



2016 MidWinter Swim 1/30/16 - 1/31/16 # 160122

2016 MidWinter Swim

1/30 - 1/31/2016

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # # 160122

LOCATION: **APEX Center**

Lehman College

250 Bedford Park Blvd West

Bronx, NY 10468

FACILITY: he competitive course is 7 - '3 feet deep. The shallow end of the pool will be available for

warm- down throughout the meet. Coaches must monitor their swimmers in the water.

The pool has been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session I - 8:00am warmup; 9:00am start.

Session II - 1:00pm warmup; 2:00pm start

Session II - 8:00am warmup; 9:00am start

Session IV - 1:00pm warmup; 2:00pm start

FORMAT: The meet is a timed final event.

The meet will be deck seeded.

ELIGIBILITY: Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.

All swimmers participating in this meet must be registered by the first day of the meet.

No "Deck Registrations" will be accepted

Age on 1/30/16 will determine age for the entire meet.

DISABILITY

Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special **SWIMMERS:**

consideration.

The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability

prior to the competition.

All athletes are limited to a total of 6 events – 3 events per session. **ENTRIES**:

Entries will be accepted on a first come, first served basis.

The 500 freestyle may be limited to the top 32 swimmers entered in the event. Swimmers are

required to bring their own timer and counter for the 500FR.

Hy-Tek entries are required. Entries and entry summaries are due no later than January 17,

2016

U.S. Mail Entries/Payment to:

Badger Swim Club 119 Rockland Avenue Larchmont, NY 10538

Email Entries/Confirm Entry Receipt: badgermeetentries@gmail.com

DEADLINE: Entries must be received by: January 17, 2016

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 \$\$4.00 per individual event must accompany the entries as well as a \$4.00 per

swimmer surcharge.

Make check payable to: Badger Swim Club inc.

Payment must be received by 1/30/16 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.

General warm-up with assigned lanes for the first 45 minutes. Sprints will be available the last 15 minutes. WARM-UP:

Coaches are responsible for enforcing feet first entry during warmup.

Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later **SCRATCHES:**

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 will be given for 1st through 8th place. **AWARDS:**

OFFICIALS: Meet Referee: Phil Johanson philjohanson2003@aol.com

Officials wishing to volunteer should contact Meet Referee by January 17, 2016

ADMIN. OFFICIAL: Administrative Official: Wendy Martinez wendy.martinez1@lehman.cuny.edu

MEETDIRECTOR: **Lucy Johanson** – 9148341084 / badgermeetentries@gmail.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"

WATER DEPTH:

USA 2011 - 202.3.7

Water depth from end of pool in shallow end is: 13 feet at 1 meter / 12 feet at 5 meters Water depth from end of pool in deep end is: 7 feet at 1 meter / 7 feet at 5 meters

DISCLAIMER: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all all claims against Badger

Swim Club Inc., Lehman College, 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, locker rooms or behind the starting blocks.

DECK CHANGING: Deck changes are prohibited.

ADMISSION: Adults \$5.00 Children \$2.00 / Programs available on Meet Mobile.

MERCHANTS: TBA

PARKING: Parking: Free Parking for Coaches with USA Swimming Credentials

\$5.00 fee 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 #2oX 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: 1 10s and Open

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | | Event | Entries | Heats | Starts at |
|--------|----|----------------------------------|---------|-------|-----------|
| Finals | 1 | Girls 10 & Under 200 Freestyle | 0 | 0 | 09:00 AM |
| Finals | 2 | Boys 10 & Under 200 Freestyle | 0 | 0 | 09:00 AM |
| Finals | 3 | Girls 200 Freestyle | 0 | 0 | 09:00 AM |
| Finals | 4 | Boys 200 Freestyle | 0 | 0 | 09:00 AM |
| Finals | 5 | Girls 10 & Under 50 Backstroke | 0 | 0 | 09:00 AM |
| Finals | 6 | Boys 10 & Under 50 Backstroke | 0 | 0 | 09:00 AM |
| Finals | 7 | Girls 200 Backstroke | 0 | 0 | 09:00 AM |
| Finals | 8 | Boys 200 Backstroke | 0 | 0 | 09:00 AM |
| Finals | 9 | Girls 10 & Under 50 Breaststroke | 0 | 0 | 09:00 AM |
| Finals | 10 | Boys 10 & Under 50 Breaststroke | 0 | 0 | 09:00 AM |
| Finals | 11 | Girls 100 Breaststroke | 0 | 0 | 09:00 AM |
| Finals | 12 | Boys 100 Breaststroke | 0 | 0 | 09:00 AM |
| Finals | 13 | Girls 10 & Under 100 Butterfly | 0 | 0 | 09:00 AM |
| Finals | 14 | Boys 10 & Under 100 Butterfly | 0 | 0 | 09:00 AM |
| Finals | 15 | Girls 200 Butterfly | 0 | 0 | 09:00 AM |
| Finals | 16 | Boys 200 Butterfly | 0 | 0 | 09:00 AM |
| Finals | 17 | Boys 10 & Under 50 Freestyle | 0 | 0 | 09:00 AM |
| Finals | 18 | Girls 10 & Under 50 Freestyle | 0 | 0 | 09:00 AM |
| Finals | 19 | Boys 50 Freestyle | 0 | 0 | 09:00 AM |
| Finals | 20 | Girls 50 Freestyle | 0 | 0 | 09:00 AM |
| | | Finish Time | | | 09:00 AM |

Session: 2 11s and 13s

Day of Meet: 1 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | | Event | Entries | Heats | Starts at |
|--------|----|------------------------------|---------|-------|-----------|
| Finals | 21 | Boys 13-14 200 Freestyle | 0 | 0 | 02:00 PM |
| Finals | 22 | Girls 13-14 200 Freestyle | 0 | 0 | 02:00 PM |
| Finals | 23 | Boys 11-12 200 Freestyle | 0 | 0 | 02:00 PM |
| Finals | 24 | Girls 11-12 200 Freestyle | 0 | 0 | 02:00 PM |
| Finals | 25 | Boys 13-14 200 Backstroke | 0 | 0 | 02:00 PM |
| Finals | 26 | Girls 13-14 200 Backstroke | 0 | 0 | 02:00 PM |
| Finals | 27 | Boys 11-12 50 Backstroke | 0 | 0 | 02:00 PM |
| Finals | 28 | Girls 11-12 50 Backstroke | 0 | 0 | 02:00 PM |
| Finals | 29 | Boys 13-14 100 Breaststroke | 0 | 0 | 02:00 PM |
| Finals | 30 | Girls 13-14 100 Breaststroke | 0 | 0 | 02:00 PM |
| Finals | 31 | Boys 11-12 50 Breaststroke | 0 | 0 | 02:00 PM |
| Finals | 32 | Girls 11-12 50 Breaststroke | 0 | 0 | 02:00 PM |
| Finals | 33 | Boys 13-14 200 Butterfly | 0 | 0 | 02:00 PM |
| Finals | 34 | Girls 13-14 200 Butterfly | 0 | 0 | 02:00 PM |
| Finals | 35 | Boys 11-12 100 Butterfly | 0 | 0 | 02:00 PM |
| Finals | 36 | Girls 11-12 100 Butterfly | 0 | 0 | 02:00 PM |
| Finals | 37 | Boys 11-14 50 Freestyle | 0 | 0 | 02:00 PM |
| Finals | 38 | Girls 11-14 50 Freestyle | 0 | 0 | 02:00 PM |
| Finals | 39 | Boys 11-12 100 IM | 0 | 0 | 02:00 PM |
| Finals | 40 | Girls 11-12 100 IM | 0 | 0 | 02:00 PM |
| | | Finish Time | | | 02:00 PM |

Session: 3 10s and Open

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | | Event | Entries | Heats | Starts at |
|--------|----|-----------------------------------|---------|-------|-----------|
| Finals | 41 | Boys 10 & Under 100 IM | 0 | 0 | 09:00 AM |
| Finals | 42 | Girls 10 & Under 100 IM | 0 | 0 | 09:00 AM |
| Finals | 43 | Boys 200 IM | 0 | 0 | 09:00 AM |
| Finals | 44 | Girls 200 IM | 0 | 0 | 09:00 AM |
| Finals | 45 | Boys 10 & Under 100 Breaststroke | 0 | 0 | 09:00 AM |
| Finals | 46 | Girls 10 & Under 100 Breaststroke | 0 | 0 | 09:00 AM |
| Finals | 47 | Boys 200 Breaststroke | 0 | 0 | 09:00 AM |
| Finals | 48 | Girls 200 Breaststroke | 0 | 0 | 09:00 AM |
| Finals | 49 | Boys 10 & Under 100 Backstroke | 0 | 0 | 09:00 AM |
| Finals | 50 | Girls 10 & Under 100 Backstroke | 0 | 0 | 09:00 AM |
| Finals | 51 | Boys 100 Backstroke | 0 | 0 | 09:00 AM |
| Finals | 52 | Girls 100 Backstroke | 0 | 0 | 09:00 AM |
| Finals | 53 | Boys 10 & Under 50 Butterfly | 0 | 0 | 09:00 AM |
| Finals | 54 | Girls 10 & Under 50 Butterfly | 0 | 0 | 09:00 AM |
| Finals | 55 | Boys 100 Butterfly | 0 | 0 | 09:00 AM |
| Finals | 56 | Girls 100 Butterfly | 0 | 0 | 09:00 AM |
| Finals | 57 | Boys 10 & Under 100 Freestyle | 0 | 0 | 09:00 AM |
| Finals | 58 | Girls 10 & Under 100 Freestyle | 0 | 0 | 09:00 AM |
| Finals | 59 | Boys 100 Freestyle | 0 | 0 | 09:00 AM |
| Finals | 60 | Girls 100 Freestyle | 0 | 0 | 09:00 AM |
| | | Finish Time | | | 09:00 AM |

Session: 4 11s and 13s

Day of Meet: 2 Starts at 02:00 PM Heat Interval: 15 Seconds / Back +15 Seconds

| Round | | Event | Entries | Heats | Starts at |
|--------|----|------------------------------|---------|-------|-----------|
| Finals | 61 | Boys 13-14 200 IM | 0 | 0 | 02:00 PM |
| Finals | 62 | Girls 13-14 200 IM | 0 | 0 | 02:00 PM |
| Finals | 63 | Boys 11-12 200 IM | 0 | 0 | 02:00 PM |
| Finals | 64 | Girls 11-12 200 IM | 0 | 0 | 02:00 PM |
| Finals | 65 | Boys 13-14 200 Breaststroke | 0 | 0 | 02:00 PM |
| Finals | 66 | Girls 13-14 200 Breaststroke | 0 | 0 | 02:00 PM |
| Finals | 67 | Boys 11-12 100 Breaststroke | 0 | 0 | 02:00 PM |
| Finals | 68 | Girls 11-12 100 Breaststroke | 0 | 0 | 02:00 PM |
| Finals | 69 | Boys 13-14 100 Backstroke | 0 | 0 | 02:00 PM |
| Finals | 70 | Girls 13-14 100 Backstroke | 0 | 0 | 02:00 PM |
| Finals | 71 | Boys 11-12 100 Backstroke | 0 | 0 | 02:00 PM |
| Finals | 72 | Girls 11-12 100 Backstroke | 0 | 0 | 02:00 PM |
| Finals | 73 | Boys 13-14 100 Butterfly | 0 | 0 | 02:00 PM |
| Finals | 74 | Girls 13-14 100 Butterfly | 0 | 0 | 02:00 PM |
| Finals | 75 | Boys 11-12 50 Butterfly | 0 | 0 | 02:00 PM |
| Finals | 76 | Girls 11-12 50 Butterfly | 0 | 0 | 02:00 PM |
| Finals | 77 | Boys 13-14 100 Freestyle | 0 | 0 | 02:00 PM |
| Finals | 78 | Girls 13-14 100 Freestyle | 0 | 0 | 02:00 PM |
| Finals | 79 | Boys 11-12 100 Freestyle | 0 | 0 | 02:00 PM |
| Finals | 80 | Girls 11-12 100 Freestyle | 0 | 0 | 02:00 PM |
| | | Finish Time | | | 02:00 PM |