

USA SWIMMING
METROPOLITAN SWIMMING



Metropolitan 8 & Under
Championships

March 4 & 5, 2023

Sanction # 230305 TT- Sanction 230351 -T

Hosted at LEHMAN COLLEGE Pool, Bronx, NY
By the Nile Crocodile Aquatic Club

Metropolitan 8 & Under Championships

March 4 & 5, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #-----
- LOCATION:** Lehman College Pool, Lehman College, 250 Bedford Park Blvd West, Bronx NY 10468
- FACILITY:** Lehman College is an 8 lane 25 yard pool. The meet will be run in the DakTronics electronic timing system and an 8-line scoreboard. The pool is not certified in accordance with Article 104.2.2C (4).
- SESSIONS:** **Session 1: Saturday 1:00 PM Warm-up – 2:00 PM Start**
***Parade for Spirit will follow Warm-up**
Session 2: Saturday 1:00 PM Warm-up – 2:00 PM Start
***Parade for Spirit will follow Warm-up**
- FORMAT:** **This is a timed final meet. The meet will be deck seeded.**
This is a Metro Championship meet for Metro Teams only
All entries must be received by the meet deadline.
- 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. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.
Deck registrations will **NOT** be accepted,
Age on **March 4, 2023** will determine age for the entire meet.
- TIME TRIALS** Time Trials will ONLY be run if time allows and at the discretion of the Meet Referee and Meet Director. There will be no more than two (2) time trials per swimmer over the course of the meet and any time trial will count towards the 5 events per day/per swimmer limit.
The cost is **\$15** per time trial and must be paid in cash at the meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. 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 4 individual events per day.**
There will be age group events for 8 years old, 7 years old and 6 years old & Under

NTs are not permitted.

Times cannot be converted times;

U.S. Mail Entries/Payment to: **Magdy Shokry**
126 Hoyt Street, Apt 5K
Stamford, CT 60905

Email Entries/Confirm Entry Receipt: magdyshokry@hotmail.com
- DEADLINE:** The entry deadline for this meet is **February 24, 2023**
An email confirming receipt of entries if you provide an email contact. Please contact the Meet Director if you do not receive such a report within 2 days of your original email.

ENTRY FEE:	An entry fee of \$7.50 per individual event, \$1 per swimmer Metropolitan Swimming surcharge, and \$4 per swimmer facility surcharge must accompany the entries. Make check payable to: NCAC. Payment must be received by February 25, 2023 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. Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact the Meet Director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.
WARM-UP:	Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warm-ups will be assigned, each team will get assigned lanes and time. One way sprint lanes must be monitored by the swimmers' coach. All swimmers must enter the pool from the starting end of the pool. One way sprint lanes will open 20 minutes before the end of warm-ups.
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 event 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:	Medals are awarded for places 1-3, ribbons for places 4-8. Awarded to 8 Y.O./ 7Y.O./ and 6 & under age groups. Awards must be picked up by a coach during the meet. Any award not picked up will NOT be mailed.
OFFICIALS:	Meet Referee: Flick Marinello, flickdance@msn.com Officials wishing to volunteer should contact the Meet Referee by February 25, 2023.
ADMIN. OFFICIAL:	Administrative Official: Magdy Shokry, magdysbokry@hotmail.com,
MEET DIRECTOR:	Wendy Martinez, bellamiamour@gmail.com
RULES:	Only USA Swimming and Metropolitan Swimming certified coaches' questions will be entertained. All parents are to speak with their individual team's coaches regarding specific needs. 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 Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. 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 without the use of the backstroke ledge. 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. Emergency Assistance: Lifeguards will be stationed at the competition and at the warm-up pools. The lifeguard office and first aid station is located near the LOCKER ROOM of the pool.
WATER DEPTH:	1.0 meter = 4 feet 6 inches, 5 meters = 13 feet
DISCLAIMER:	DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against

Lehman College, Nile Crocodile Aquatic 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. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Center for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc cannot prevent you (or your children) from becoming exposed to contracting or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. **By attending or participating in this competition, you voluntarily assume all risks associated with exposure to COVID-19 and forever release and hold harmless Montessori Academy, Nile Crocodile Aquatic Club, Metropolitan Swimming, Inc, USA Swimming, Inc, and each of their officers, directors, agents, employees, or other representatives from any liability or claims including for personal injuries, death disease or property losses.**

**AUDIO/VISUAL
STATEMENT:**

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.

DECK CHANGING:

Deck changes are prohibited.

ADMISSION:

\$10 admission per session. Admission will be at the front of the building, cash only.

All children over the age of 6 require admission.

Spectators are allowed but limited depending on athlete participation. All teams will be notified of the availability once all entries are received.

The meet will be available on Meet Mobile. Programs will be sold at the door.

MERCHANTS:

Some beverages and Candy will be for sale at the door of the spectators' area.

PARKING:

\$10.00 Fee based (cash) parking provided through Lehman College at College Supervised Lot, (100 yards from APEX).

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

Metropolitan 8 & Under Championships

Saturday 03/04/2023

Day One

Girls Only

Warm up @ 1:00PM Meet starts @ 2:00PM

The SPIRIT PARADE will immediately follow warmup

Event #	Events
1	GIRLS 50 Yard FREE 8 YEARS OLD
2	GIRLS 50 Yard FREE 7 YEARS OLD
3	GIRLS 25 Yard FREE 6 & Under
4	GIRLS 50 Yard BACK 8 YEARS OLD
5	GIRLS 50 Yard BACK 7 YEARS OLD
6	GIRLS 25 Yard BACK 6 & Under
7	GIRLS 50 Yard BREAST 8 YEARS OLD
8	GIRLS 50 Yard BREAST 7 YEARS OLD
9	GIRLS 25 Yard BREAST 6 & Under
10	GIRLS 50 Yard BUTTERFLY 8 YEARS OLD
11	GIRLS 50 Yard BUTTERFLY 7 YEARS OLD
12	GIRLS 25 Yard BUTTERFLY 6 & Under

Time Trials are available at the end of each session.

Metropolitan 8 & Under Championships

Sunday 03/05/2023

Day Two

Boys Only

Warm up @ 1:00PM Meet starts @ 2:00PM

The SPIRIT PARADE will immediately follow warmup

Event #	Events
13	BOYS 50 Yard FREE 8 YEARS OLD
14	BOYS 50 Yard FREE 7 YEARS OLD
15	BOYS 25 Yard FREE 6 & Under
16	BOYS 50 Yard BACK 8 YEARS OLD
17	BOYS 50 Yard BACK 7 YEARS OLD
18	BOYS S 25 Yard BACK 6 & Under
19	BOYS 50 Yard BREAST 8 YEARS OLD
20	BOYS 50 Yard BREAST 7 YEARS OLD
21	BOYS 25 Yard BREAST 6 & Under
22	BOYS 50 Yard BUTTERFLY 8 YEARS OLD
23	BOYS 50 Yard BUTTERFLY 7 YEARS OLD
24	BOYS 25 Yard BUTTERFLY 6 & Under

Time Trials are available at the end of each session.



Metropolitan Swimming Photographer Registration Form

All Metropolitan Swimming Teams need to include this in the meet information packet. Please file this form with the Safety Sport Coordinator prior to the start of the meet.

This form must be completed by any photographer (video or still) who intends to take pictures at a Metropolitan Swimming sanctioned meet and is taking those pictures of anyone other than his or her own child from any location on deck. Submit the form to the Meet Director prior to commencing activity.

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name _____

Phone Number _____

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____