



2024 Metro Bronze Central Championships

**Hosted by the:
Kips Bay Makos Swim Team
Friday, Saturday, and Sunday
March 22-24, 2024
@ Mark Twain Pool**

Central Teams:

APEX Swim Club, Asphalt Green, Brooklyn Otters, Badger Swim Club, Brooklyn Stingrays, CAS Stingrays, Central Queens YMYWHA, Condors Westchester, Cross Island Y Barracudas, Flushing YMCA, Freedom Aquatics, HES Hurricanes, Harbor Seals/ Bay Ridge, Kips Bay Makos, LaGuardia Twisters, Lion Swim Academy, Manhattan Makos, McBurney Manta Rays, Match Point NYC, Nile Crocodile Aquatic Club, Nu Finmen, New Settlement Community Center, New York City Aquatic Club, NYC Parks, Queens Aquatic Club, Riverbank Redtails, Marlins Shorefront Y, Staten Island Aquatic Club, Swim Tech, Trident Swim Club, Trident Aquatic Club, Westchester Wolverines, Watersign Aquatics, 92nd Street Flying Dolphins

Sanction- # 240309 / Time Trail - # 240356-TT

2024 Metro Bronze Championships- Central

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction- # 240309 / Time Trail - # 240356-TT										
LOCATION:	Mark Twain Pool, 160 Woodlawn Avenue, Yonkers, NY, 10704										
FACILITY:	25-yard pool with eight 6-foot lanes and non-turbulent lane lines. Colorado Electronic timing system. The competition course has not been certified in accordance with Article 104.2.2C (4). No smoking allowed in the building. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents, and children are restricted to the pool area and spectators' stand and are not authorized to be in any other part of the building.										
SESSIONS:	<table><tr><td>Session 1: Friday PM:</td><td>4:00 PM Warm Up/ 5:00 PM Start</td></tr><tr><td>Session 2: Saturday AM</td><td>8:00 AM Warm Up/ 9:00 AM Start</td></tr><tr><td>Session 3: Saturday PM</td><td>1:00 PM Warm Up/ 2:00 PM Start</td></tr><tr><td>Session 4: Sunday AM</td><td>8:00 AM Warm Up/ 9:00 AM Start</td></tr><tr><td>Session 5: Sunday PM</td><td>1:00 PM Warm Up/ 2:00 PM Start</td></tr></table> <p>** Afternoon Session warm-up and start time may be adjusted after the meet entry deadline. All teams will be notified via email.</p>	Session 1: Friday PM:	4:00 PM Warm Up/ 5:00 PM Start	Session 2: Saturday AM	8:00 AM Warm Up/ 9:00 AM Start	Session 3: Saturday PM	1:00 PM Warm Up/ 2:00 PM Start	Session 4: Sunday AM	8:00 AM Warm Up/ 9:00 AM Start	Session 5: Sunday PM	1:00 PM Warm Up/ 2:00 PM Start
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FORMAT:	This is a SCY meet. Timed finals format. No Deck entries allowed. This swim meet will be deck seeded. See scratch procedure below.										
ELIGIBILITY:	Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers in the CENTRAL REGION . All swimmers participating in this meet must be registered by the first day of the meet. Age on March 22, 2024, will determine age for the entire meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in article 302. Athletes 18 years of age will need to have their APT completed. No Deck Registrations will be accepted...										
DISABILITY SWIMMERS:	Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.										
ENTRIES:	<p>All athletes are limited to entering a maximum of (4) events per session, except Friday (2) events. 8 & Under swimmers are not permitted to compete in this meet. Entry times cannot be faster than BRONZE times as specified by Metropolitan Swimming 2023-24-time standards. NT entries are not permitted. Events must have been swum at least once before. Entry times must have been achieved between January 1, 2023, and the meet entry deadline, March 17, 2024. A SWIMS Times Recon will be done one week prior to the meet. Times must have been achieved within the qualifying time period and must be in the SWIMS database. Times cannot be converted from meter times. Entry Times not in the SWIMS database will be removed. No new entries will be accepted after the SWIMS Times Recon is sent.</p> <p>U.S. Mail Entries/Payment to: Metro Swim League 135 Larch Avenue Bogota, NJ 07603</p> <p>Email Entries/Confirm Entry Receipt: Eddie.Oyola@KipsBay.org</p>										

DEADLINE:	This is a Metro Championship Meet (Metro Central Teams Only). The final entry deadline for this meet is March 17, 2024 . An email confirming receipt of entries if you provide an email contact. Please contact the Meet Director if you do not receive such a report within 2 days of your original email.
ENTRY FEE:	<p>The entry fee is \$7.50 per individual event, \$1.00 per Swimmer Surcharge and a \$4.00 Facility Surcharge (\$5.00 total). The entry fees must accompany the entries.</p> <p>Make check payable to: Metro Swim League Payment must be received by March 22, 2024, for email entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</p>
WARM-UP:	Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warmups will include general warm up lanes and sprint lanes. One Way Sprint lanes must be monitored by the swimmers' coach. All swimmers must enter the pool from the starting end of the pool. One Way sprint lanes will start 20 minutes before the end of the warm ups at the competition end of the pool.
SCRATCHES:	Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual event scratches and which swimmers will not be participating in the session.
COACHES:	In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
AWARDS:	<ul style="list-style-type: none"> - Individual medals for 1st through 8th place - Ribbons 9th through 16th place for swimmers below the "silver" minimum standard. - Overachiever Ribbons will be awarded to swimmers who swim Silver and JO qualifying times in an event for the first time at this meet - Awards can only be picked up by a coach during the meet. Any awards not picked up will NOT be mailed.
OFFICIALS:	<p>Meet Referee: Jeanette Miranda - jeannettemiranda@gmail.com Officials wishing to volunteer should contact the Meet Referee by March 17, 2024 Google Link will be emailed to all coaches via Email.</p>
ADMIN. OFFICIAL:	Eddie Oyola- Eddie.Oyola@KipsBay.org (917)318-1549
MEET DIRECTOR:	Michael Gonzalez- MGonzalez5@YonkersPublicSchools.org
RULES:	The current USA Swimming Rules and Regulations will apply. The USA Swimming Code of Conduct is in effect for the duration of the meet. The overhead start procedure may be used at the discretion of the meet Referee.
SAFETY:	Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member coach, it is the responsibility of the swimmer, or the swimmer's

<p>MAAPP POLICY:</p>	<p>legal guardian, to ensure compliance with this requirement. First Line of response: LG, then EMS if required.</p> <p>All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</p>
<p>WATER DEPTH:</p>	<p>12 feet deep end, 4 feet shallow end</p>
<p>DISCLAIMER:</p>	<p>Upon acceptance of his/her entries, the participant waives all claims against Kips Bay Boys & Girls Club, Metropolitan Swimming Inc., USA Swimming Inc., and their agents, or representatives for any injury occurring as a result of the meet. It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.</p>
<p>AUDIO/VISUAL STATEMENT:</p>	<p>Use of Audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms, locker rooms. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present are prohibited.</p>
<p>DECK CHANGING:</p>	<p>Deck changes are prohibited. Violators will be removed from the meet.</p>
<p>ADMISSION:</p>	<p>Admission Adults \$10.00/Children (Under 12) \$5.00 for spectators per session. Combo Tickets for both sessions will be \$15.00 small children 5 years and under are free Tickets must be purchased at ticket leap. Link will be shared two weeks before the event. Program available on Meet Mobile</p>
<p>MERCHANTS:</p>	<p>Food will be sold at the meet. Pinero Print Shop will provide apparel sales during the event.</p>
<p>PARKING:</p>	<p>Free parking provided at the Montessori Academy and on the streets around the building.</p>
<p>DIRECTIONS:</p>	<p>Directions: from the North (choose 1 from below) Taconic Parkway South to Sprain South to Bronx River Parkway South. After Cross County Parkway exits, take the Second Bronx River Road Exit. Make a right onto Bronx River Road and the immediate left onto Wakefield Avenue. Go approximately 5 blocks. The pool entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.</p> <p>87 South to Exit 4, Cross County Parkway. Stay on Service Road South to Yonkers Avenue. Make a left onto Yonkers Avenue. Continue for approximately .25 mile and make a right onto Kimball Avenue. Bear left onto Sterling Avenue, Then Bear Left onto Woodlawn Avenue. Pool Entrance is at the corner of Wakefield Avenue and Woodlawn Avenue.</p> <p>DIRECTIONS: from Long Island Take 495 Long Island Expressway West towards Whitestone Bridge. Merge onto Cross Island Parkway North. Merge onto I295 North via Exit 33 Bronx/New England. Merge onto I695 /North Throgs Neck Expressway via Exit 10, I95 New Haven. I695 /North Throgs Neck becomes I95 North. Take the Baychester Avenue Exit 12 on the left. Turn slight right onto Baychester Avenue. Baychester Ave becomes East 241st street. East 241st becomes Wakefield Avenue. Turn right onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.</p> <p>DIRECTIONS: from NY City 87 North towards Albany. Take East 233rd Street Exit 13. Stay Straight on East 233rd Street and make 1st left onto Van Courtland Park East. Van Courtland Park east becomes Kimball Avenue. Turn Right onto Wakefield Avenue. Turn Left onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.</p>

Bronze Championship Central March 22-25, 2024

Friday, March 22, 2024

Session 1 (all age groups)

Warm-up 4:00 PM – Start 5:00 PM

GIRLS	No Faster Than	Events	No Faster Than	BOYS
1	3:14.00	9-10 200 IM	3:14.00	2
3	2:47.00	11-12 200 Back	2:42.80	4
5	5:26.00	13-14 400 IM	5:09.00	6
7	5:23.30	15-18 400 IM	4:45.90	8
9	7:22.00	9-10 500 Free	7:22.00	10
11	3:11.20	11-12 200 Breast	3:03.50	12
13	2:57.00	13-14 200 Breast	2:47.90	14
15	2:51.00	15-18 200 Breast	2:36.80	16
17	2:49.60	9-10 200 Free	2:49.60	18
19	2:49.40	11-12 200 Fly	2:49.40	20
21	2:34.00	15-18 200 Fly	2:25.00	22
23	5:50.60	13-14 500 Free	5:51.00	24
25	6:20.80	11-12 500 Free	6:32.00	26

Bronze Championship Central March 22-25, 2024

Saturday, March 23, 2024

Session 2 (11-12s/ 13-14s)

Warm-up 8:00 AM – Start 9:10 AM

GIRLS	No Faster Than	Events	No Faster Than	BOYS
27	2:25.90	11-12 200 Free	2:26.00	28
29	2:17.00	13-14 200 Free	2:14.20	30
31	40.60	11-12 50 Breast	40.30	32
33	1:23.50	13-14 100 Breast	1:16.70	34
35	31.00	11-12 50 Free	30.70	36
37	1:03.10	13-14 100 Free	59.60	38
39	1:19.50	11-12 100 Back	1:17.50	40
41	2:36.30	13-14 200 Back	2:27.10	42
43	1:19.40	11-12 100 Fly	1:17.50	44
45	2:36.60	13-14 200 Fly	2:29.60	46
47	2:48.10	11-12 200 IM	2:48.00	48

Session 3 (9-10s/15-18s)

Warm-up 1:00 PM – Start 2:10 PM

GIRLS	No Faster Than	Events	No Faster Than	BOYS
49	1:28.60	9-10 100 IM	1:28.60	50
51	2:10.60	15-18 200 Free	1:58.00	52
53	47.80	9-10 50 Breast	48.60	54
55	1:20.90	15-18 100 Breast	1:10.90	56
57	35.20	9-10 50 Free	35.20	58
59	1:01.10	15-18 100 Free	54.20	60
61	1:33.10	9-10 100 Back	1:37.10	62
63	2:29.30	15-18 200 Back	2:16.90	64
65	1:38.00	9-10 100 Fly	1:38.00	66
67	1:09.60	15-18 100 Fly	1:02.60	68

Bronze Championship Central March 22-25, 2024

Sunday, March 24, 2024

Session 4- (11-12s/ 13-14s)

Warm-up 8:00 AM – Start 9:10 AM

GIRLS	No Faster Than	Events	No Faster Than	BOYS
69	1:18.70	11-12 100 IM	1:17.20	70
71	1:12.70	13-14 100 Back	1:08.30	72
73	1:08.30	11-12 100 Free	1:07.00	74
75	28.80	13-14 50 Free	26.80	76
77	34.60	11-12 50 Fly	34.70	78
79	2:41.50	13-14 200 IM	2:31.10	80
81	36.10	11-12 50 Back	36.10	82
83	1:11.60	13-14 100 Fly	1:07.10	84
85	1:28.70	11-12 100 Breast	1:26.50	86

Session-5 (9-10s/15-18s)

Warm-up 1:00 PM – Start 2:10 PM

GIRLS	No Faster Than	Events	No Faster Than	BOYS
87	42.40	9-10 50 Fly	43.90	88
89	2:30.00	15-18 200 IM	2:27.80	90
91	1:46.20	9-10 100 Breast	1:48.40	92
93	1:10.10	15-18 100 Back	1:03.90	94
95	41.90	9-10 50 Back	42.90	96
97	28.60	15-18 50 Free	25.20	98
99	1:18.50	9-10 100 Free	1:18.50	100
101	5:40.00	15-18 500 Free	5:18.00	102



Metropolitan Swimming Photographer Registration Form

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

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

THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.

Name _____

Phone Number _____

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

Type of ID _____ # _____

Taking photos of _____

On behalf of _____

Purpose _____

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

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

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

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature _____ Today's Date _____

Meet _____ Location _____

Date(s) of meet _____ last updated 11/2/2022