

These minutes will be officially approved by the Metropolitan Swimming House of Delegates at its Fall 2023 meeting.

**Metropolitan Swimming House of Delegates Minutes**

April 26, 2023

New York Athletic Club Travers Island

**CALL TO ORDER**

Dom Boccio, General Chair, called the April 26, 2023 House of Delegates meeting to order at 6:30 PM with the following Board members in attendance:

**PRESENT**

Frankie Anderson, Joseph Apat, Dom Boccio, Jeff Chu, Lamar DeCasseres, David Ellinghaus, Sandy Graham, Kate Hallex, Zac Hojnacki, Annette Mackrel, John Yearwood,

**EXCUSED**

Christopher Arena, Robert Frawley, John Mcllarchy, Phil Paspalas

**STAFF**

Kimberly Wyer-Ferraris

**MINUTES**

**MOTION:** *To approve the Minutes from the November 22, 2022, Special HOD Meeting for the budget and the election of the General Chair. Seconded. APPROVED.*

Mr. Boccio read the Mission and Vision Statements of Metropolitan Swimming and led a minute of silence in remembrance of the members we lost since the last meeting.

**AGENDA**

**MOTION:** *To approve the House of Delegates Consent Agenda (attached) Seconded. APPROVED.*

**Consent Agenda**

The General Chair explained the procedures of the Consent Agenda and how to pull an individual proposal for discussion. The proposals had been divided into two groups: Block A having the approval of the Board and Block B constituting the proposals that did not have Board approval. All proposals had been posted on the Metro website for the membership to read. Mr. Boccio proceeded to individually call the proposals in Block A. Two proposals, P3 and P8 were pulled for discussion. The HOD voted to approve P1, P2, P4, P5, P6, P7, P9, P10, B1 of Block A without discussion. All passed by acclamation.

**P8:** Mr. Chu pointed out that there was a mistake in the wording of the proposal in Article 202.2. The word *rule* should be replaced with the word *exemption* instead of the word *requirement*.



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He motioned to amend the proposal accordingly.

**MOTION:** *To amend Proposal 8, Article 202.2 to be changed to “The 3 meet requirement exemption is applicable during the years swimmers are full-time college/university students and during the season immediately following their graduation for college/university.”* **Seconded. APPROVED**

Further discussion on **P8** in regards to Article 101.2.2. Mr. Finkelstein asked for other corrections. It was determined that the suggested changes fell under New Business and were not applicable to P8 as it was proposed. He agreed to bring up his corrections under New Business later in the meeting. Mr. Chu made a motion to approve P8 as amended.

**MOTION:** *to approve Proposal 8 as amended.* **Seconded. APPROVED**

Mr. Wone motioned to amend **P3**.

**MOTION:** *to amend Proposal 3, Article 308.6.1.1 to be changed to “The Board of Directors has notified meet hosts with meet bids on time, held on any of the same dates or within 3 2 days.* **Seconded. APPROVED**

Mr. Chu motioned to approve P3 as amended.

**MOTION:** *to approve Proposal 3 as amended.* **Seconded. APPROVED**

Mr Boccio moved on to the vote of Block B of the proposals. Nothing was pulled for discussion. Proposal B1 - Amendment to Bylaws 5.1, 6.2, 7.4 **did not pass.**

Reports of the Officers and Committee Chairs followed.

**General Chair**

This was Mr. Boccio’s last meeting as General Chair. He has been on the Board since 2017, first as Age Group Chair, then as Administrative Vice Chair until he was elected as interim General Chair after Eric Fisher’s resignation in the fall of 2022. He thinks the LSC and the Board continue to move in the right direction. Because of other personal commitments he is not running for reelection. His written report is attached.

**Administrative Vice Chair**

Mr. DeCasseres urged representatives to take voting seriously. He explained that everyone who likes the direction the Board and LSC are moving in should have an interest in supporting candidates for the Board that will carry on in that direction. He will not continue on the Board but will stay on during the transition period. His written reports are attached.



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Mr. DeCasseres acknowledged three clubs that were granted the Metro Club Achievement this year: Badgers Swim Club, Long Island Aquatic Club, and Westchester Aquatic Club.

**Finance Vice Chair**

Mr. Arena was excused. The Finance Chair’s report and the Budget vs Actuals Report are attached. Mr. Boccio affirmed that the LSC had a robust season and was able to rebound significantly since the pandemic. The past SCY season had a full meet calendar and no cancellations due to COVID or COVID policies. The 23/24 season outlook is positive, too. Financially the LSC is returning back to “normal” pre-Covid numbers..

**Coaches Representative**

Mr. Yearwood reminded everyone about the many coaches we lost in the past year. He shared that Coach Robert Trotman’s achievements were recognized in an article in SwimSwam. Mr. Yearwood also took the opportunity to congratulate Ginny Nussbaum from LIAC for being selected as Junior World Championship Head Coach. He further mentioned that Metro’s Coach of the Year award will be reinstated and reiterated that coaches are responsible to keep their own certifications up to date. With the Zones Championships approaching he encouraged young coaches to participate.

**Athlete Representative**

This was Frankie Anderson’s (TVSC) last meeting as Senior Athlete Rep. Joseph Apat (LIE) will move to be the Senior Athlete Rep and Dylan Gallub (HAA) was elected to assume the duties as new Junior Athlete Rep moving forward. Mr. Anderson thanked everyone for giving him the opportunity to serve on the Board.

**Secretary**

Mr. Chu encouraged the coaches to mail the Secretaries the college commitments and senior athletes for recognition on the Metro website. Corrections, news, and updates are also welcome to keep the Metro website current and informative.

**Senior Vice Chair**

Mr. Hojnacki identified the three areas the Senior Vice oversees: (1) running and overseeing the Senior Met Championships, (2) supervising the travel reimbursement program for athletes and other athlete centered programs related to senior swimming, and (3) representing the interests of Senior Swimming in our LSC, on the Board, and potentially at the national level. The Senior Met Championship is successful and improving. The feedback provided through the Senior Mets survey has been overall positive and is very helpful to the committee for further planning.



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The travel reimbursement program is strong. The committee will be reviewing the financial implications of the claims thus far and if additional meets need to be added, as well as if the reimbursement amounts are appropriate.

The state of Senior Swimming within the LSC is very positive. Metro teams and athletes are represented at the national level and Metro coaches are selected to be on national teams. The Senior Vice Chair's report is attached.

### **Age Group Vice Chair**

Ms Hallex explained that this was her final term as Age Group Vice Chair. She thanked all the teams that helped support the swimmers by hosting meets, especially during COVID. She encouraged coaches to work at Zones Championships. The Age Group Vice Chair's Report is attached.

### **Safe Sport Co-Chairs**

Mr. Paspalas was excused. Ms Graham announced that Safe Sport recognition would become easier once that the Safe Sport component was fully up and running on the new USA Swimming website. Ms Graham also reiterated the importance for coaches to be aware when their swimmers turn 18, as the Athlete Protection Training has to be completed, there is absolutely no grace period. She cited an example of a swimmer turning 18 during a meet. Even though the swimmer was allowed to compete initially as a 17-year-old (age at first day of the meet), the swimmer was not eligible to compete anymore after turning 18 without APT. APT can be completed 30 days prior to the birthday. Safe Sport Chairs' Report is attached.

### **Operational Risk Chair**

Mr. McIlhargy was excused. No report.

### **Technical Planning Chair**

This was Mr. Ellinghaus's last meeting as Chair. He has been the Technical Planning Chair since the early 1990s. He is stepping down after 30 years on the Board. Mr. Ellinghaus thanked everyone on the Board and in the House.

### **Diversity, Equity, Inclusion, and Disability Chair**

Mr. DeCasseres stressed the importance of DEI and supporting all athletes. The waving of meet fees for outreach swimmers has been very supportive. He acknowledged that Galen Franchek's team, the Mid Hudson Heat Waves, is 21st in the nation for outreach swimmers.

### **Governance Committee**

Mr. Frawley was excused. No report.



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### **Hall of Fame Committee**

Mr. McIlhargy was excused. No report. Mr. Boccio explained that there was still discussion on the location of the Hall of Fame board.

### **Times/Records/Top 15**

Ms. Grayson was excused. Her report is attached.

### **Officials Committee Co-Chairs**

Ms. Ang reiterated that the Officials Committee was looking for athlete members. The number of officials in the LSC has also dropped significantly. She underscored the importance of clubs to reach out to their membership, to help recruit officials, in order to warrant well run meets. Instructions on how to become an official are posted on the Metro website.

Ms. Ang attended the Officials Chair track at the USA Swimming Convention in Denver. She reported that USA Swimming is working on a unified program to train officials. The OTS is still not fully functional. USA Swimming is asking for patience, it will take 1-3 years before all information is available. The Officials Chairs' Report is attached.

Mr. DeCasseres stressed that coaches who are also admin officials and meet directors should make sure they are registered as Coach and Official. The OTS only recognizes officials. The registration is simple and does not cost any extra fees.

Ms Ang interjected that per USA Swimming, coaches who are only meet directors, do not need that role listed but all certifications have to go through the officials committee. Coaches who are also working as admin officials have to be registered as officials in order to be certified.

### **Open Water Committee**

Mr. Chu acknowledged that 11 Metro swimmers participated at the Open Water National and Junior National Championships. Four Metro officials also participated.

The upcoming Metro Open Water Championship will be September 16th. The Eastern Zone Open Water Championships have changed the date to June 17 and 18, held at Beesley's Point, NJ.

Open Water Flyer is attached.

### **Strategic Planning Committee**

Mr. McIlhargy was excused. No report.

Mr. Boccio pointed out that we have to reup our LEAP certification as a requirement. Strategic Planning was an area that USA Swimming asked Metro to improve upon.

### **Elections**

Mr. Boccio read the received nominations by positions and asked for nominations from the floor.



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*General Chair* - Julie Chen, Allen Wone. Nominations from the floor: John McIlhargy and David Rodriguez.

Julie Chen and John McIlhargy were absent. Mr. Vializ spoke for Mr. McIlhargy. Mr. Wone and Mr. Rodriguez introduced themselves. Mr. Graham read a statement on behalf of Ms. Chen.

*Age Group Vice-Chair* - Nominations from the floor: Keith Green, Ethan Fergus. Both spoke to the house and decided to run as co-chairs.

*Operational Risk Chair* - Nomination from the floor: Bob Vializ.

*Technical Planning Chair* - Carle Fierro & Jonah Montgomery as co-chairs. Diana Pimer & Kate Hallex as co-chairs. The candidates introduced themselves. No floor nominations.

*Administrative Review Board (3 members)* - Abby Howard, Elaine Ang.

Mr. Boccio asked for non-athlete nominations and for athlete nominations from the floor. He pointed out that the Administrative Review Board required an athlete member. No nominations were made from the floor. He explained that with no athlete running that the third position would be vacant, and would require an appointment by the next General Chair with the advice and consent of the Board.

*Governance Committee (9 members)* - Allen Wone, Kyle Wilson (athlete), George Fleckenstein, Iliana Bitis, Larry Miele, Jeff Chu,

Mr. Boccio explained that this committee also requires athlete members, and that the membership in this committee was staggered. Therefore, it was important to cast a vote for every member you wanted on the committee because the top 5 vote-getters will serve a two-year term and the remaining 4 a one-year term, ensuring fluidity on the committee moving forward.

Nomination from the floor: Robert Frawley (athlete).

Mr. Boccio advised that the remaining 2 positions will be filled by the GC with advice and consent from the Board.

Mr. Chu and Ms. Mackrel distributed voting ballots and pens to all eligible voting members. Mr. Boccio advised that the earlier nominations had already been printed on the ballots, the floor nominations were to be written in by the voters if desired.

Mr. Boccio announced that the candidates for Age Group Vice Chair (Keith Green & Ethan Fergus) and Operational Risk Chair (Bob Vializ) were running unopposed.

**MOTION: to vote those candidates into the positions by acclamation. Seconded. APPROVED**





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Mr. Chu and Ms. Mackrel collected the ballots and proceeded to count the cast votes with Mr. Ellinghaus.

Mr. Boccio clarified that per our bylaws the General Chair needed to receive 50% of the vote + 1 in order to be elected. He recommended that people remain at the meeting in case several rounds of voting were required.

**Unfinished Business**

No unfinished business.

**New Business**

Mr. Finkelstein in regards to Article 101.2.2. He suggested that the registration fees also include \$25 for the Len Galuzzi scholarship fund.

**MOTION:** to add to Article 101.2.2 that \$25 of the registration fee is allocated to the Len Galluzzi Memorial Scholarship Fund. *Seconded.* **APPROVED**

Mr. Finkelstein also requested clarification on Article 307.2. *Non-USA Swimming Registered individuals are not permitted on the pool deck at any time during the meet or practice, except for Official Timers.* Under the present wording life guards would also need to be USA Swimming members. Mr. Boccio made a

**MOTION:** to have the next Board of Directors provide clarity on that point. *Seconded.* **APPROVED**

Mr. Finkelstein had two more P&P housekeeping requests.

**MOTION:** to update the wording in Article 301.1.7 to 'An "Approved" meet is open to both USA Swimming athletes and non-USA Swimming athletes but follows all USA Swimming technical rules.' *Seconded.* **APPROVED**

**MOTION:** to update the wording in Article 301.1.8 to 'USA Swimming athletes in a competition that does not conform to USA Swimming technical rules such as High School or College Championships may request Observed swims.' *Seconded.* Discussion

Ms. Hallex made the

**MOTION:** to amend that any where applicable in Article 301 'USA Swimming rules' should be changed to 'USA Swimming technical rules'. *Seconded.* **APPROVED**



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**MOTION:** to strike YMCA from article 301.1.8 and to change where applicable in Article 301 'USA Swimming rules' to 'USA Swimming technical rules'. **Seconded. APPROVED.**

Mr Boccio asked if there were any additional bids for the championships in the 23/24 season from the floor since some were still open? He read the championships that had been awarded to teams. Bids

from the floor were NYS/VAC for Bronze North and NCAC for Bronze Central. Vote on these bids are deferred until the fall HOD meeting where the members of the North and Central regions can vote.

**Election Results**

*General Chair* - David Rodriguez

*Age Group Vice Co-Chairs* - Ethan Fergus & Keith Green

*Operational Risk Chair* - Bob Vializ

*Technical Planning Co-Chairs* - Carle Fierro & Jonah Montgomery

*Governance Committee* - 2-year term: Iliana Biltis, Jeff Chu, George Fleckenstein, Kyle Wilson (athlete), Allen Wone; 1-year term: Robert Frawley (athlete), Larry Miele.

*Administrative Review Board* - Abby Howard, Elaine Ang

There was a non-athlete write-in, Mary Fleckenstein, for ARB. Ms. Howard and Ms. Ang received the absolute majority of votes. The athlete member will be appointed by the General Chair with advice and consent of the Board.

**ADJOURN**

Mr. Boccio adjourned the meeting at 8:36 PM.

Respectfully submitted,

/s/ Jeff Chu  
Secretary

/s/ Annette Mackrel  
Secretary





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## **Metropolitan Swimming House of Delegates Minutes Attachments**

April 26, 2023 / In Person

Attachments:

Agenda: April 26, 2023

### **Block A Proposals:**

- P1 Proposed Amendment to PnP 308.10
- P2 Proposed Amendment to PnP 309.3
- P3 Proposed Amendment to PnP 308.6
- P4 Proposed Amendment to PnP 308
- P5 Proposed Amendment to PnP 307.8
- P6 Proposed Amendment to PnP 308.13.7
- P7 Proposed Amendment to PnP 302.2
- P8 Proposed Amendment to PnP Various Articles
- P9 Proposed Amendment to PnP 102.2
- P10 Proposed Amendment to PnP 308.9
- B2 Proposed Amendment to 7.3 and PnP 418.2

### **Block B Proposals**

- B1 Proposed Amendment to Bylaws 5.1, 6.2, 7.4



## HOD Meeting April 26, 2023

### Office Report

#### Membership

As of April 26, 2023

Clubs – 69 ( 1 in application process)

Premium Athletes – 7732

Flex Athletes - 670

Outreach Athletes – 157

Single Event (Open Water) – 38

Other Non-Athlete – 48

Coaches – 511

Officials – 296

Administrator - 34

Metropolitan Swimming  
Age Group Report  
May 2023

### **Short Course Championship Meets**

Congratulations to all the teams and swimmers who competed at all levels of our championship meets this year. Special thank you to the teams who hosted Silvers (NYS, VAC, NCAC, TVSC), Bronze (NBS, NCAC, LIE) and Age Group Champs (LIAC)

### **Long Course Zones**

The Metro Board voted to return to team travel for the Long Course Eastern Zone Age Group Championships. The qualifying times are available [here](#) (as well as the EZ website). Metro specific information will be available on the metro zone website in early summer. Coaches and chaperones are always needed for this event so be sure to check out the metro zone website for applications and details!

### **Committee Recommendations**

At the most recent committee meeting, the committee voted to submit the following recommendations to technical planning:

- Review of the top end times (cap) for AGTC.
- Review of the qualifying standards for age group champs with a closer focus on odd ages (9,11)
- Discuss ways to provide more opportunities to qualified swimmers to increase event participation

Respectfully Submitted,

Kate Hallex  
Age Group Chair



**Metropolitan Swimming  
Finance Committee  
Committee Chair Report  
April 24, 2023**

**LSC Update**

Metropolitan Swimming is looking to be in great shape this fiscal year. Costs have come down significantly since changes made last fall, and with more meets being back and swimmers on deck post-covid, the LSC is trending very well towards a positive balance for the end of the fiscal year. It is great to see things finally rebounding for the LSC!

Given the host of changes made over the past year in the LSC including lowering certain administrative costs, increasing athlete travel assistance, and an increased number of meets and athletes since covid, the Board has decided to have our budget approval voted on at our Fall House of Delegates Meeting so that the Finance Committee can more accurately assess the state of the LSC's financials before setting next year's budget. The extra time will allow us to have a much better picture of where the LSC will end up towards the end of this year, especially as it pertains to how much athlete travel assistance will be rewarded since the increase that was voted on last year, among other changes to the LSC's financials over the last year. I am confident this will allow the Finance committee to draft a much more accurate and more informed budget for the next fiscal year.

**USA Swimming Review**

The LSC is currently undergoing its annual financial review that is mandated by USA swimming. I am happy to report we are tracking to complete it well ahead of our July deadline.

Respectfully Submitted,  
**Christopher Arena**  
**Finance Vice-Chair**





Metropolitan Swimming

Safe Sport Co-Chair Report

April 25, 2023

USA Swimming has been off-line since August. As such, clubs have had a difficult if not impossible time checking on their Safe Sport standing. USA headquarters has notified us that we will have access to the necessary information to assist clubs with attaining Safe Sport recognition in the near future.

That said, clubs should still be working towards achieving Safe Sport certification. We have already assisted a handful of teams with getting their info reviewed and updated. We stand ready to assist.

Respectfully Submitted,  
Sandy Graham & Phil Paspalas  
Metro Safe Sport Co-Chairs



## Senior Report – Zachary Hojnacki, Sr. Vice-Chair

### SC Senior METS 2023

#### Team Scores

##### Combined

1. LIAC
2. AGUA
3. BAD

##### Women

1. LIAC
2. AGUA
3. COND

##### Men

1. LIAC
2. TS
3. AGUA

Senior committee reviewed the survey data from Senior METS. The feedback from our membership was helpful and much appreciated. Some items of discussion from our previous meeting included but were not limited to;

- a. Addition of 200 MED relays
- b. Top 16 relays
- c. Flexibility in prelims start times
- d. Crediting teams for providing officials

Financial review of SC Senior METS will be conducted once all financials are finalized to aid in determining fees for LC METS.

#### Senior Travel Reimbursement

We are also reviewing the eligible meets for Senior Travel Reimbursement and specifically will be assessing the viability of adding Grand Prix meets to the list.

#### 2023 SCY LSC Records

**Tess Howley (LIAC)** – 100 Fly, 17/18 Girls

**Cavan Gormsen (LIAC)** – 500, 1000, 1650 Free, 17/18 Girls

**Sean Green (LIAC)** – 500, 1000, 1650 Free, 15/16 Boys

**AGUA (R.Kaminseit, D.Sacca, S.Agashiwala, E.Slavi)** – 200 MED Relay, 15-18 Boys

#### Overview

Senior swimming in Metro appears to be on the rise. Our LSC is being well-represented at national level meets, and our LSC Championship is becoming increasingly competitive. There are 8 Metro teams currently ranked in the top 125 nationally in USA Swimming VCC; two in the top 25 and one top 10. Athlete-centric policies and programs, as well as collaboration and dialogue between clubs, will facilitate further competitive excellence in our LSC.

- Zachary Hojnacki, Senior Vice-Chair



Re: Spring 2023 Metropolitan Swimming House of Delegates Meeting, General Chair Report

### **Recognizing Those We Have Lost**

Metropolitan Swimming has endured significant losses this season. I wanted to open my report by recognizing those members we have lost since our November 2022 Special HOD Meeting.

- Roger Ridenour - Coach, Condors Swim Club
- Kris Sawicz- Official, Metropolitan Swimming
- Robert Trotman - Coach, Nu Finmen Swimming
- Mark Rizzo - Coach, Patriot Swim Team
- Kevin Storrs, Coach, Northern Dutchess Aquatic Club

### **General LSC Updates**

The 2022-2023 Short Course season was the first since 2018-2019 that saw a return to a robust meet schedule with open meets, invitationals, time trials, dual meets, and intrasquad competitions. The 2023 Long Course season looks to be full of meets as well. This year will prove to be the new benchmark as the first uninterrupted season following the COVID-19 pandemic.

A return to stability will allow the Board of Directors, committees, and you, as membership, to promote and further develop swimming in the Metropolitan LSC. This will be a welcomed return for all and I look forward to seeing what membership can develop.

I have worked to send out monthly newsletters to membership, providing updates on the workings of your Board of Directors, providing news from the local and national level, and highlighting performances of our athlete members.

I want to again thank all our championship meet hosts for the work they did to provide opportunities for all athletes at all levels to have an opportunity to compete in a championship meet.

A main goal during my tenure as General Chair was to ensure open lines of communication with your Board of Directors. At the end of the day, the Board of Directors works for you, as membership. We are committed to hearing your feedback at all times, including in between meetings. All Board of Directors meetings are open to the public and the schedule on the Metro website is updated with upcoming meetings for the Board, the House, and committees.

I repeatedly mention the great work that Kimberly Ferraris-Wyer has done for the LSC in the office. She has been an incredibly valuable resource for all of membership and is our connection with USA Swimming as they continue to improve upon SWIMS 3.0.

### **SWOT Analysis from the General Chair Perspective**

While short, my tenure as General Chair since the Fall of 2022 has allowed me to see the LSC from a new perspective. I was a Metro athlete for my entire developmental career, a full-time swim coach for 10 years, Age Group Chair, a Meet Director, Administrative Official, Administrative Vice Chair, served on Age Group, Technical Planning, and the Officials Committee. Adding General Chair to that list has allowed me to offer the following thoughts on the state of the LSC:

**Strengths:** We have passionate membership that feels able to openly discuss and share their opinions and ideas. We have talented coaches in all areas of the LSC both continuing to grow the sport at the developmental level, while also pursuing the highest levels of competitive swimming in the United States. We have athletes that are wonderful young people in and out of the pool. We have active and engaged parents. We are in one of the most diverse geographic locations in the United States. We have the opportunity to access so many new athletes with the right plan.

We have wonderful facilities in all areas of the LSC that we can offer competition in for all levels of our membership. We have a robust travel assistance program for our athletes who reach a high level of championship in swimming to help alleviate some of the burden on families for a sport that is already so expensive to most.

**Weaknesses:** We are still in a challenging position with our officiating numbers. Previous Officials Chairs have proposed changes to Policy and Procedures to navigate these challenges. A change in leadership in this position has presented an opportunity for new Officials leadership to make further adjustments to help address this challenge.

The LSC is in an area where the sport of competitive swimming is in competition with many other sports and activities. Continuing to promote the sport to the larger community is necessary.

**Opportunities:** With the return to financial stability and a steadied meet calendar, the LSC has the opportunity to return to pre-2020 plans for increased opportunities for membership. Coach clinics and athlete workshops to name a few.

The Metropolitan area lends itself to many of the best and brightest. The LSC has the ability to leverage the knowledge of business professionals of all areas of expertise to continue to develop into an organization that steers itself toward the goal of providing the highest level of service to developing and providing opportunities for athletes of all levels in the sport of competitive swimming.

Developing multiple tracks for Officials. One for those who chose to pursue the highest level of officiating and one for those that simply want to help run competitions for their children to compete in the sport they love.

**Threats:** The LSC must commit to a Strategic Plan that lays out actionable items into the remainder of the 2021-2024 Quad as well as looking ahead to LA2028. A domestic based Summer Olympic Games in 2028 allows the Olympic Movement and the sport of competitive swimming to be involved in the conversation more as the Games in 2028 approach. Our Strategic Plan has not been updated and was a callout from USA Swimming in our LEAP Evaluation that needs to be improved.

### **Looking Ahead beyond the Spring 2023 HOD**

The LSC will be transitioning to position specific email addresses sometime later this spring. This was an item that USA Swimming has suggested for best practices for LSC Governance. This information will be relayed to membership when the transition begins.

Stay informed of upcoming clinics, committee, and Board meetings by following the website. The website is also frequently updated with athlete highlights and important news and information relayed to the LSC by USA Swimming.

Coaches and Club Administrators, please stay up-to-date on all correspondences from USA Swimming HQ. There is always valuable information in their newsletters. Please ensure your clubs are kept in the loop for all relevant information.

### **Thank You!**

Thank you to all who work to develop athletes in Metro. This goes for all coaches, athletes, officials, volunteers, and parents alike. I wish everyone all the best and ask that we all continue to look to our Mission and Vision Statements at all times:

**Mission:** Metropolitan Swimming shall promote, develop, and improve competitive swimming through education, support, and opportunities for participation to a diverse swimming community.

**Vision:** To inspire and provide quality opportunities for our members to achieve excellence in the sport of competitive swimming.

All the best!

Respectfully Submitted,  
Dominick Boccio  
General Chair  
April 25, 2023



Metropolitan Swimming

Official Committee Co-Chair Report

April 25, 2023

### **Official committee meeting summary (by Elaine Ang and Ken Graham)**

1. Mark Amodio, the previous officials chair resigned in November 2022, and Elaine Ang and Kenneth Graham were appointed in December 2022 as the officials' co-chair. There was a meeting in November 2022. Since the appointment, we have held 2 meetings, one in March and one in April of 2023. Currently this committee has no active athlete representative, and we are currently actively soliciting new athlete representatives.
2. We will provide a minimum of monthly training via zoom or possibly in person for any new potential officials. We are looking to expand the training available to new officials. A need for starter and referee training has been identified and curriculums for that are in development.
3. Actively contacting clubs and coaches to reach out to their parents for potential officials.
4. We are contacting all officials, providing rules updates on a regular basis, and updating them on the USA Official Chairs meeting information. We are soliciting officials that are interested in joining the committee or becoming a trainer.
5. The steps of "How to Become an Official" is posted on the Metro Officials page.

### **USA Swimming Workshop, 4/20/23-4/22/23: Official Chairs (by Elaine Ang)**

1. Overall from USA Board of Director:
  - Allocating \$5M to Education for athletes, coaches, and officials
  - 62% income from membership
  - Strategic board partner with NCAA, 98% in Rio and 91% in Tokyo National Swimmers from Colleges
  - New facility for the 2024 Olympic Team Trials in Lucas Oil Stadium (Indianapolis) with capacity of 30,000 spectators, est. 1,500 athletes and 600 coaches
  - 1<sup>st</sup> NGB (National Governing Body) that offers free programs/events on smart TVs
2. USA Swimming conducted a survey with over 1,000 officials that have less than 5 years' experience to gather their feedback on what should be included in training, clinic, preparation



before the 1<sup>st</sup> session, understanding of the certification process, and competency-based evaluation.

3. All reports in SWIM 3.0 are expected to be available by Fall of 2023

4. Athlete workshop/retreat in Maine from 6/22-6/25, 2023

5. The National Officials Committee and the working group are also working on an official certification and education project. This is a 1-3 year project.

- To have a unified program for all 59 LSC
- To reduce barriers
- To streamline the process

6. USA Swimming Officials Committee also provided guidance on:

- Documentation: building a case using the resources (rulebooks, educational materials, protocol, professional documents)
  - Performance Development Plan form for all meet referees
- Code of conduct template (CofC)
- Discipline or De-certification with three categories:
  - Professional qualifications (lack of knowledge or application of rules)
  - Professional misconduct (violation of LSC CofC)
  - Code Of Conduct (violations of USA Swimming CofC or US Center for Safe Sport Code)

7. LSC Policies & Procedures:

- What should be included
  - Certification, Re-certification, De-certification
  - Position certified requirements
  - Committee members, meetings
  - Members duties & responsibilities
  - APT, BGC, Concussion
  - OQMs meets
  - Transfer from other LSC
  - Uniform
  - Travel reimbursement and others
- Are they clear and easy to understand
- What's missing

8. USA Swimming will email out all the materials from the workshop to each LSC Officials Chair.

**Dutifully Submitted,**

**Elaine Ang and Ken Graham**

**Metro Official Co-Chair**



# USA SWIMMING FOUNDATION

## FAST FACTS ABOUT THE FOUNDATION

**FOUNDED**  
**2004**

**INVESTED IN LEARN-TO-SWIM GRANTS**  
**\$5.8M**

**INVESTED IN WATER SAFETY AWARENESS**  
**\$7.5M**

**INVESTED IN BUILDING CHAMPIONS**  
**\$7.4M**

- Overview
- Ways To Donate
- Saving Lives
- Building Champions
- Impacting Communities
- 2024 Olympic Trials
- Events
- Make a Splash Tour
- Swim-a-Thon
- About Us

## SWIM-A-THON

Swim-a-Thon™ is a fun and easy way to raise money for your team. Your athletes raise money by swimming lengths of the pool. Swimmers ask family, friends, neighbors, or businesses to pledge money per length, or make a flat donation in support of the team. Swim-a-Thon participants can earn cool prizes from the USA Swimming Foundation; plus, qualified teams are automatically entered into the Swim-a-Thon contest where you'll have the opportunity to earn prize packages... one lucky team will win a visit from an Olympian!

Training equipment, pool time, and starting blocks are just a few of the ways teams have used their Swim-a-Thon proceeds... What does your team need?

## GET STARTED TODAY!

The new Swim-a-Thon Dashboard has officially launched! This Dashboard will provide a more seamless process for clubs to enter contracts, submit results and claim prizes for their fundraising efforts. The Dashboard can be accessed through your USA Swimming membership account. Payment options for the 5% contribution to the USA Swimming Foundation will continue to run through the Dashboard.

[LOG IN TO USA SWIMMING ACCOUNT](#)

(<https://hub.usaswimming.org/landing>)

**HOW TO UPLOAD A CONTRACT** +

**HOW TO SUBMIT RESULTS** +

**TeamUnify:** To ditch the paper and fundraise digitally, sign-up with the TUMoney online fundraising platform (<https://www.teamunify.com/swim-team-management-software/team-fundraising/>). TeamUnify's platform allows your swimmers to accept donations with just the click of a button! Please note that clubs who register with the TeamUnify platform must still register via the Swim-a-Thon form and USA Swimming.

Starting February 1, 2022, the USA Swimming Foundation made all documents that had been mailed to clubs available to download on this page under the "Fundraising" tab of the "Swim-a-Thon Resources" header. If clubs would still like hard copies of the packet materials, please email [swimathon@usaswimming.org](mailto:swimathon@usaswimming.org) (mailto:swimathon@usaswimming.org). Note that ability to mail these documents may be limited and based on available inventory.

We know Swim-a-Thons are a vital part of your team's fundraising efforts and want to encourage all clubs to continue working towards their individual fundraising goals. If you have questions, please reach out to [swimathon@usaswimming.org](mailto:swimathon@usaswimming.org) (mailto:swimathon@usaswimming.org).

## HOW DOES SWIM-A-THON HELP THE USA SWIMMING FOUNDATION?

Since 2012, teams have paid 5% of their Swim-a-Thon gross proceeds to the USA Swimming Foundation which meant that \$2.7 million have been contributed to the USA Swimming Foundation from teams hosting Swim-a-Thons.

**In both 2020 and 2021, the USA Swimming Foundation did not require teams to submit their 5% donation in an effort to help those teams affected by the COVID-19 pandemic. Starting again in 2022, the 5% donation will be collected from USA Swimming member clubs to support USA Swimming's club development and success programs. With the help of your donations, we will continue to make swimming opportunities of all kinds available to everyone who wishes to participate.**

Submitting SAT Results

(<https://www.usaswimming.org/docs/default-source/foundationdocuments/dashboard-and-quick-start/submitting-sat-results.pdf>)

Submit a New SAT Contract

(<https://www.usaswimming.org/docs/default-source/foundationdocuments/dashboard-and-quick-start/submit-a-new-sat-contract.pdf>)

Complete Quick Start Guide

(<https://www.usaswimming.org/docs/default-source/foundationdocuments/dashboard-and-quick-start/complete-quick-start-guide.pdf>)

Additional Dashboard Features

(<https://www.usaswimming.org/docs/default-source/foundationdocuments/dashboard-and-quick-start/dashboard-guide---other-features.pdf>)

(<https://www.usaswimming.org/docs/default-source/foundationdocuments/dashboard-and-quick-start/additional-dashboard-features.pdf>)

("https://donate28118.thankyou4caring.org/sslpage.aspx?pid=412")

## SWIM-A-THON RESOURCES

Getting Started

Marketing

Fundraising

### Nine Easy Steps for Swim-a-Thon

([//www.usaswimming.org/docs/default-source/swim-a-thon/getting-started/nine-easy-steps-for-swim-a-thon.pdf](https://www.usaswimming.org/docs/default-source/swim-a-thon/getting-started/nine-easy-steps-for-swim-a-thon.pdf))

### Dashboard Guide - Other Features

([//www.usaswimming.org/docs/default-source/swim-a-thon/getting-started/dashboard-guide---other-features.pdf](https://www.usaswimming.org/docs/default-source/swim-a-thon/getting-started/dashboard-guide---other-features.pdf))

### Dashboard Guide - Registering Your Swim-a-Thon

([//www.usaswimming.org/docs/default-source/swim-a-thon/getting-started/registering-your-swim-a-thon-dashboard-guide.pdf](https://www.usaswimming.org/docs/default-source/swim-a-thon/getting-started/registering-your-swim-a-thon-dashboard-guide.pdf))

### Dashboard Guide - Submitting Results

([//www.usaswimming.org/docs/default-source/swim-a-thon/getting-started/submitting-swim-a-thon-results-dashboard-guide.pdf](https://www.usaswimming.org/docs/default-source/swim-a-thon/getting-started/submitting-swim-a-thon-results-dashboard-guide.pdf))

### TU Set-Up Guide for Swimmers

([//www.usaswimming.org/docs/default-source/foundationdocuments/swim-a-thon/swim-a-thon-tumoney-set-up-guide-for-swimmers.pdf](https://www.usaswimming.org/docs/default-source/foundationdocuments/swim-a-thon/swim-a-thon-tumoney-set-up-guide-for-swimmers.pdf))

### TUMoney Finalized & Submit Results

([//www.usaswimming.org/docs/default-source/swim-a-thon/getting-started/swim-a-thon-tumoney-finalize-and-submit-results-quick-start-guide.pdf](https://www.usaswimming.org/docs/default-source/swim-a-thon/getting-started/swim-a-thon-tumoney-finalize-and-submit-results-quick-start-guide.pdf))

## 2023 SWIM-A-THON PRIZES

- 100-200 laps swum = 100 Lap Bag Tag
- 200+ laps swum = 200 Lap Bag Tag
- \$400-\$599.99 = Silicon Swim-a-Thon Cap
- \$600-\$799.99 = White Swim-a-Thon Sunglasses
- \$800-\$1099.99 = Tie-Dye Swim-a-Thon Bucket Hat
- \$1100-\$1399.99 = Reflective Swim-a-Thon Fanny Pack
- \$1400+ = USA Swimming Foundation Bluetooth Headphones







Please reach out to [swimathon@usaswimming.org](mailto:swimathon@usaswimming.org) (mailto:swimathon@usaswimming.org) with questions about prizes.

## FAQS & CONTACT SWIM-A-THON TEAM

### HAVE MORE QUESTIONS?

Email or call 719-866-3583 to speak with a Swim-a-Thon representative.

#### EMAIL SWIM-A-THON

(mailto:swimathon@usaswimming.org)

Why should I care about giving the Foundation money?

+  
( )

Is Swim-a-Thon covered by USA Swimming insurance?

+  
( )

Can my organization conduct more than one Swim-a-Thon per year?

+  
( )

Can my team still contribute to the USA Swimming Foundation?

+  
( )

What happens if I don't register my Swim-a-Thon ?

+  
( )

Why should I register my Swim-a-Thon?

+  
( )

Can we hold a Lap-a-Thon and not pay 5% the USA Swimming Foundation?

+  
( )

Can we hold a Swim-a-Thon without a contract?

+  
( )

Who can host a Swim-a-Thon?

+  
( )

# FOUNDATION BOARD OF DIRECTORS MEETING MINUTES

2023      2022      2021      2020      2019

## LATEST FOUNDATION NEWS

ARTICLE

### Desert Aquatics Wins 2022 Swim-a-Thon Grand Prize

NEWS APR 6, 2023



## Find a Team & Lessons

Ready to teach your children a lifesaving skill, or get them involved in the competitive world of swimming? USA Swimming has approximately 3,000 clubs around the country that teach lessons and prepare kids to compete. Find one near you, today!

Search by zip code or city, state

SEARCH

## OUR PARTNERS

- [\(https://www.arenawaterinstinct.com/en\\_us/\)](https://www.arenawaterinstinct.com/en_us/)
- [\(https://www.phillips66.com/\)](https://www.phillips66.com/)
- [\(https://www.goldfishswimschool.com/\)](https://www.goldfishswimschool.com/)
- [\(http://www.speedousa.com/\)](http://www.speedousa.com/)
- [\(https://www.swimways.com/\)](https://www.swimways.com/)
- [\(http://www.tyr.com/\)](http://www.tyr.com/)



### OUR COMMUNITY

- [Swimmers \(/our-community/swimmers\)](/our-community/swimmers)
- [Coaches \(/our-community/coaches\)](/our-community/coaches)
- [Officials \(/our-community/officials\)](/our-community/officials)
- [Team Leaders \(/our-community/team-leaders\)](/our-community/team-leaders)

### RESOURCES

- [SafeSport \(/resources/safesport\)](/resources/safesport)
- [Club Portal \(/resources/club-portal\)](/resources/club-portal)
- [Find a Team \(/resources/find-a-team\)](/resources/find-a-team)
- [Find Swim Lessons \(/resources/find-swim-lessons\)](/resources/find-swim-lessons)
- [Diversity, Equity & Inclusion \(/resources/diversity-equity-inclusion\)](/resources/diversity-equity-inclusion)
- [Rules & Policies \(/resources/rules-regulations\)](/resources/rules-regulations)

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- [Overview \(/about/usas/overview\)](/about/usas/overview)
- [Board of Directors \(/about/usas/board-of-directors\)](/about/usas/board-of-directors)
- [Careers \(/about/usas/careers\)](/about/usas/careers)
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### THE FOUNDATION

- [About the Foundation \(/the-foundation/about-the-foundation\)](/the-foundation/about-the-foundation)
- [Support the Foundation \(/the-foundation/support-the-foundation\)](/the-foundation/support-the-foundation)
- [Ambassadors \(/the-foundation/ambassadors\)](/the-foundation/ambassadors)
- [News & Events \(/the-foundation/news-events\)](/the-foundation/news-events)

### FOLLOW


 [\(https://www.instagram.com/usaswimming\)](https://www.instagram.com/usaswimming)

 [\(https://www.youtube.com/user/usaswimmingorg\)](https://www.youtube.com/user/usaswimmingorg)


[\(https://www.facebook.com/usaswimming\)](https://www.facebook.com/usaswimming)

 [\(https://www.twitter.com/usaswimming\)](https://www.twitter.com/usaswimming)

### DONATE

[\(/www.usaswimming.org/home/donate\)](https://www.usaswimming.org/home/donate)





Metropolitan Swimming  
Administrative Vice-Chair  
April 2023 HOD Report

April 24, 2023

**Mission:** Metropolitan Swimming shall promote, develop and improve competitive swimming through education, support and opportunities for participation to a diverse swimming community.

**Vision:** To inspire and provide quality opportunities for our members to achieve excellence in the sport of competitive swimming.

**Policies and Procedures Manual and Bylaws:** P&P and bylaws remain updated and available on the Metro Website.

**Officials Chairs & Committee:** A thank you to our newly appointed Officials Committee Co-Chairs Elaine Ang and Ken Graham for accepting the appointments. While it will take some time for all to adjust, we are moving in the right direction. Thank you to our Meet Referees, meet officials who ran our regular season and championship season meets this short course season. As we move forward with this functioning committee the goal will remain to develop current officials and recruit and train new officials.

**Committee Activation/ Participation:** I would like to take this opportunity to thank our division chairs who have committed to quarterly meetings of their respective committees. A gentle reminder that committee meetings can be a useful platform to exchange ideas that can help drive our LSC forward for the betterment of our athletes.

**Post-Meet Reports:** Were submitted for SCY 22-23 in a fairly timely manner. There has been an even balance of teams choosing either the Check or Zelle option when submitting payments. Sessions did not exceed maximums throughout the year as many teams are continuing to conduct smaller sessions.

**Thank You:** A thank you to members of the BOD who are completing their time on the BOD, specifically Dom Boccio whose current position as General Chair has come to completion. Thank you to all the members of the BOD who will continue in their respective roles and it is hopeful the BOD will continue to drive our LSC forward.

**Respectfully Submitted,**

**Lamar DeCasseres- Admin Vice-Chair**

# SWIMS / NTV / Records / Top 25

## Monique Grayson – HOD April 2023

I will not be present at the Spring HOD Meeting as I will be overseas at the time. This trip was scheduled in October, and I believed that there weren't going to be any conflicts with the "May" HOD. Good luck to all candidates for election.

### NTV:

From September 2022 to April 17, 2023, I have entered about 255 meets in SWIMS. Uploading is getting much better now than back in the fall! Thanks to Kim and to everyone's help on correcting swimmers' names, ID numbers, etc.

15 approved meets	10 LCM meets (8 from out of LSC)
42 observed meets	49 out-of-LSC meets
7 distance meets	52 invitational-open meets
1 dual-meets	10 Metro Championship Meets
60 time-trials meets	

### SWIMS:

- **Times Not Loaded:** It is highly recommended that an athlete who turns 18 not wait to complete the APT. Likewise, an athlete who must retake the APT (done yearly), should not wait until the last minute.
- **Meet Name Format:** Please remember to have your team's letters in the name of the meet database. Something like "March TT" does not help!  
The correct format is YEAR LSC TEAM MEET NAME (as 2021 MR BGNW 14-Under Championship).
- I am aware that some of the swimmers' times do not appear in Team Unify. This is a USA-Swimming issue and they are trying to fix it.

### RECORDS:

Metro Swimmers set many new Metro records since September – some more than once by the same swimmers.

#### SCY Records:

- 17-18 girls – Cavan Gormsen – LIAC (3); Tess Howley – LIAC (1)
- 9-10 boys – Ryan Yao – LIAC (3)
- 11-12 boys – Bruce Qian – AGUA (1)
- 15-16 boys – Sean Green – LIAC (4)
- AGUA 15-18 boys 200 medley relay

#### SCM Records:

- 11-12 girls – Julia Bak – QNS (3)
- 13-14 girls – Maddy Yan – QNS (1); Nikko Tjahaya – QNS (2)  
QNS 200 and 400 medley relays
- 13-14 boys – Matthew Chang – QNS (1); Kostiantyn Kvasha – MPNY (1)  
QNS 400 medley relay
- 15-18 boys – John Zhang – QNS (1)  
QNS 200 and 400 medley relays

#### LCM Records:

- 17-18 girls – Tess Howley – LIAC (1)
- 15-16 boys – Manoli Mountantonakis – LIAC (1); Sean Green – LIAC (1)
- 17-18 boys – Zach Leith – ARMY (1); Ben Vorthmann – ARMY (1)

### METRO TOP 25:

Top 25 have been updated and posted on the Metro Website about once a week, once all the previous weekend's meets are received and uploaded to SWIMS. Please email Monique if your swimmers' times are missing.

Respectfully submitted by Monique Grayson, April 17, 2023



## **METROPOLITAN SWIMMING OPEN WATER CHAMPIONSHIPS**

**SEPTEMBER 16, 2023**

**RYE TOWN BEACH, RYE NY**

**11:00 a.m. warmup 12 noon start**

**1K Swim - 10U, 11/12**

**3K Swim - 11/12, 13/14, 15+**

**5K Swim - 13/14, 15+**

**SAVE THE DATE!**



# Metropolitan Swimming Inc.

## Budget vs. Actuals: FY 2022-2023 - FY23 P&L

September 2022 - August 2023

	TOTAL			
	ACTUAL	BUDGET	OVER BUDGET	% OF BUDGET
<b>Income</b>				
5000.00 General Income Accts				
5001.00 Investment Income				
5001.10 Interest Income	8.87		8.87	
5001.20 Dividend Income		5,000.00	-5,000.00	
<b>Total 5001.00 Investment Income</b>	<b>8.87</b>	<b>5,000.00</b>	<b>-4,991.13</b>	<b>0.18 %</b>
5002.00 Fee & Surcharge	7,773.00		7,773.00	
5002.10 Sanctions Fee	18,375.00	25,000.00	-6,625.00	73.50 %
5002.15 Post Meet Fee (20%)	166,914.85	225,000.00	-58,085.15	74.18 %
5002.17 Senior Surcharge	4,690.00	9,000.00	-4,310.00	52.11 %
5002.18 JO Surcharge		13,000.00	-13,000.00	
5002.19 Silver/Bronze Surcharge	536.00	6,000.00	-5,464.00	8.93 %
5002.20 Credit Card Fees Received	1,850.34	1,000.00	850.34	185.03 %
<b>Total 5002.00 Fee &amp; Surcharge</b>	<b>200,139.19</b>	<b>279,000.00</b>	<b>-78,860.81</b>	<b>71.73 %</b>
5005.10 Fines				
5005.17 Admins Fines	4,800.00	4,500.00	300.00	106.67 %
5005.19 Senior Fines	450.00		450.00	
<b>Total 5005.10 Fines</b>	<b>5,250.00</b>	<b>4,500.00</b>	<b>750.00</b>	<b>116.67 %</b>
5006.00 Registrations				
5006.10 Club-Received (Metro portion)	8,530.00	8,000.00	530.00	106.63 %
7006.10 Club-Paid	-70.00		-70.00	
<b>Total 5006.10 Club-Received (Metro portion)</b>	<b>8,460.00</b>	<b>8,000.00</b>	<b>460.00</b>	<b>105.75 %</b>
5006.20 Athlete-Received	103,341.32	99,000.00	4,341.32	104.39 %
7006.20 Athlete-Paid	-66.00		-66.00	
<b>Total 5006.20 Athlete-Received</b>	<b>103,275.32</b>	<b>99,000.00</b>	<b>4,275.32</b>	<b>104.32 %</b>
5006.30 Non Athlete-Received		10,000.00	-10,000.00	
7006.30 Non Athlete-Paid	-396.00		-396.00	
<b>Total 5006.30 Non Athlete-Received</b>	<b>-396.00</b>	<b>10,000.00</b>	<b>-10,396.00</b>	<b>-3.96 %</b>
5006.40 Transfers-Received	1,600.00	3,000.00	-1,400.00	53.33 %
5006.50 Flex Athletic-Received		3,000.00	-3,000.00	
7006.50 Flex Athletic-Paid	-30.00		-30.00	
<b>Total 5006.50 Flex Athletic-Received</b>	<b>-30.00</b>	<b>3,000.00</b>	<b>-3,030.00</b>	<b>-1.00 %</b>
5006.60 Flex to Full Membership		200.00	-200.00	
<b>Total 5006.00 Registrations</b>	<b>112,909.32</b>	<b>123,200.00</b>	<b>-10,290.68</b>	<b>91.65 %</b>
5014.00 Sales	576.52		576.52	
<b>Total 5000.00 General Income Accts</b>	<b>318,883.90</b>	<b>411,700.00</b>	<b>-92,816.10</b>	<b>77.46 %</b>
<b>Total Income</b>	<b>\$318,883.90</b>	<b>\$411,700.00</b>	<b>\$ -92,816.10</b>	<b>77.46 %</b>
<b>GROSS PROFIT</b>	<b>\$318,883.90</b>	<b>\$411,700.00</b>	<b>\$ -92,816.10</b>	<b>77.46 %</b>
<b>Expenses</b>				
6100.00 Athletics Service Program				
6110.00 Travel Reimbursement	33,937.17		33,937.17	

# Metropolitan Swimming Inc.

## Budget vs. Actuals: FY 2022-2023 - FY23 P&L

September 2022 - August 2023

	TOTAL			
	ACTUAL	BUDGET	OVER BUDGET	% OF BUDGET
6110.11 SC Sectional		6,000.00	-6,000.00	
6110.12 LC Senior Zone/Sectional		16,000.00	-16,000.00	
6110.14 SC NCSA Junior	1,950.00	44,000.00	-42,050.00	4.43 %
6110.15 LC NCSA Junior		6,000.00	-6,000.00	
6110.16 LC Futures		10,000.00	-10,000.00	
6110.18 USA JR National SC		3,000.00	-3,000.00	
6110.19 USA JR National LC	1,800.00	21,000.00	-19,200.00	8.57 %
6110.22 USA National/Open SC		5,000.00	-5,000.00	
6110.23 USA National/Open/Phillip66 LC		10,000.00	-10,000.00	
6110.30 USA Open Water Champ		4,000.00	-4,000.00	
6110.40 World Trials		10,000.00	-10,000.00	
<b>Total 6110.00 Travel Reimbursement</b>	<b>37,687.17</b>	<b>135,000.00</b>	<b>-97,312.83</b>	<b>27.92 %</b>
6120.00 Scholarships				
6120.10 Joseph Stetz Registration Income	-1,675.00	-2,075.00	400.00	80.72 %
6120.15 Len Galuzzi Registration Income	-1,625.00	-2,000.00	375.00	81.25 %
6120.20 Len Galuzzi Scholarship Award		2,000.00	-2,000.00	
7120.10 Joe Stetz Scholarship Awards		2,000.00	-2,000.00	
7120.20 Joe Stetz Scholarship Placques		75.00	-75.00	
<b>Total 6120.00 Scholarships</b>	<b>-3,300.00</b>	<b>0.00</b>	<b>-3,300.00</b>	
6130.00 Programs				
6131.00 Age Group Zone Meet				
6131.10 LC Zone				
6131.11 LC Zone fees collected		-80,000.00	80,000.00	
7131.10 LC Zone Entries Fees Paid		5,000.00	-5,000.00	
7131.11 LC Zone Uniforms		30,000.00	-30,000.00	
7131.12 LC Zone Petty Cash & supplies		2,000.00	-2,000.00	
7131.13 LC Zone Bus		25,000.00	-25,000.00	
7131.14 LC Zone Hotel & meals		70,000.00	-70,000.00	
<b>Total 6131.10 LC Zone</b>		<b>52,000.00</b>	<b>-52,000.00</b>	
<b>Total 6131.00 Age Group Zone Meet</b>		<b>52,000.00</b>	<b>-52,000.00</b>	
6133.00 Diversity and Disability Program	2,392.00	11,000.00	-8,608.00	21.75 %
6133.10 Splash Fee Reimbursement		8,000.00	-8,000.00	
<b>Total 6133.00 Diversity and Disability Program</b>	<b>2,392.00</b>	<b>19,000.00</b>	<b>-16,608.00</b>	<b>12.59 %</b>
6137.00 Distance Meets		6,000.00	-6,000.00	
<b>Total 6130.00 Programs</b>	<b>2,392.00</b>	<b>77,000.00</b>	<b>-74,608.00</b>	<b>3.11 %</b>
<b>Total 6100.00 Athletics Service Program</b>	<b>36,779.17</b>	<b>212,000.00</b>	<b>-175,220.83</b>	<b>17.35 %</b>
6200.00 Officials				
6200.10 Travel Reimbursement	7,644.99	12,000.00	-4,355.01	63.71 %
6200.11 Clinic & Training Expenses		3,000.00	-3,000.00	
6200.12 BGC Reimbursement	200.00	2,000.00	-1,800.00	10.00 %
6200.13 Incentives		1,000.00	-1,000.00	

# Metropolitan Swimming Inc.

## Budget vs. Actuals: FY 2022-2023 - FY23 P&L

September 2022 - August 2023

	TOTAL			
	ACTUAL	BUDGET	OVER BUDGET	% OF BUDGET
<b>Total 6200.00 Officials</b>	<b>7,844.99</b>	<b>18,000.00</b>	<b>-10,155.01</b>	<b>43.58 %</b>
6300.00 Coaches Programs				
6310.00 Coaches Clinic/Mentoring Program		1,000.00	-1,000.00	
<b>Total 6300.00 Coaches Programs</b>		<b>1,000.00</b>	<b>-1,000.00</b>	
6400.00 BOD				
6410.00 USAS Conferences/Convention Fee		1,500.00	-1,500.00	
6410.20 Travel Expenses	24.29	4,500.00	-4,475.71	0.54 %
<b>Total 6410.00 USAS Conferences/Convention Fee</b>	<b>24.29</b>	<b>6,000.00</b>	<b>-5,975.71</b>	<b>0.40 %</b>
6411.00 EZ Conferences & Conventions				
6411.20 Lodging/Transportation		2,500.00	-2,500.00	
<b>Total 6411.00 EZ Conferences &amp; Conventions</b>		<b>2,500.00</b>	<b>-2,500.00</b>	
6420.00 BOD Travel Reimbursement		1,000.00	-1,000.00	
6450.00 BOD Misc Expenses	196.67	500.00	-303.33	39.33 %
<b>Total 6400.00 BOD</b>	<b>220.96</b>	<b>10,000.00</b>	<b>-9,779.04</b>	<b>2.21 %</b>
6500.00 Clubs Recognition				
6510.00 Club Excellence Program	12,300.00	35,000.00	-22,700.00	35.14 %
<b>Total 6500.00 Clubs Recognition</b>	<b>12,300.00</b>	<b>35,000.00</b>	<b>-22,700.00</b>	<b>35.14 %</b>
6600.00 Administration & Operations Support				
6601.00 Salary & Wages	24,961.89	46,500.00	-21,538.11	53.68 %
6601.10 Payroll Tax	2,221.17	4,500.00	-2,278.83	49.36 %
6601.20 Workers Comp & DBL/PFL	389.90	1,000.00	-610.10	38.99 %
6601.30 ADP Payroll Service Fee	823.62	1,000.00	-176.38	82.36 %
<b>Total 6601.00 Salary &amp; Wages</b>	<b>28,396.58</b>	<b>53,000.00</b>	<b>-24,603.42</b>	<b>53.58 %</b>
6607.00 All Office Essential Supplies				
6607.10 Annual Subscription Dues		2,000.00	-2,000.00	
6607.20 Printing/Ink/Paper	264.81	500.00	-235.19	52.96 %
6607.30 Postage/Mailing	5.28	500.00	-494.72	1.06 %
6607.40 Misc Expenses	-264.81	500.00	-764.81	-52.96 %
<b>Total 6607.00 All Office Essential Supplies</b>	<b>5.28</b>	<b>3,500.00</b>	<b>-3,494.72</b>	<b>0.15 %</b>
6608.00 Operation Expenses				
6608.01 Rent	3,939.75	15,800.00	-11,860.25	24.94 %
6608.10 Internet Expense		1,500.00	-1,500.00	
6608.20 Telephone	223.19	1,500.00	-1,276.81	14.88 %
6608.25 Utilities	660.71	1,500.00	-839.29	44.05 %
6608.50 Professional Service Fee	6,935.65	22,200.00	-15,264.35	31.24 %
6608.60 Subscription Fee				
6608.61 QB Monthly Fee(current)	160.00	600.00	-440.00	26.67 %
<b>Total 6608.60 Subscription Fee</b>	<b>160.00</b>	<b>600.00</b>	<b>-440.00</b>	<b>26.67 %</b>
<b>Total 6608.00 Operation Expenses</b>	<b>11,919.30</b>	<b>43,100.00</b>	<b>-31,180.70</b>	<b>27.65 %</b>
6608.80 Legal & Professional Fees	2,700.00	4,050.00	-1,350.00	66.67 %
6609.00 Office Equipment/Hardware		500.00	-500.00	

Please note that the SC Sr. Mets Pool Rental for ~\$27k is not appearing on our P&L due to an issue with our Quickbooks system, but it is a cost that should be reflected here.

# Metropolitan Swimming Inc.

## Budget vs. Actuals: FY 2022-2023 - FY23 P&L

September 2022 - August 2023

		TOTAL		
	ACTUAL	BUDGET	OVER BUDGET	% OF BUDGET
6610.00 Bank & Credit card expenses	2,337.70		2,337.70	
6610.10 Bank Service Charge/Fee	150.00	1,000.00	-850.00	15.00 %
<b>Total 6610.00 Bank &amp; Credit card expenses</b>	<b>2,487.70</b>	<b>1,000.00</b>	<b>1,487.70</b>	<b>248.77 %</b>
6611.00 HOD/BOD Meetings	942.02	500.00	442.02	188.40 %
6611.10 Refreshment - BOD/ LSC		500.00	-500.00	
<b>Total 6611.00 HOD/BOD Meetings</b>	<b>942.02</b>	<b>1,000.00</b>	<b>-57.98</b>	<b>94.20 %</b>
6614.00 State Filing Fees		100.00	-100.00	
6630.00 Golden Goggles Dinners				
6630.10 Golden Goggles Dinner		15,000.00	-15,000.00	
<b>Total 6630.00 Golden Goggles Dinners</b>		<b>15,000.00</b>	<b>-15,000.00</b>	
6640.00 Other Misc Expenses	1,757.49		1,757.49	
6650.00 Metro Run Meets				
6650.10 Sr. Mets SC				
6650.12 SrM - SC Meet Entries	-20,388.00	-20,000.00	-388.00	101.94 %
6650.13 SrM - SC Admissions & Programs		-10,000.00	10,000.00	
6690.11 SrM - SC Personnel/Admin/AO		5,000.00	-5,000.00	
6690.12 SrM - SC Pool rental		27,225.00	-27,225.00	
6690.13 SrM - SC Officials (Evaluator/MR/TLCJ)	345.59	1,250.00	-904.41	27.65 %
6690.14 SrM - SC Refreshments		3,000.00	-3,000.00	
6690.15 SrM - SC Awards		875.00	-875.00	
6690.16 SrM - SC Misc Supplies Expenses	1,902.00	1,000.00	902.00	190.20 %
<b>Total 6650.10 Sr. Mets SC</b>	<b>-18,140.41</b>	<b>8,350.00</b>	<b>-26,490.41</b>	<b>-217.25 %</b>
6650.20 Sr Mets - LC				
6650.22 SrM - LC Meet Entries	-25.00	-20,000.00	19,975.00	0.13 %
6650.23 SrM - LC Admission & Programs		-10,000.00	10,000.00	
6690.21 SrM - LC Personnel/Admin/Ao	1,100.00	4,000.00	-2,900.00	27.50 %
6690.22 SrM - LC Pool Rental		27,225.00	-27,225.00	
6690.23 SrM - LC Officials(Evaluator/MR/TLCJ)		1,250.00	-1,250.00	
6690.24 SrM - LC Refreshments	392.90	3,000.00	-2,607.10	13.10 %
6690.25 SrM - LC Awards		1,000.00	-1,000.00	
6690.26 SrM - LC Misc Supplies Expenses	480.00	1,000.00	-520.00	48.00 %
<b>Total 6650.20 Sr Mets - LC</b>	<b>1,947.90</b>	<b>7,475.00</b>	<b>-5,527.10</b>	<b>26.06 %</b>
6650.40 Open Water	848.55	4,000.00	-3,151.45	21.21 %
<b>Total 6650.00 Metro Run Meets</b>	<b>-15,343.96</b>	<b>19,825.00</b>	<b>-35,168.96</b>	<b>-77.40 %</b>
<b>Total 6600.00 Administration &amp; Operations Support</b>	<b>32,864.41</b>	<b>141,075.00</b>	<b>-108,210.59</b>	<b>23.30 %</b>
6730.00 Uncategorized Expense	16,888.22		16,888.22	
6900.00 Safe Sport		2,000.00	-2,000.00	
<b>Total Expenses</b>	<b>\$106,897.75</b>	<b>\$419,075.00</b>	<b>\$ -312,177.25</b>	<b>25.51 %</b>
<b>NET OPERATING INCOME</b>	<b>\$211,986.15</b>	<b>\$ -7,375.00</b>	<b>\$219,361.15</b>	<b>-2,874.39 %</b>
Other Expenses				
6700.00 Depreciation	1,111.44		1,111.44	

# Metropolitan Swimming Inc.

## Budget vs. Actuals: FY 2022-2023 - FY23 P&L

September 2022 - August 2023

	TOTAL			
	ACTUAL	BUDGET	OVER BUDGET	% OF BUDGET
<b>Total Other Expenses</b>	<b>\$1,111.44</b>	<b>\$0.00</b>	<b>\$1,111.44</b>	<b>0.00%</b>
NET OTHER INCOME	\$ -1,111.44	\$0.00	\$ -1,111.44	0.00%
NET INCOME	\$210,874.71	\$ -7,375.00	\$218,249.71	-2,859.32 %



Metropolitan Swimming  
Diversity, Equity, and Inclusion Committee  
Committee Chair Report

April 18, 2023

The Diversity Equity and Inclusion Committee (DEI Committee) serves the Metro community by providing education, support and quality opportunities for members to achieve excellence in a diverse swimming community. Our committee is made up of Metropolitan Swimming members who volunteer their time in service of our LSC.

**Outreach membership**

USA Swimming and Metropolitan Swimming offers a membership program to help and encourage the economically disadvantaged youth who are unable to afford the USA Swimming membership fees.

*Looking forward to continuing to work with member clubs to find ways to increase membership through outreach and ensure the swimmers who are currently registered continue to receive the support they need.*

**Meet Fee Reimbursement**

Program continues to offer financial support in the form of meet entry fee reimbursement to qualifying registered outreach athletes within the LSC. Additionally, the DEI Committee Budget was able to cover costs for any registered outreach athletes who competed in the Metropolitan Swimming Age Group Championships and the TYR Senior Metropolitan Championships.

*Looking forward to continuing this program with hopes of being able to support swimmers in need. Moving forward, the DEI Committee should explore opening up reimbursement to possibly include Silvers Championships.*

**Donations**

DEI committee received a number of donated swim equipment and gently used tech suits from the Metro membership community. As was done in the past, these items were distributed amongst the teams within the LSC to be handed out to swimmers in need.

**DEI Lifeguard Opportunity Grant**

DEI committee athlete members were able to finalize the Lifeguard Opportunity Grant which will look to award two awards up to \$500 toward the cost of Lifeguard training and CPR certification. Athlete committee members felt this would be a great opportunity for Metro to provide support to athletes in need and to assist them with securing employment.

*Application is complete and ready for roll-out sometime during the 2023-2024 season.*

**Respectfully Submitted,  
Lamar DeCasseres- DEI Chairperson**

**Location:** Metropolitan Swimming [Policy and Procedures] Article 308.10  
**Proposed by:** [Allen Wone, SSC HOD Delegate]  
**Purpose:** [Cleanup].  
**Effective Date:** [Effective Immediately]

308.10 There is a sanction fee of \$25.00 per session. ~~except:~~



**Location:** Metropolitan Swimming [Policy and Procedures] Article 309.3  
**Proposed by:** [Allen Wone, SSC HOD Delegate]  
**Purpose:** [Removal of non-existent meet].  
**Effective Date:** [Effective Immediately]

309.3 Metro will take responsibility for running ~~Zone Qualifier's~~ and Senior Mets

**Location:** Metropolitan Policy and Procedures Article 308.6  
**Proposed by:** Board of Directors  
**Purpose:** To establish a more legitimate process by which sanctions may be approved after the regular bid process has occurred, and to remove feelings from the decision process.  
**Effective Date:** Immediately

308.6

.1 Unless otherwise prohibited, additional sanctions shall be issued without requiring approval of the Board of Directors for intrasquad meets and single team time trials. The Board of Directors may grant additional meet sanctions and multi-team time trial sanctions only if the following conditions have been met: has the right to grant additional meet sanctions if it feels that a significant need exists.

.1 The Board of Directors has notified meet hosts with meets bid on time, held on any of the same dates or within 3 days.

.2 Those members have been given at least 3 days to respond to the Board of Directors with relevant information.

.3 The Board of Directors has voted to approve the additional meet sanction after reviewing any responses received.

.2 When circumstances require expedited service, an applicant may receive a sanction after the bid process if approved by the Technical Planning Chair, Meet Host Committee Chair, and the Senior or Junior Athlete Representative, without the Board of Directors. Such approval is permitted via email to the Sanction Officer, and shall be recorded in the minutes of the next Board of Directors or House of Delegates meeting.

**Location:** Metropolitan Swimming Policy and Procedures Article 308  
**Proposed by:** Jeff Chu and Annette Mackrel  
**Purpose:** To establish a process for Short Course bids that accommodates variation in the date of the Spring House of Delegates meeting e.g. April 26.  
**Effective Date:** June 1, 2023

Article 308 - Meet Bidding and Information

Short Course Meets – September through April

308.1 Bids must be submitted in writing on a Bid Application no later than ~~April 15th~~ 30 days before the Spring House of Delegates Meeting. All information must be completed on the application. Payment is required at the time of the bid application. Meet directors listed on the bid application will be contacted by email no later than ~~April 30th~~ 15 days before the Spring House of Delegates Meeting with the tentative schedule. Meet directors will have until ~~May 7th~~ 7 days before the Spring House of Delegates Meeting to notify the Metro office of any changes/corrections. Final schedule will be posted after the ~~May mandatory HOD~~ Spring House of Delegates meeting. Championship Bids/Schedules – If more than one team bids for a championship meet – those meets will be decided by vote of the HOD. If there is only 1 bid for each meet, those bids will be accepted.

[remainder unaffected]

**Location:** Metropolitan Policy and Procedures Article 307.8  
**Proposed by:** Jeff Chu and Annette Mackrel  
**Purpose:** To remove inexplicable expenses, and to conform to existing practices of using volunteers.  
**Effective Date:** Immediately

~~307.8 Computer operators who work a "Metro-run" Championship meet from start to finish, including pre-meet and post-meet work, will receive \$150 per session. Person doing Pre-meet preparation only will receive \$75 per session. Person running the computer only or the timing system only will receive \$75 per session. Announcers for Metro-run championship meets will receive \$50 per session. The Senior Vice Chair and Administrative Vice Chair may approve reasonable compensation for the following work in relation to a Metro-run Championship if volunteers are not available or appropriate:~~

- ~~1. Pre-meet setup (hytek files, receiving and processing entries, OME, recons, etc).~~
- ~~2. Operating timing systems or computers.~~
- ~~3. Announcing~~

**Location:** Metropolitan Swimming Policy and Procedures Article 308.13.7  
**Proposed by:** Jeff Chu and Annette Mackrel  
**Purpose:** To eliminate an ineffective and burdensome requirement. This requirement was allegedly intended to encourage recruitment of officials, but has been an abysmal failure, and has instead led to encouraging transfers and officials being hired solely for the purpose of obtaining sanctions. Furthermore, the rulebook already establishes a minimum number of officials. Removing the requirement restores access to hosting meets, especially for smaller teams.  
**Effective Date:** Upon approval through the 2025 Spring House of Delegates Meeting

~~308.13.7 Beginning September 1st, 2017 All Meet bids must include four officials that are registered to the host team.~~

[renumber as needed]

**Location:** Metropolitan Swimming Policy and Procedures Article 302.2  
**Proposed by:** Jeff Chu, Hauppauge Athletic Association  
**Purpose:** To align policy with existing practices.  
**Effective Date:** Effective Immediately

302.2 In all non-invitational meets after the 1st Sunday in November until September 1st of the following year, at least 50% of the events shall be from the long events for each sex and age group.

10 & Under Short: all 50's and 100 I.M.

10 & Under Long: all 100's except 100 IM, all 200's and longer

11-12 Short: all 50's and 100 I.M.

11-12 Long: all 100's except 100 IM and all 200's and longer

13-14 Short: all 100's and 50 Free

13-14 Long: all 200's and longer

15-18 Short: all 100's and 50 Free

15-18 Long: all 200's and longer

[renumber as needed]

**Location:** Metropolitan Swimming Policy and Procedures Various Articles  
**Proposed by:** Jeff Chu and Annette Mackrel, Secretaries  
**Purpose:** Housekeeping, and to match policy to existing practices, remove duplication of the Bylaws and Rulebook.  
**Effective Date:** Effective Immediately

#### Article 101 - Club Registration

101.1 Clubs shall be registered as a group member of Metro. Membership is subject to USA Swimming policies, rules and regulations and Metropolitan Swimming policies and procedures. ~~Membership is a privilege, not a right. Along with membership come duties and responsibilities.~~

101.2 To register, a club shall:

~~.1 Complete a club membership application form (available on Metro web site). Applications must be printed or typed, in blue or black ink. Complete all requirements established by USA Swimming, and pay all required fees including those from USA Swimming or from Metro.~~

.2 The registration fee will be determined by the House of Delegates. \$25 of the fee is allocated to the Joseph J. Stetz Memorial Scholarship Fund.

.3 Clubs must use their full registered name.

~~.4 A new club, or one that has had a gap in membership of more than 11 months and is rejoining, shall follow the procedures outlined in The Prospective Club Membership available from USA Swimming, and submit the following:~~

~~—— A Requirement Checklist for First Year Club Membership and all documents listed on the checklist.~~

~~—— B Bylaws showing how they are organized and controlled.~~

~~Those clubs will be on probation for the next registration year. New clubs on probation shall complete USA Swimming Club Leadership and Business Management programs within one membership year. New clubs must complete all requirements established by USA Swimming (USA Swimming Bylaws, Operating Policies, etc). New clubs shall use Hy-Tek Team Manager or any other compatible program for registration and meet competition entries and results.~~

.5 A renewing club shall submit the following:

A Safety Action Plan(s), if there have been changes or new facilities are in use.

B Club Bylaws, if they have changed in the past year

.6 Each club shall designate:

A A safety coordinator, who shall be an adult individual member of Metro. [~~Bylaws 2-2.3~~]

B A head coach, who shall be an adult individual coach member of Metro. [~~USA 502.4.4~~]

~~C 1 to 3 representatives to the Metro House of Delegates, who each shall be individual members of Metro.~~

~~101.3 Registrations expire on December 31st. Renewal registrations are due no later than December 1st.~~

#### Article 102 - Individual Registration

~~102.1 Clubs shall register their athletes and non-athletes (coaches, officials, and representatives) with Metro. Individual members shall follow registration procedures through USA Swimming.~~

102.2 Registrations are not valid until they are received, with payment, and accepted by the Metro Office.

~~102.3 Renewal registrations are due no later than December 1st.~~

102.4 When transferring between LSCs or Clubs within the same LSC, the athlete member swimmer shall submit a completed transfer form in accordance with USA Swimming procedures. ~~LSCs may not establish procedures for transfers which effectively deny a swimmer the right to transfer from one LSC or Club to another [USA 203.5] — For a swimmer to represent a USA Swimming club in a competitive event one hundred twenty (120) consecutive days must have elapsed without the swimmer having represented any other USA Swimming club in USA Swimming competition.~~

There is a fee of \$5.00 for a transfer.

~~102.5 A prospective swimmer may participate in tryouts for no more than 30 consecutive calendar days in a 12-month period. This swimmer shall not have been previously a member of USA Swimming. During the tryout, the individual is not covered by insurance, but the club insurance is still valid.~~

~~102.6 Athletes shall have completed their registration with Metro in order to compete.~~

#### Article 103 - Club Representation

~~103.1 Clubs shall appoint one and may appoint up to three representatives to the House of Delegates. Each delegate casts only one vote. They must be registered members with Metro. [Bylaws 4.1.1 & 4.3.1]~~

~~103.2 Each club shall appoint one athlete over thirteen years old to the Athletes Committee.~~

103.3 The September Fall and May Spring meeting of the House of Delegates are mandatory meetings. Each club shall have both a non-athlete delegate representative to the House of Delegates and an athlete delegate representative (September Spring Only) to the Athletes Committee present.

There is a \$100 fine for each required representative person not in attendance.

103.4 It is each club's responsibility to read the minutes of the House of Delegates and Board of Directors meetings and be aware of changes in policies.

#### Article 104 - Other Responsibilities

~~104.1 A Coach Member shall conduct each practice in its entirety for it to be valid.~~

104.2 In the event of any injury or sudden illness that occurs at practice, competition, or other covered team functions, a Report of Occurrence form shall be sent to USA Swimming, Risk Management Services Inc., and the Metro Safety Chairman. A Report of Occurrence online form is also available on the USA Swimming website.

104.3 Clubs shall apply for and must receive a sanction to run a swim meet, a time trial, a swim clinic, an exhibition, or a Swim-a-thon for it to be a covered USA Swimming event.

104.4 Clubs that host a Swim-a-thon must file a contract and financial report with USA Swimming.

Copies of these reports shall also be sent to the Swim-a-thon Coordinator. ~~[USA 202.7]~~

104.5 In order to receive meet travel reimbursements, the club or swimmer member applying for reimbursement shall submit the appropriate forms. The reimbursement requests shall be within 30 days of the meet for spring meets and by August 25th, for summer meets. (The forms for each meet are available on the Metropolitan Swimming website)

104.6 In order to receive grants in the Metropolitan Swimming Club Achievement Program, clubs shall submit the Metropolitan Swimming Club Achievement Program Application form. The application is due by January 15 for the annual period ending August 31st of the previous year.

104.7 Clubs shall request the subsidy for running a distance meet by notifying the Administrative Vice Chair when filing the post-competition report. Clubs shall be responsible to submit the Distance Stipend Form to the office.

104.8 Clubs may ~~not use personal checks for club or athlete registration fees but can use a club credit cards, checks, Zelle, and other methods approved by the Board of Directors, General Chair, or Administrative Vice Chair for payments to Metro athlete registration fees, sanction application fees, etc.~~



104.9 Clubs shall be responsible for the bank fee and a \$50 fine for checks returned by the bank.

104.10 Metro registered clubs, in order to maintain good standing, must pay all invoices, registrations, fines, meet surcharges and any like items to Metro within 30 days of their invoicing. At the 30-day mark, the club will receive a written warning with copies sent to the Finance Vice-Chair, the Administrative Vice-Chair and the General Chair. After 60 days, the club will receive a written notice of "PAST DUE" with copies sent to the Finance Vice-Chair, the Administrative Vice-Chair and the General Chair with the addition of a 5% of the amount due as a late fee but not less than \$100. After 90 days, the club will no longer be considered in good standing and any combination of the following penalties below may be imposed on the club as recommended by the Finance Committee and approved by the Board of Directors:

- Athlete members ~~Swimmers~~ will be required to swim as Unattached in all future meets until the club is in good standing
- Clubs hosting meets will pay 20% surcharge on all athletes including the host club up to the amount owed Metro
- Clubs hosting meets will have 100% of the splash fees surcharged by Metro up to the amount owed to Metro
- Loss of future sanctions for meets, including Time Trials
- Club will not be able to re-register as a club the next USA Swimming season until past due amounts are paid

## Part Two - Individual Requirements

### Article 201 - Athlete Registration

201.1 Athletes shall be registered as individual members with Metro. Membership is subject to USA Swimming policies, rules and regulations and Metropolitan Swimming policies and procedures.

~~Membership is a privilege, not a right. Along with membership comes duties and responsibilities.~~

~~[Bylaws 2.1.2A]~~

201.2 The registration fee will be determined by the House of Delegates.

201.3 Athletes who ~~are going to~~ represent a club shall be registered by that club. Individuals who wish to be unattached shall follow the registration process established by USA Swimming ~~register directly with the Metro Office.~~

### Article 202 - Meet Participation

202.1 To participate in a Metro Championship meet, a swimmer shall have met the qualifying time standard established by Metro for any event entered. The time shall have been achieved at a sanctioned, approved, observed swim meet, or time trial.

202.2 To participate in the Senior Metropolitan Championships a swimmer shall have competed in an individual event in three Metro sanctioned meets within the previous year. A Metro historical swimmer is one who has competed in Metro LSC boundaries for three (3) years prior to the age of 18; those swimmers should be exempt from the 3 meets requirements needed to swim in Senior Mets. The 3 meet ~~rule~~ requirement is applicable during the year's swimmers are full-time college/university students and during the season immediately following their graduation for college/university.

### Article 203 - Travel Assistance

203.1 Metro swimmers who qualify for and attend approved national and regional meets and National Select Camp are eligible for Assistance provided they meet eligibility requirements.

203.2 Swimmers shall have competed in individual events in at least five Metro Sanctioned swim meets within one year prior to the competition or camp. College students must attend one Senior Metropolitan

Championships during the current season. For all travel Assistance requests, one of the five Metro shall have been a Senior Metropolitan Championship.

203.3 The club or athlete shall apply for the travel expense reimbursement. Each athlete may submit for up to a total of four (4) travel assistance per season which consists of two (2) short course season and two (2) long course season meets listed below. Olympic and World Trials are exempt and are not included in the total.

203.4 The meets and travel Assistance are as follows: (Senior and Disabilities Chair shall conduct an annual review of all eligible meets. Chairs may modify or add to the list based upon USA Swimming's calendar but may not eliminate or otherwise alter assistance for existing eligible meets without approval from the House.)

.1 Eastern Zone Speedo Champion Series (Sectionals) swimmers in individual events only are eligible for travel Assistance of \$300.00. Both Summer and Winter.

.2 Long Course Senior Zone Championship swimmers in individual events only are eligible for a travel Assistance of \$300.00. Relay only swimmers are excluded from travel Assistance.

.3 ~~Beginning September 1, 2012,~~ USA Swimming Winter Junior National Championships swimmers in individual events are eligible for a travel Assistance of \$750.00. USA Swimming Summer Junior National Championships swimmers in individual events are eligible for a travel reimbursement of \$1,200.00. NCSA Junior National Championship Short course or Long Course & Futures Long Course Meet Swimmers in individual events are eligible for a travel Assistance of \$600.00. National Championship & Para Winter swimmers in Individual Events are eligible for a travel Assistance of \$900.00. National Championships and Para Summer swimmers in individual events are eligible for a travel Assistance of \$1,500.00. US Open swimmers in individual events are eligible for a travel Assistance of \$1,500.00. World Championship Trials swimmers in individual events are eligible for a travel reimbursement of \$1,500.00.

.4 Olympic Trial swimmers in Individual Events are eligible for a \$2,250.00 travel Assistance.

Swimmers who have met the Metro Competition requirement for three of the four years preceding Olympic Trials are eligible for a travel Assistance of \$4,500.00

OPEN WATER: 10K – Swimmers are eligible for a travel Assistance of \$750.00. 5K – Swimmers are eligible for a travel Assistance of \$475.00.

203.5 Swimmers who attend National Select Camps sponsored by USA Swimming are eligible for a travel reimbursement of \$200.00.

203.6. Athletes travel assistance is only available for actual and necessary expenses, as outlined in the current year's NCAA manual, not to exceed the cost for the individual to participate in the event.

203.7. The Metro Swimming Policy for meal reimbursement will be the United State General Services Administration (GSA) per diem rate.

203.8 If the assistance is requested by a club - all receipts must be in the club's name and swimmer's name. If a family has paid for any part of the requested assistance, the club must submit a statement confirming they are submitting on behalf of the athlete and that the family has been or will be reimbursed the amount by the club. A club may also submit expenses on behalf of the athlete and request payment be made to the athlete or family. Completed Athlete travel assistance forms are due thirty (30) days after the competition or event for which travel assistance is being requested either by the Athlete or Club. Any submissions received after the thirty days will be returned.

203.9 The Metro Swimming Policy for travel Assistance requirements will be as follows:

List of acceptable meets: all Metro Sanctioned meets that were bid on, and accepted at the HOD Bid Meeting, or added on the calendar later with the Board Approval. Swimmers must have competed in individual events in each meet (time trials not included).

List of unacceptable meets: High school meets (dual meets, championship meets, State qualifier, State meets, etc.); Approved meets; Observed meets; Out of LSC meets; Dual/tri meets between 2/3 clubs (or more); Time Trials; "Closed" meets; League or association meets (ESSL, YMCA, WFA, etc.) ~~[HOD May 18, 2011]~~

~~203.10 COVID participation relief requirements for travel stipends, and club excellence for historic swimmers are extended through the 2021-22 competitive year.~~

#### Article 204 - Swimmer Awards

204.1 Metro Swimming will be offering the following two scholarships Joseph J. Stetz and the Len Galluzzi Memorial Scholarship will be given annually to one male and one female athlete. The award is \$1,000 each. The athlete must be a High School Senior and shall submit the application to be considered for the award. The athlete must have competed in at least five Metro Sanctioned swim meets within one year prior to application. The selection committee consists of the Officials Committee and a member of the Executive Committee.

#### Article 205 - Zone Meet Participation

205.1 Swimmers qualify for any Eastern Zone Age Group Championships by achieving the time standard established by the Eastern Zone. The Eastern Age Group SC is now a club team meet.

Metro will ~~continue~~ to travel as a Metro team for the Long Course Age Group Championship

205.2 Swimmers 11 and older must travel and room with the team for the duration of the meet.

Swimmers 10-under must travel and stay with their parents; they are under their parent's responsibility for the duration of the meet. Swimmers 11 and over may be released to a parent/guardian upon completion of their age group's session on the final day of the meet, provided they do not qualify for finals/participate in a relay. The Zone Coordinator/Age Group Chair must be in possession of the athlete release form prior to the final day of competition. The participation fee for all swimmers will be determined and posted in the meet notices. Metro arranges for and pays transportation, lodging, meals, and equipment for all swimmers 11 and older. Metro arranges for equipment for swimmers 10 and under.

205.3 All participation fees are the responsibility of the swimmers and will be posted in the meet information packet.

205.4 Swimmers who will participate in the Eastern Zone Age Group Championships shall complete the Application Form, the Equipment List Form, and pay the appropriate fee. On the Application Form, the swimmer shall provide emergency contact, medical insurance information, and sign the Metro Code of Conduct and social media policy.

205.5 The Metropolitan Zone team ~~can~~ may bring two swimmers with disabilities from 12-and-under age groups and two swimmers with disabilities from the 13 and over age groups as team members to the Zone Championship Meet. Interested swimmers with disabilities are encouraged to apply. The form is available on the web.

205.6 Athletes who compete in the 10 & Under ~~category~~ age group will be encouraged but not required to attend the meet in its entirety. They will be required to stay for the full session on the days which their event(s) fall.

#### Article 206 - Coach Registration

206.1 Coaches shall be registered as individual members with Metro. Membership is subject to USA Swimming policies, rules and regulations and Metropolitan Swimming policies and procedures.

~~Membership is a privilege, not a right. Along with membership comes duties and responsibilities.~~

206.2 Coaches must complete all requirements established by USA Swimming, ~~are required to complete and have current certification in GPR, and Safety Training for Swim Coaches. Coaches are also required to complete and pass Background screening and the Athlete Protection Training (Safe Sport).~~

206.3 ~~Beginning January 1, 2013—new coaches must take Foundations of Coaching 101 as part of the registration process. Coaches must then take Foundations of Coaching 201 and foundation of coaching Rules & Regulations before they can register for the 2nd year!~~

206.4 ~~All coaches shall complete the background screening as required by USA Swimming. Coaches pay for their own screening, which is valid for two years. The screening is done by an independent firm. Any disputes and appeals are handled through the independent firm and counsel to USA Swimming. To preserve your privacy, do not contact anyone in the LSC or at USA swimming. [USA 502.4.3]~~

206.5 The registration fee will be determined by the House of Delegates.

206.6 ~~Coaches who are going to represent a club shall be registered by that club. Individuals, who wish to be unattached, shall follow the registration process established by USA Swimming register directly with the Metro Office.~~

#### Article 207 - Non-Athlete, Non-Coach Registration

207.1 ~~Any other individual who participates in USA Swimming Metro shall be registered as individual members with Metro. Membership is subject to USA Swimming policies, rules and regulations and Metropolitan Swimming policies and procedures. Membership is a privilege, not a right. Along with membership comes duties and responsibilities. This includes anyone who is an official, meet director, club representative, or safety coordinator.~~

207.2 The registration fee will be determined by the House of Delegates.

#### Article 208 ~~Other Individual Responsibilities~~

208.1 ~~All individual members must abide by the USA Swimming Code of Conduct. [USA 304]~~

#### Article 301 - Types of Meets

301.1 A sanctioned meet is open only to USA Swimming athletes and shall follow all USA Swimming rules. They may be one of the following:

.1 An "Open" meet is open to all registered USA Swimming athletes who meet the entry requirements.

.2 A "Closed" meet is restricted to members of USA Swimming teams that have formed an association to compete amongst themselves and follows all USA Swimming rules.

.3 An "Invitational" meet is open only to those USA Swimming teams that have been invited by the host team. The teams that are invited shall be named in the meet ~~information~~ announcement for the meet to be listed on the Metro website. When inviting all Metro Teams, it may be listed as "All Metro Teams"

.4 A "Championship" meet is a meet open only to Metro athletes and has been so designated by the House of Delegates.

.5 A "Dual/Tri/Quad" meet is a sanctioned competition in which two, three, or four teams compete against each other.

.6 "Time Trials" is a form of competition whereby athletes are trying to achieve a qualifying time. Time Trials are not scored. Time Trials may or may not be restricted to athletes entered in an affiliated meet. The total number of events permitted per day in a Time Trial and its affiliated meet is subject to the USA Swimming rules that limit the number of events per day. ~~Time Trials may not be used for National Age Group Records.~~ Time Trials must have separate sanctions.

.7 An "Approved" meet is open to both USA Swimming athletes and non-USA Swimming athletes but follows all USA Swimming rules. ~~[USA 202.4]~~

.8 USA Swimming athletes in a competition that does not conform to USA Swimming rules such as High School, College, or YMCA Championships may request Observed swims. ~~[USA 202.5]~~

301.2 In all open meets, Metro clubs shall be given priority on a first come / first serve basis if their entries are received by a specified time and date. After that time and date, teams from other LSC's as well as later entries from Metro may be accepted ~~will be entered~~, in the order they were received, as space allows. Teams may establish a second time and date for all entries to be received.

~~301.3 At B Min. meets, entries shall be accepted according to date received. At A or un-classed meets, entries may be cut by date received or according to times submitted but the method shall be stated in the meet bid and entry information.~~

#### Article 302 - Meet Program

302.1 The recommended events for competition are listed in USA Swimming Rule 102.1. Metro may permit a meet host to run a competition with events not listed in the USA Swimming Rules (i.e. Sprint Pentathlon).

302.2 In all non-invitational meets after the 1st Sunday in November until September 1st of the following year, at least 50% of the events shall be from the long events for each sex gender and age group.

10 & Under Short: all 50's and 100 I.M.

10 & Under Long: all 100's except 100 IM, all 200's and longer

11-12 Short: all 50's and 100 I.M.

11-12 Long: all 100's except 100 IM and all 200's and longer

13-14 Short: all 100's and 50 Free

13-14 Long: all 200's and longer

15-18 Short: all 100's and 50 Free

15-18 Long: all 200's and longer

302.3 \$6,000.00 subsidy will be allocated based on the number of clubs that bid and host a distance meet from September through April. The total budget for that season will be divided equally among the accepted meets, with no team exceeding \$1,000 per meet. The distance meet shall be a separate meet with a separated sanction number from any other meet sponsored by that club on the same weekend. All the events shall be on the same day. The 1650/1500 Free may be in a separate session. The events that shall be included are: 11-12 400 IM, 13-14 400 IM, 10 & Under 500 Free, 11-12 500 Free, and Open 1650 Free. The Open 400 IM may be offered at the option of the host club. The age groups in the 400 IM and 500/400 Free may be combined but separate awards shall be given for each age group. Teams that want to add events to this list shall ask the Board prior to receiving their sanction, in writing, for an exception to this rule. The host team may collect entry fees.

#### Article 303 - Meet Entries

303.1 Swimmers are limited to the number of individual events as stated in the meet announcement information. ~~The number of individual events a swimmer competes in per day cannot exceed 5 events for timed finals and 3 events for trials and finals. This includes the total number of events swum in a swim meet and its affiliated time trial. [USA 102.2]~~

303.2 If there is an established qualifying time in an event, then the swimmer shall have met the qualifying time to enter the event. The time shall have been done at a sanctioned, approved, or observed swim meet, or time trial (the time must be in the SWIMS database).



303.3 All changes of entries into a swim meet shall be made through the meet director or other designated meet personnel.

303.4 All entry information shall use the athletes name and ID numbers as recorded by the registrar. Teams are subject to a \$100 fine per individual for third and subsequent errors, for that individual when they are detected by the "recon".

303.5 If an entire team's entry is rejected from a meet the host team shall return all entry items. If a team is partially rejected from a meet all refunds shall be made to the entering team by the first day of the meet. Notification of rejected entries shall be made personally to the coach, swimmer, or club representative prior to seven days before the start of the meet. If notification is not made within the allotted time frame, the swimmer(s) shall be allowed to swim.

303.6 In Metro Championship meets swimmers may not swim in more than two-time trials during the meet and shall abide by the limit on total number of events per day and per meet as follows:

.1 Senior Metropolitan Championships - Swimmers may swim up to 3 individual events per day and 6 events total.

.2 Age Group Championships (formerly Junior Olympics) - Swimmers may swim up to 3 individual events per day. Each Relay must be made of at least 2 athletes entered in individual events.

.3 Silver Championships - Swimmers may swim up to 5 events per day.

.4 Bronze Championships - Swimmers 9-18 may swim up to 4 events per day.

303.7 When entering championship meets, clubs having more than one base, shall enter using a single file and shall pay using 1 check or money order. For all other meets the different bases may enter and pay independently.

303.8 All entries must be submitted using a Hy-Tek or Team Unify computer file or any other program approved by USA swimming.

303.9 All entries are subject to pre-meet recon for proof of times and registration

303.10 The entry deadline for Metro Championships meet shall not be more than 10 days prior to the first day of the meet.

#### Article 304 - Entry Fees

304.1 The maximum entry fee that may be charged at non-invitational meets is:

.1 In short course yards/meters – ~~beginning September 1, 2016~~ – \$5.00 for an Individual Timed Final event, \$6.00 for an Individual Trials & Final event, and \$10.00 for a Relay event.

.2 In long course meets – ~~beginning September 1, 2016~~ – \$6.00 for an Individual Timed Final event, \$7.00 for an Individual Trials & Final event, and \$12.00 for a Relay event. The maximum allowable entry fee for an individual timed finals or trials and finals event for the short course and long course Senior METS championship is \$12.00.

304.2 20% of the entry fees, except those of the host club (Clubs may have an additional host(s) but only one team may be exempt from the surcharge), constitute the Metro surcharge and shall be paid by the host club to Metro. This does not apply to distance meets. Any teams that host Invitationals that invite "all Metro Teams as well as teams from other LSC's will still have the 20% surcharge waived for their swimmers.

304.3 There is a per swimmer surcharge at the following Championship meets:

.1 Senior Met surcharge is \$20.00

.2 Age Group Championships (formerly Junior Olympics) surcharge is \$5.00

.3 Silver Championships surcharge is \$1.00

.4 Bronze Championships surcharge is \$1.00

.5 8 and Under Championship is \$1.00

.6 Metro Championship meets hosted by Metro Clubs shall be allowed to add a facility surcharge up to and not to exceed \$4.00. The Total surcharge of the facility charge plus the Metro surcharge of \$1.00 shall not exceed \$9.00 for Age Group Championships (formerly Junior Olympics) and \$5.00 for Silver, Bronze and 8 and Under Championship meets.

304.4 Entry Fees for Championship meets, excluding Senior Mets, shall be:

- .1 \$7.50 for Timed Finals Events
- .2 \$9.00 for Prelims/Finals Events
- .3 \$15.00 for Relays

#### Article 305 - Scratch Procedure

305.1 Unless otherwise stated, scratches are due 30 minutes prior to the start of the session. Any swimmer who is seeded shall swim the event. Scratch deadlines shall be included in the meet announcement.

~~305.2 In events where it is permitted, a swimmer may declare a false start prior to the start of the event, timed finals events or preliminaries of a trials and finals event, if a seeded swimmer does not want to swim, the procedure is as follows:~~

- ~~.1 The swimmer should obtain a "Declare False Start Report".~~
- ~~.2 The swimmer fills out the name, event, heat, lane, checks off false start, and writes "declared" next to it.~~
- ~~.3 The swimmer shall turn the report in to the Referee at the start of the event and prior to their heat.~~

305.3 In Age Group Championships (formerly JO's), Silvers, Bronze and 8-Under Championship meets, no penalty shall apply for failure to withdraw or compete in an individual event. The missed event will still count against the athlete's event limit for the day and for the meet.

305.4 A swimmer qualifying for a D,C, B, or A (bonus, consolation, championship) final race based upon the results of the preliminaries notifies the Clerk of the Course within thirty (30) minutes after announcement of the qualifiers for that race that they may not intend to compete and further declares their final intentions within thirty (30) minutes following their last individual preliminary event. ~~[USA 207.7.9D]~~

305.5 A swimmer who fails to follow this procedure will be barred from further competition for the remainder of the meet, except as noted in USA Rule 207.7.611E. If this occurs during the last session of a championship meet the swimmer's club will be fined \$150.00 per occurrence.

305.6 Any relay team entered in a relay event at Age Group Championships (formerly Junior Olympics) only and is a no show (NS) ~~they~~ will not be penalized. Any relay team entered in a relay event at Sr. Mets and not properly scratched must swim. Failure to do so will result in each member of the relay team being barred from the next relay event in which they may otherwise be eligible to compete. A relay team member failing to appear ready to swim for a relay event will be barred from his/her next individual event. Relay members who do appear ready to swim shall not be penalized.

#### Article 306 - Warm-up Procedure

306.1 Coaches shall instruct their swimmers regarding the safety guidelines and warm-up procedures at meets. Coaches shall actively supervise their swimmers during the warm-up session at meets.

306.2 The Host Team shall supply Meet Marshals. ~~Marshals shall be clearly identifiable (i.e. Orange safety vest).~~ Coaches supervising swimmers in the pool during warm-up do not qualify as meet marshals. Meet Marshals shall check locker rooms as well as being responsible for safety on deck. ~~Marshals shall have full authority to warn or order to cease and desist, and, with the concurrence of the Referee, to remove, or have removed from the swimming venue anyone behaving in an unsafe manner or using profane or abusive language, or whose actions are disrupting the orderly conduct of the meet.~~

~~[USA 102.18]~~ There shall be at least 1 male and 1 female marshal. The minimum number of required marshals is as follows:

.1 A six lane pool requires two marshals.

.2 An eight-lane pool requires three marshals.

.3 A ten lane pool requires four marshals.

.4 If two different courses are being used, two additional marshals are required.

~~306.3 Warm up times and lane assignments shall be published in the meet information and posted at several locations around the pool area. [USA 202.2.9]~~

306.4 Backstrokers shall ensure that they are not starting when a swimmer is on the blocks. Swimmers are not to step up onto the blocks if there is a backstroker ready to start.

~~306.5 Swimmers shall exit the pool at the completion of their warm-up. This will allow other swimmers adequate warm-up time.~~

~~306.6 Host clubs may establish warm-up procedures for their own swim meets, remembering to include one way sprint lanes and pace lanes if desired, so long as safety considerations are not compromised.~~ Established procedures shall conform to Metro and National policies. Any such procedures shall be announced, and/or posted in the pool area.

306.7 There is no diving into the pool during any warm-up, except for designated one-way sprint lanes.

306.8 These warm-up procedures shall be followed during pre-meet warm-up, warm-ups inserted into the meet program, and warm-ups in any available warm-up/warm-down lanes.

306.9 In Championship meets, if there is a 60-minute warm-up period, the first 30 minutes will general warm-up in all lanes. In a six-lane pool, at 30 minutes prior to the start of the meet, lanes 1 and 6 will be designated for pace, and lane 2 will be designated for one-way sprints, and at 20 minutes prior to the start of the meet lane 5 will also become a one-way sprint lane. In an eight-lane pool, at 30 minutes prior to the start of the meet, lanes 1 and 8 will designated for pace, and lanes 2 and 7 will be designated for one-way sprints, and at 20 minutes prior to the start of the meet lanes 3 and 6 will also become one way sprint lanes. In a ten-lane pool, at 30 minutes prior to the start of the meet, lanes 1, 2 and 10 will designated for pace, and lanes 3 and 9 will be designated for one-way sprints, and at 20 minutes prior to the start of the meet, lanes 2 and 8 will also become one way sprint lanes. The competition pool will be cleared 5 minutes prior to the start of the meet.

306.10 In Championship meets, if there is a 90-minute warm-up period, the first 30 minutes will general warm-up in all lanes. In a six-lane pool, at 60 minutes prior to the start of the meet, lane 1 will designated for pace, at 45 minutes prior to the start of the meet, lane 2 will be designated for one-way sprints and lane 6 for pace, and at 30 minutes prior to the start of the meet, lane 5 will also become a one way sprint lane. In an eight-lane pool, at 60 minutes prior to the start of the meet, lanes 1 and 8 will designated for pace, at 45 minutes prior to the start of the meet, lane 2 will be designated for one-way sprints, at 30 minutes prior to the start of the meet, lane 3 and 7 will also become one way sprint lanes. In a ten-lane pool, at 60 minutes prior to the start of the meet, lanes 1 and 10 will designated for pace, at 45 minutes prior to the start of the meet, lane 2 becomes a pace lane and lanes 3 and 9 will be designated for one way sprints, and at 30 minutes prior to the start of the meet, lane 2 and 8 will also become one way sprint lanes. The competition pool will be cleared 5 minutes prior to the start of the meet.

#### Article 307 - Meet Procedures

307.1 Coaches shall present USA Swimming certifications for access to the deck. Coaches without up-to-date certifications shall not be on the pool deck. ~~DECK PASS LIVE~~ The USA Swimming App may be used to verify coach's registration



307.2 Non-USA Swimming Registered individuals are not permitted on the pool deck at any time during the meet or practice, except for Official Timers.

307.3 Only properly registered USA Swimming certified officials may be used. Clubs may ask the Officials Chair to supply officials for a meet by requesting them 30 days prior to the meet.

307.4 Hazards on deck, in the locker rooms, or in areas used by coaches, swimmers, spectators, or officials shall be removed or clearly marked.

307.5 Meet marshals are responsible for meet safety for the duration of the meet.

307.6 The Host Club is responsible for supplying backup timers for each lane as required by USA Rule 102.12.3 or 102.12.4. Timers should be available 15 minutes prior to the start of the meet to receive instructions by a designated meet official and the lane timing sheets.

307.7 In Metro run Championship meets, clubs will be assigned to supply timers based on their entries in the meet.

307.8 Computer operators who work a "Metro-run" Championship meet from start to finish, including pre-meet and post-meet work, will receive \$150 per session. Person doing Pre-meet preparation only will receive \$75 per session. Person running the computer only or the timing system only will receive \$75 per session. Announcers for Metro run championship meets will receive \$50 per session.

307.9 An announcer shall be on duty for the entire warm-up session to announce lane and/or time changes and to assist with the conduct of the meet.

~~307.10 Bells shall be used to signify the final two lengths of a distance event.~~

~~307.11 Swimmers shall start from within the water if the water depth is 3'6" or below. If the pool depth is above 3'6", but below 4' swimmers may start from the deck or in the water, not the starting platform. [USA 103.2.3]~~

307.12 In all Metro swim meets, awards given for 12 & Under will match the number of lanes in the pool.

307.13 All swim meet sessions shall finish within 4 hours of the announced starting time. The only exception is a club hosted LCM Meet, the host team can run a 13 and older session at 5 hours with no penalty. Sessions set at Open events must follow the 4-hour limit rule. ~~[BOD January 11, 2012]~~

.1 Any session that runs more than 4 hours past the announced starting time shall be reported to the Administrative Vice Chair. There is no grace period, except if there is a major malfunction of the timing system, lightning, power failure, or major problem. ~~[HOD January 18, 2011]~~

.2 The Administrative Vice Chair should consider the following in determining penalties:

A. Whether the violation was caused substantially by a matter beyond the control of the host. Such a violation may require censure and/or probation.

B. The violation was caused unintentionally because of negligence or incompetence. Such a violation requires censure and/or probation and a minimum fine of all entry fees representing those swims which went beyond the four-hour limit.

C. The violation was intentional. Such a violation requires a minimum fine of all entry fees representing those swims which went beyond the four hour limit, an additional monetary fine, a period of probation, and being barred from hosting any meets during the same season and the following short course and long course seasons including any for which sanctions had already been received.

307.14 In multiple session meets, if there are fewer than 60 minutes between the end of one session and the start of warm-up for the next session, the meet host shall provide a meal for coaches. It is recommended that meet hosts provide refreshments for coaches, officials, and volunteers at all swim meets.

307.15 The Host Club shall run the "recon" report at least 7 days prior to the swim meet and send it to the Metro office to certify that all swimmers entered in the meet are registered swimmers and are

eligible to represent the club they are entered with. Clubs that fail to comply will be sent to Board of Review.

## Article 308 - Meet Bidding and Information

### Short Course Meets – September through April

308.1 Bids must be submitted in writing on a Bid Application no later than April 15th. All information must be completed on the application. Payment is required at the time of the bid application. Meet directors listed on the bid application will be contacted by email no later than April 30th with the tentative schedule. Meet directors will have until May 7th to notify the Metro office of any changes/corrections. Final schedule will be posted after the May mandatory HOD meeting. Championship Bids/Schedules – If more than one team bids for a championship meet – those meets will be decided by vote of the HOD. If there is only 1 bid for each meet, those bids will be accepted.

### Long Course Meets – May through August

308.2 Bids must be submitted in writing on a Bid Application no later than February 1st. All information must be completed on the application. Payment is required at the time of the bid application. Meet directors listed on the bid application will be contacted by email no later than Feb. 15th with the tentative schedule. Meet directors will have until February 20th to notify the Metro office of any changes/corrections. Final schedule will be posted on the Metro web site no later than February 28th. Championship Bids/Schedules – If more than one team bids for a championship meet – those meets will be decided by email vote of the HOD. If there is only 1 bid for each meet, those bids will be accepted.

308.3 If bidding for a Metro subsidized distance session, this shall be indicated on the bid.

308.4 Any bids received after the due dates will be assessed a \$50.00 fine if accepted.

308.5 Any other meet on a Metro Championship weekend shall be two levels removed.

308.6 The Board has the right to grant additional meet sanctions if it feels that a significant need exists.

308.7 Once a team is given a sanction, the following penalties will apply for failing to hold the meet:

.1 Canceled more than 12 weeks before the meet or by the Fall meeting of the LSC - loss of sanction fee.

.2 Canceled between 6 and 12 weeks prior to the meet - loss of sanction fee and a fine equal to the sanction fee.

.3 Canceled less than 6 weeks prior to the meet - loss of sanction fee, a fine equal to the sanction fee and the granting of one less sanction in the next year than the number of meets actually held in the year the meet was canceled.

.4 Canceled after the meet information is sent out - loss of sanction fee, a fine equal to the sanction fee and the inability to hold any sanctioned meets the following year.

308.8 The penalties may be waived in part or in whole by the Board of Directors or the House of Delegates. They should consider: a. Was the reason for cancelation beyond the control of the club? b. Was the reason foreseeable? c. Did the reason lie primarily in lack of entries or lack of personnel?

308.9 Any party that feels the penalties have been unfairly applied may appeal to the Board of Review.

308.10 There is a sanction fee of \$25.00 per session except:

308.11 The sanction form and fees shall be sent to the Metro Office. The meet information should not be posted on the web or otherwise distributed until the sanction has been granted.

308.12 Meet directors are required to have meet information posted on the Metro Website. Teams wanting a hard copy shall request it.

308.13 The meet template on Metro website MUST be used and shall include the following: sanction #, date(s), site, class(es), events, start time for warm-up and competition, entry fees, mailing address, meet Director's email address ~~phone number~~, method of cutting entries, awards (number and type), and warm-up procedures. The following items shall also appear in the meet information:

.1 "Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet."

.2 "Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require."

~~.3 Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms and behind the blocks. The use of drone operation also must be included.~~

~~.4 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."~~

~~.5 The meet announcement shall include the pool has/has not been certified in accordance with Article 104.2.2C (4)~~

~~.6 Meet announcements and requirements for approval of competition shall include the all requirements as per USA swimming rules and regulations, as well as Metro meet template~~

~~.7 Beginning September 1st, 2017 All Meet bids must include four officials that are registered to the host team.~~

.8 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.

#### Article 309 - Championship Meet Bids

309.1 A Metro Championship Contract form shall be used to bid on a Championship Meet.

309.2 Clubs hosting a Metro Championship Meet shall send a copy of the Entry Blank to both the Technical Planning Chair and either the Age Group or Senior Chair whichever is appropriate.

309.3 Metro will take responsibility for running ~~Zone Qualifier's and Senior Mets.~~

[All teams bidding to host Metro Championship meets shall provide information about fees for admission, programs, and parking at the time of bidding (to go on Championship Contract Form)]

#### Article 310 - Championship Meets

310.1 There will be 3 sets of time standards for all Senior Championship Meets. The conforming standard is the time in the course the meet is to be conducted in. The other time standards will be calculated from the standard in the conforming course. Entry times for Championship meets may not be converted from another course. The meet eligibility date for all short course Metro Championship meets (Senior Mets, Age Group Championships (formerly JO's), Silvers, Bronze), will be from January 1st of the previous year. For the long course season, the eligibility date will be as of May 1st of the previous year. [~~HOD January 13, 2010~~]

310.2 The Meet Director shall appoint a Technical Jury composed of at least one athlete representative, at least one coach, and at least one, but not more than three other persons. Written protests involving technical rules, except disqualifications due to judgment decisions by the deck officials, shall be made to the meet referee within 30 minutes of the protested act or occurrence. Decisions of the meet referee regarding these protests may be appealed to the Technical Jury, whose decision shall be made the day of the protest and shall be final.

310.3 Championship meets may run over the Metro 4-hour time limit. The meet host or Metro may alter the warm-up time and starting times of sessions to accommodate long sessions. All teams entered in the meet shall be notified of any changes of this nature 7 days in advance of the meet. Each club should provide an e-mail address or other means of being contacted with their entries so that this notification can be made.

310.4 All entries will be verified for registration and time reconciliation using a pre-meet recon file.

310.5 There will be a separate table for the Clerk of Course at championship meets.

310.6 Regions for Championship Meets that are held at multiple sites will be determined by the Technical Planning Committee and posted on the Metropolitan Swimming website.

310.7 Warm-up times for Short Course Senior Mets will be at 7:30AM with a 9:00AM start for prelims and 4:30PM with a 5:30PM start for finals, except for Sunday evening finals, which will have a 4:00PM warm-up with a 5:00 p.m. start for finals. Senior Mets is a trials and finals meet. The starting time for the 1650 or 1500 at Senior Mets will be adjusted so that last preliminary heat would end 10 minutes before start of warm-up for finals. When Senior Mets is held in a facility with no warm down area, the warmup / warm down schedule will be determined by the Senior Chair in conjunction with the Technical Planning Committee. Long Course Senior Mets Championships will follow the same format as the Short Course Senior Mets Championships. The Senior Chair in consultation with Technical Planning may decide to permit Bonus events (event(s) awarded to a swimmer as a result of making a qualifying time), the qualifying time, and the formula for entry based on anticipated size of the meet.

310.8 Updated scratch and check-in procedures at Senior Mets to follow USA Swimming National procedures. Distance events would stay as positive check-in. The prelims events will be due the night before (half hour after the finals session starts). An email address will be provided to scratch remotely. [~~HOD Sept 15th, 2018~~]

310.9 Finals for Age Group Championships (formerly Junior Olympics) will be conducted in Ten lanes. Each age group will have their own cuts (i.e. 11yr old cuts, 12yr old cuts, 13yr old cuts, 14yr old cuts 10 & Under events are swum as timed finals. They will be scored/awarded separately as 9 & Under and 10-year-old events. For the 11-12 and 13-14 age group, there will be 2 'A' finals run at night - a top age (12 or 14) final and a lower age (11 or 13) final.

Medals will be awarded for 1st -3rd in each A Final which will be single age finals, 9u, 10 11, 12, 13 14 and ribbons to be awarded finishers 4th-10th in each final.

A plaque or trophy will be awarded to the individual high point winner for both genders in all single ages. There will be team awards at Age Group Championships (formerly J.O.'s) for 10& Under, 11&12, and 13&14 age groups. 10 & Under will have only 1 relay per day at Age Group Championships (formerly J.O.'s). All 10 & under events, the 11&12 400 IM & 500 Free, 13-14 1000 Free, and the 15-18 1650 Free are run as timed finals. All other events are trials and finals.

310.10 Silver Championships will be held at 3 Regional sites on the same weekend. Each age group will have their own cuts 9 & under, 10, 11, 12, 13,14, 15-18. Swimmers shall achieve the established time which will be .01 slower than the Age Group Championships (formerly J.O.) time standard for that single age. The minimum Silvers time will remain the same for both odd and even ages. At Silver Championships those achieving the Age Group Championships (formerly J.O.) Qualifying Standard will receive an Age Group Championships qualifying ribbon and, may enter the Age Group Championships even if the entry deadline has passed. Medals are awarded for places 1-3 and ribbons for places 4-8 (or remaining lanes in the competition pool)

310.11 Bronze Championships will be held at 3 Regional sites on the same weekend for age 9 through 18. Swimmers shall be slower than the Silver time standard [~~HOD May 16, 2012~~]. Medals are awarded

to as many swimmers as there are lanes in the pool. Ribbons will be awarded to next group of swimmers for as many lanes as there are in the pool.

310.12 Relays may be entered at the lowest priority cut, provided the team has qualified for the event.

#### Article 311 - Post Competition Responsibilities

311.1 Clubs hosting meets shall send a full meet backup within 24 hours of the conclusion of the meet.

Email backup to the National Times Verification Officer([insert email address]) ~~Monique Grayson at monique.grayson@metroswimming.org~~

311.2 ~~Beginning January 1, 2013~~—The following shall be submitted to the Administrative Chair within 30 days after each meet:

- a. Meet Manager Team Fees Report (1 day Prior to the start of the meet),
- b. Meet Manager Team Fees Report (at the end of the meet),
- c. the post competition report,
- d. the income and expense report, and e. a check for the meet surcharges. Host teams are exempt from paying surcharges on entries for their own swimmers

[renumber as needed]

**Location:** Metropolitan Swimming [Policy and Procedures] Article 102  
**Proposed by:** [Allen Wone, SSC HOD Delegate]  
**Purpose:** [Cleanup].  
**Effective Date:** [Effective Immediately]

102.2 Registrations are not valid until they are received, with payment, ~~and accepted by the Metro Office.~~ and processed in SWIMS.

102.3 Renewal registrations are due no later than December 4<sup>st</sup> ~~31<sup>st</sup>~~.

**Location:** Metropolitan Swimming [Policy and Procedures] Article 102  
**Proposed by:** [Allen Wone, SSC HOD Delegate]  
**Purpose:** [Cleanup].  
**Effective Date:** [Effective Immediately]

308.9 Any party that feels the penalties have been unfairly applied may appeal to the ~~Board of Review~~  
Administrative Review Board

**Location:** Metropolitan Swimming Bylaws Article 5.1, 6.2 & 7.4  
**Proposed by:** Allen Wone, SSC HOD Delegate  
**Purpose:** Equity for Official Non-Athlete Members. As it currently stands, the Non-Athlete Officials Members of Metro are the only Members without directly elected board representation. The Athletes have their representatives and the Coaches have their representatives on the Board. This would provide equity for all member types.  
**Effective Date:** Effective Immediately

5.1 MEMBERS - The Board of Directors shall consist of the following officers, committee chairs, coordinators and representatives of MRSI, together with those additional members designated in Sections 5.2 and 5.3:

.15 Officials Representative

6.2 OFFICIALS REPRESENTATIVE - One (1) Representative or Two (2) Co-Representatives shall be elected, in odd years for a two-year term, or until a successor is elected. The election of the Officials Representatives shall be conducted via electronic vote and/or at a meeting called for that purpose by the Officials Representative(s), the Officials Committee or the Board of Directors, and determined by a majority of the Official Members in good standing present and voting or, failing that, at a time and place and in a manner designated by the Board of Directors. At least twenty (20) days' written notice of the election shall be given to all clubs.

The Officials Representative(s) shall be the chair/co-chairs of the Officials Committee and shall be responsible to for the duties of that committee.

7.4.5 B. MEMBERS - The members of the Executive Committee shall be the

- (1) General Chair, who shall act as chair,
- (2) Administrative Vice-Chair,
- (3) Senior Vice-Chair
- (4) Age Group Vice-Chair
- (5) Secretary,
- (6) Finance Vice-Chair,
- (7) Coach Representative,
- (8) Senior Athlete Representative, and
- (9) Junior Athlete Representative, and
- (10) Officials Representative



**Location:** Metropolitan Swimming Bylaws 7.3 and Policies and Procedures 418.2  
**Proposed by:** Board of Directors  
**Purpose:** To prevent inappropriate withholding of consent by one Board member from limiting membership on LSC committees.  
**Effective Date:** Effective Immediately

#### Bylaws

7.3 COMMITTEES In addition to the standing committees listed herein, the Board of Directors and the House of Delegates are each authorized to establish additional committees to meet programming needs. Except as otherwise provided in these Bylaws or the MRSI Policies and Procedures, members of each committee shall be appointed by the ~~General Chair~~ chair of the committee with the advice and consent of the ~~respective division chair and the chair of the committee~~ Board of Directors. Athlete members of each committee shall be appointed by the ~~General Chair~~ chair of the committee with the advice of the Board of Directors ~~Senior Athlete Representative~~. Athlete membership shall constitute at least twenty percent (20%) of the voting membership of every committee. The division chair shall be an ex officio member, with voice and vote, of each committee within the respective division.

#### Policies and Procedures Manual

418.2 ~~The members of the Officials' Committee are appointed by the Officials' Chair with the advice and consent of the Administrative Vice-Chair.~~ With the exception of the Athlete Representatives, all committee members must be certified officials in good standing and they will be appointed for two-year, renewable terms. The Committee will consist of the following: The Officials' Chair, a New Officials' Training Coordinator, an Advancement and Certification Coordinator, an At-Large member, and two Athlete Representatives. The Administrative Vice-Chair will have a voice on the Committee but no vote. The New Officials' Training Coordinator and the Advancement and Certification Coordinator must have a minimum of three years' experience as a certified Referee and must have, at a minimum, current N2 DR certification and preferably will have current N3 DR, SR, and CJ certifications. The At-Large member must, at a minimum, be certified as a Stroke and Turn Judge within the LSC.