.

Make check payable to: **APEX Swim Club.**
Payment must be received by **February 24, 2012** for all entries.
Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm up lanes and sprint lanes.
The first 40 minutes will be general warm-up. The last 20 minutes: lanes 2 & 7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Lanes 3 & 6 may be assigned as necessary. Warm-up lanes may be assigned for teams if necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.
- 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.

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.
- 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 through 8th place, ribbons 9th through 16th place for swimmers within the “silver” time standards. Overachiever Ribbons will be awarded to swimmers who swim JO and Zone qualifying times in an event for the first time at this meet. Awards must be picked up at the end of the meet.
- OFFICIALS:** **Meet Referee: Kris Sawicz** Krzysztofs0711@aol.com
Officials wishing to volunteer should contact Meet Referee by **February 24, 2012.**
- MEET DIRECTOR:** **Wendy Martinez and/or Peter Kiernan**
Email: ApexSwim@usa.net

- 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:** **All swimmers must wear footwear upon leaving the pool area.**
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:** Grievances (disputed finishes, etc.) must be made to the Referee who will have final say. It is each team’s responsibility to make sure their swimmers are on time to be seeded.
United States Swimming, Inc; Metropolitan Swimming, Inc; Lehman College; and APEX Swim Club and their agents or representatives shall be held free and harmless from all liabilities or claims or damages arising by reason of injuries to anyone during the conduct of this meet. All persons on deck must be U.S.S. registered and should have their registration card visible. This is a U.S. Swimming rule and will be enforced.

The USA Swimming Code of Conduct is in effect for the duration of the meet.
- 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 - \$2.00 Children / Session**
\$3.00 Program / Session
- MERCHANTS:** The Metro Swim Shop will provide swimming apparel and related items for sale opposite the Balcony entrance to the pool. 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 are expected to monitor your team area.
- PARKING:** College Supervised Lot, (100 Yards from APEX) - \$5.00 all day parking, in & out.
- 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

2012 Metropolitan Silver Championships - Central

Order of Events (All Events in Yards)

Friday March 2, 2012 Warm-up 4:00 p.m. Start 5:00 p.m.

Girls Event #	Qualifying Times		SESSION 1	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:	EVENTS	Slower Than or Equal To:	Faster Than or Equal To:	
1	6:45.00	7:04.99	10 & Under 500 Free	6:45.00	7:05.99	2
3	2:14.00	2:27.89	11-12 200 Free	2:15.50	2:30.89	4
5	5:07.00	5:29.99	13-14 400 IM	4:46.00	5:13.79	6
7	5:05.00	5:27.29	15-18 400 IM	4:42.00	4:49.89	8
9	5:28.00	5:05.99	11-12 400 IM	5:28.00	5:55.99	10
11	5:36.00	5:55.59	13-14 500 Free	5:22.00	5:55.99	12
13	5:31.00	5:44.99	15-18 500 Free	5:11.00	5:19.99	14

Saturday March 3, 2012 Warm-up 7:30 a.m. Start 8:30 a.m.

Girls Event #	Qualifying Times		SESSION 2	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:	EVENTS	Slower Than or Equal To:	Slower Than or Equal To:	
15	1:11.50	1:19.49	10 & Under 100 Free	1:11.60	1:19.49	16
17	58.50	1:04.09	13-14 100 Free	54.00	1:00.59	18
19	36.00	44.39	10 & Under 50 Fly	36.00	44.39	20
21	1:05.70	1:12.59	13-14 100 Fly	1:01.60	1:12.99	22
23	1:33.00	1:49.39	10 & Under 100 Breast	1:34.60	1:49.39	24
25	2:43.00	2:58.99	13-14 200 Breast	2:35.20	2:55.99	26
27	37.50	43.39	10 & Under 50 Back	37.50	43.39	28
29	2:22.60	2:44.99	13-14 200 Back	2:17.00	2:37.49	30
31	2:52.00	3:15.99	10 & Under 200 IM	2:52.00	3:15.99	32
33	2:23.50	2:43.79	13-14 200 IM	2:14.00	2:34.99	34

Saturday March 3, 2012 Warm-up 1:30 p.m. Start 2:30 p.m.

Girls Event #	Qualifying Times		SESSION 3	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:	EVENTS	Slower Than or Equal To:	Faster Than or Equal To:	
35	1:01.80	1:09.39	11-12 100 Free	1:01.80	1:10.59	36
37	57.80	1:02.09	15-18 100 Free	52.00	55.49	38
39	2:40.00	2:55.99	11-12 200 Fly	2:40.00	2:57.99	40
41	1:05.00	1:10.59	15-18 100 Fly	58.00	1:03.59	42
43	33.00	38.09	11-12 50 Back	33.30	41.69	44
45	2:21.00	2:31.29	15-18 200 Back	2:11.00	2:18.89	46
47	37.20	43.29	11-12 50 Breast	37.60	43.29	48
49	2:33.00	2:55.99	11-12 200 Back	2:38.00	2:57.99	50
51	2:43.00	2:52.99	15-18 200 Breast	2:30.10	2:38.79	52
53	1:20.50	1:32.59	11-12 100 Breast	1:21.60	1:30.89	54
55	2:22.10	2:39.09	15-18 200 IM	2:08.00	2:29.79	56
57	2:30.50	2:50.09	11-12 200 IM	2:32.60	2:57.09	58

2012 Metropolitan Silver Championships - Central

Order of Events (All Events in Yards)

Sunday March 4, 2012 Warm-up 7:30 am Start 8:30 am

Girls Event #	Qualifying Times		SESSION 4	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:	EVENTS	Slower Than or Equal To:	Faster Than or Equal To:	
59	2:32.00	2:51.59	10 & Under 200 Free	2:32.00	2:51.59	60
61	2:08.00	2:18.99	13-14 200 Free	2:00.00	2:20.09	62
63	1:21.00	1:29.59	10 & Under 100 IM	1:22.00	1:29.59	64
65	1:16.50	1:24.79	13-14 100 Breast	1:11.00	1:22.49	66
67	43.00	49.09	10 & Under 50 Breast	43.50	49.09	68
69	1:06.60	1:16.29	13-14 100 Back	1:03.00	1:17.49	70
71	1:22.20	1:38.09	10 & Under 100 Back	1:22.20	1:38.09	72
73	27.00	29.29	13-14 50 Free	25.00	27.29	74
75	32.10	35.69	10 & Under 50 Free	32.00	35.69	76
77	2:31.00	2:38.59	13-14 200 Fly	2:24.00	2:34.59	78
79	1:27.10	1:38.99	10 & Under 100 Fly	1:27.10	1:38.99	80

Sunday March 2, 2012 Warm-up 1:30 p.m. Start 2:30 p.m.

Girls Event #	Qualifying Times		SESSION 5	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:	EVENTS	Slower Than or Equal To:	Faster Than or Equal To:	
81	1:12.10	1:27.19	11-12 100 Fly	1:13.50	1:27.99	82
83	2:04.50	2:12.59	15-18 200 Free	1:54.00	1:57.89	84
85	28.50	31.49	11-12 50 Free	28.30	31.99	86
87	1:05.50	1:11.09	15-18 100 Back	1:00.00	1:04.89	88
89	1:10.50	1:22.99	11-12 100 Back	1:11.60	1:24.79	90
91	1:15.20	1:21.89	15-18 100 Breast	1:06.50	1:11.89	92
93	2:56.00	3:15.99	11-12 200 Breast	3:00.00	3:17.99	94
95	31.60	36.19	11-12 50 Fly	32.10	39.19	96
97	26.60	27.49	15-18 50 Free	23.80	25.69	98
99	1:11.30	1:19.69	11-12 100 IM	1:12.30	1:21.59	100
101	2:30.00	2:35.99	15-18 200 Fly	2:12.50	2:26.99	102
103	6:02.00	6:25.79	11-12 500 Free	6:02.00	6:36.99	104

2012 Metropolitan Silver Championships - Central

Sanction # 120302 and 120352-T

March 2-3-4, 2012

Team Name _____ Team Code _____

Coach's Name _____

Day Phone # _____ Evening Phone # _____

Address _____

City _____ State _____ Zip _____

Club/Coach email address _____

MEET ENTRY REPORT

Female Individual Entries _____ x \$3.00 = _____

Male Individual Entries _____ x \$3.00 = _____

Metro Surcharge: Girls Entered _____ x \$1.00 = _____

Metro Surcharge: Boys Entered _____ x \$1.00 = _____

Total Amount Entries (Make Check payable to APEX Swim Club) = _____

Apexswim@usa.net

Mail Checks and Entry Report with Proof of Times to:

**Peter Kiernan
Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, NY 10468**