

# **2024 Metro Silver Championship Central**

Hosted by:  
**Westchester Aquatic Club**

**Friday, February 23 - Sunday, February 25, 2024**

**Apex Pool, Lehman College, Bronx, New York**

**Sanction # 240210, 240258-TT**



## **The following teams can participate in Silvers Central:**

APEX Swim Club, Asphalt Green, Brooklyn Otters, Badger Swim Club, Brooklyn Stingrays, CAS Stingrays, Central Queens YMYWHA, Cross Island Y Barracudas, Flushing YMCA, Freedom Aquatics, HES Hurricanes, Harbor Seals/ Bay Ridge, Kips Bay Makos, LaGuardia Twisters, Long Island Express (Silvers Only), 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

<b>SANCTION:</b>	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 240210, 240258-TT
<b>LOCATION:</b>	Apex, Lehman College CUNY, Bronx, NY Lehman College, 250 Bedford Park Blvd West, Bronx NY 10468
<b>FACILITY:</b>	Lehman College is an 8 lane 50 Meter pool with a bulkhead. The meet will start in the deep end of the pool. Dak Tronics electronic timing system and an 8-line scoreboard. The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming.
<p><b>NO SMOKING ALLOWED IN THE BUILDING.</b> 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 stands and are not authorized to be in any other part of the building.</p>	
<b>SESSIONS:</b>	<p><b><u>TENTATIVE WARM-UP TIMES:</u></b></p> <p>Friday Evening: <b>5:00 PM</b> warm-up, <b>6:00 PM</b> start. Saturday and Sunday AM Sessions: <b>8:00 AM</b> warm-up, <b>9:00 AM</b> start. Saturday and Sunday PM Sessions: <b>2:00 PM</b> warm-up, <b>3:00 PM</b> start.</p> <p>Warm-up and Session times may be adjusted based on entries received. Any changes in warm up/session times will be posted 1 week before the start of the meet.</p>
<b>FORMAT:</b>	This meet is a timed finals format. Entries must comply with <b>2024</b> Silvers Championships time standards as published by Metro Swimming (copy of which is included in the meet packet). This is a championship meet and there will be no cuts, but to be accepted, all entries must be received by the cut-off date.
<b>ELIGIBILITY:</b>	Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. "Deck Registrations" will NOT be accepted
<p>Age on <b>February 23, 2024</b> will determine age for the entire meet. Qualifying times must be achieved between <b>January 1, 2023</b>, and the entry deadline.</p> <p>No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302.</p>	

**ADDITIONAL  
ELIGIBILITY:**

As voted on at the BOD of February 28, 2013: If a swimmer ages-up to a new age group between the first day of Silvers (**February 23, 2024**) and the first day of MRAG's (**March 8, 2024**), and that swimmer has a MRAG qualifying time in the age group they are during Silvers (making that swimmer ineligible to swim at Silvers), but that swimmer does not have a MRAG qualifying time in that same event in the new age group by the meet extension deadline of MRAG's, that swimmer would be able to swim that event as exhibition/non award at Silvers.

**Example:** Jane Doe is 10-year-old as of February 23 on the first day of Silvers; her time in the 50 free is 31.00 (which is a MRAG time in the 50 free) so she can't swim that event at Silvers. Now her 31.00 in the 50 free is too slow for MRAG's in the 11-12 age group. So now under this proposal, Jane would be allowed to swim the 50 free at Silvers in the 11-12 age group as Exhibition only.

Entries for that swimmer should be clicked as X (exhibition) in Team Manager. In addition, the name of the swimmers involved in this new rule, should be clearly added in the text of the Silvers Entries.

**DISABILITY  
SWIMMERS:**

Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodations you might require. The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.

**ENTRIES:**

Swimmers may be entered in a maximum of 2 individual events for the Friday night session, 5 maximum individual events for each of the Saturday and Sunday sessions. All entries must be in yards. NT's will not be accepted. Events must have been swum at least once before. A SWIMS Times Recon will be done at least one week prior to the meet. Times must have been achieved within the qualifying time period and must be in the SWIMS database. Entry times not found in the SWIMS will be scratched. Times cannot be converted times.

Time trials will only be run if time allows and at the discretion of the Meet Director and Meet Referee. Swimmers are permitted no more than 2 time trials for entire meet and they will count towards the 5 event per day maximum per swimmer. The cost is **\$15.00** per time trial and must be paid in cash.

An Entry Report, with proof of times, must accompany the entries.

U.S. Mail Payment to: Westchester Aquatic Club, 5 White Birch Road South, Pound Ridge, New York 10576

Email Entries/Confirm Entry Receipt: Carleswim@aol.com

Westchester Aquatic Club may waive meet entry fees and facility surcharge for registered outreach swimmers.

Coaches should contact the meet director and identify register swimmers whom they wish considered for waiver of fees when submitting meet entries.

**DEADLINE:**

- This is a Metro Championship Meet (**Metro Central Teams Only**).
- The final entry deadline for this meet is **February 13, 2024**.
- Only new Silver cuts achieved from **February 14, 2024 through February 22, 2024** will be added. No updates of times.

An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.

**ENTRY FEE:**

Entry fees are **\$7.50** per individual event.

A Metro Surcharge of **\$1.00** and Facility Surcharge of **\$4.00** per swimmer must accompany the entries. Make check payable to: Westchester Aquatic Club

Payment must be received by **February 23rd, 2024** for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

**WARM-UP:**

Warm-up lane assignments will be given at meet.

**SCRATCHES:**

Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.

Metropolitan Scratch Procedures will be followed. Please consult your **GUIDELINES**. Coaches must make sure their swimmers understand that once they are scratched, they will not be re-entered in the meet. Coaches, advise your swimmers to leave plenty of time for traffic, etc. The coach of a swimmer that was seeded in an event and is a **NO SHOW (NS)** in the event, must positively check the swimmer for the next days events in order for that swimmer to be eligible to compete in the rest of the meet.

**DECK  
CHANGING:**

Deck changes are prohibited.

**COACHES:**

In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

**AWARDS:**

Individual awards will be medals 1st through 3rd and ribbons 4th through 6th. Overachiever awards will be given for all first time MRAG cuts.

Awards can only be picked up by a coach during the meet. Any awards not picked up will NOT be mailed.

**MEET REFEREE:**

**Flick Marinello**, email: [flickdance@msn.com](mailto:flickdance@msn.com) 845-406-1103 Officials wishing to volunteer should contact the Meet Referee by **February 8, 2024**.

**ADMIN. OFFICIAL:** Wendy Martinez

**MEET DIRECTOR:** Carle Fierro

**RULES:** The current USA Swimming Rules and Regulations will apply. The USA Swimming Code of Conduct is in effect for the duration of the meet. The overhead start procedure may be used at the discretion of the meet Referee. **SAFETY:** All swimmers must wear footwear upon leaving the pool area. Metropolitan Swimming Safety Guidelines and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. "Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water without the use of the backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer, or the swimmer's legal guardian, to ensure compliance with this requirement".

**MAAPP POLICY:** 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 condition of participation in the conduct of this competition.

**WATER DEPTH:** Information about water depth measured for a distance of 3 feet 3-1/2 inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls. 12'6" deep: 1.0 meter from deep/dive end & 8': 5.0 meters from dive end. 3'6" deep: 1.0 meters from shallow/turn end 4'6" deep 5.0 meters from turn end.

**AUDIO / VISUAL STATEMENT:** Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms. The same devices are also not permitted behind the starting blocks. 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.

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Westchester Aquatic Club, CUNY, Lehman College, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet. "It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be free from liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event."

First Line of response: LG, then campus security and EMS if required. An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID- 19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed

to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading

COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER

RELEASE AND HOLD HARMLESS Three Village Swim Club, Three Village Central School District, Metropolitan Swimming Inc., USA Swimming Inc., AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION

**ADMISSION:** Adults \$10.00. All Others \$5.00

**MERCHANTS:** A snack bar will be available in the lobby. For the Saturday Afternoon Session, it will be limited selections. Metro Swim Shop will be selling Meet Swag and swim items as well.

A professional photographer will be on site. Details will be provided to the coaches via email.

**Parking** Parking Lot Adjacent to the Apex Pool and on the street.

**Directions** <https://maps.app.goo.gl/Qtkw4duBGuQzMwbd6>

Girls Event #	Sliver Qualifying Time	Silver Max Time	SESSION 1 - FRIDAY Warm-up - 5:00 PM Start - 6:00 PM	Sliver Qualifying Time	Silver Max Time	Boys Event #
1	7:21.99	7:15.00	9&U 500 Freestyle	7:21.99	7:15.00	2
3	7:21.99	6:45.00	10 YO 500 Freestyle	7:21.99	6:46.00	4
3	2:25.89	2:19.00	11 YO 200 Freestyle	2:25.99	2:19.00	6
7	2:25.89	2:11.50	12 YO 200 Freestyle	2:25.99	2:09.60	8
9	5:25.99	5:02.40	13 YO 400 IM *	5:09.79	4:47.10	10
11	5:25.99	4:57.60	14 YO 400 IM *	5:09.79	4:39.80	12
13	5:50.99	5:30.00	11 YO 400 IM *	5:52.99	5:30.00	14
15	5:50.99	5:20.20	12 YO 400 IM *	5:52.99	5:18.10	16
17	5:23.29	5:00.00	15-18 400 IM *	4:45.89	4:36.00	18
19	5:50.59	5:33.00	13 YO 500 Freestyle *	5:50.99	5:21.80	20
21	5:50.59	5:27.00	14 YO 500 Freestyle *	5:50.99	5:14.00	22
23	5:39.99	5:30.00	15-18 500 Freestyle *	5:17.99	5:08.00	24

\* **Swimmers MUST provide their own timers and counters for the 11 & Overs 400 IM & 500 Freestyle**

Girls Event #	Sliver Qualifying Time	Silver Max Time	SESSION 2 - SATURDAY Warm-up - 8:00 AM Start - 9:00 AM	Sliver Qualifying Time	Silver Max Time	Boys Event #
25	2:16.99	2:05.20	13 YO 200 Freestyle	2:14.19	2:00.00	30
27	2:16.99	2:02.80	14 YO 200 Freestyle	2:14.19	1:56.00	32
29	47.79	45.90	9&U 50 Breaststroke	48.59	46.50	34
31	47.79	42.70	10 YO 50 Breaststroke	48.59	43.10	36
33	1:23.49	1:14.60	13 YO 100 Breaststroke	1:16.69	1:10.70	38
35	1:23.49	1:13.40	14 YO 100 Breaststroke	1:16.69	1:08.70	40
37	35.19	33.50	9&U 50 Freestyle	35.19	33.70	42
39	35.19	31.90	10 YO 50 Freestyle	35.19	31.80	44
41	28.79	26.50	13 YO 50 Freestyle	26.79	25.40	46
43	28.79	26.10	14 YO 50 Freestyle	26.79	24.40	48
45	1:33.09	1:26.00	9&U 100 Backstroke	1:37.09	1:27.00	50
47	1:33.09	1:20.00	10 YO 100 Backstroke	1:37.09	1:20.80	52
49	1:12.69	1:05.20	13 YO 100 Backstroke	1:08.29	1:03.20	54
51	1:12.69	1:04.00	14 YO 100 Backstroke	1:08.29	1:01.20	56
53	42.39	38.50	9&U 50 Butterfly	43.89	38.50	58
55	42.39	36.50	10 YO 50 Butterfly	43.89	36.50	60
57	1:11.59	1:04.10	13 YO 100 Butterfly	1:07.09	1:01.70	62
59	1:11.59	1:02.90	14 YO 100 Butterfly	1:07.09	59.50	64
61	3:13.99	3:00.00	9&U 200 IM	3:13.99	3:00.00	66
63	3:13.99	2:50.40	10 YO 200 IM	3:13.99	2:52.40	68
65	2:41.49	2:21.20	13 YO 200 IM	2:41.49	2:21.20	70
67	2:41.49	2:18.80	14 YO 200 IM	2:31.09	2:10.00	72

Girls Event #	Sliver Qualifying Time	Silver Max Time	<b>SESSION 3 -SATURDAY PM</b> <b>Warm-up 2:00 PM</b> <b>Start 3:00 PM</b>	Sliver Qualifying Time	Silver Max Time	Boys Event #
69	3:11.19	3:00.00	11 YO 200 Breaststroke	3:03.49	3:00.00	70
71	3:11.19	2:52.70	12 YO 200 Breaststroke	3:03.49	2:53.60	72
73	2:10.59	2:02.50	15-18 200 Freestyle	1:57.99	1:52.50	74
75	1:19.49	1:12.00	11 YO 100 Backstroke	1:17.49	1:12.00	76
77	1:19.49	1:08.50	12 YO 100 Backstroke	1:17.49	1:08.80	78
79	1:20.89	1:14.00	15-18 100 Breaststroke	1:10.89	1:05.70	80
81	30.99	29.30	11 YO 50 Freestyle	30.69	29.30	82
83	30.99	27.90	12 YO 50 Freestyle	30.69	27.50	84
85	28.59	26.30	15-18 50 Freestyle	25.19	23.70	86
87	40.59	38.70	11 YO 50 Breaststroke	40.29	39.00	88
89	40.59	36.60	12 YO 50 Breaststroke	40.29	36.50	90
91	1:10.09	1:04.50	15-18 100 Backstroke	1:03.89	58.80	92
93	34.59	32.10	11 YO 50 Butterfly	34.69	32.50	94
95	34.59	30.30	12 YO 50 Butterfly	34.69	30.90	96
97	1:09.59	1:03.00	15-18 100 Butterfly	1:02.59	57.00	98
99	2:48.09	2:34.50	11 YO 200 IM	2:47.99	1:34.50	100
101	2:48.09	2:27.60	12 YO 200 IM	2:47.99	2:27.60	102
103	2:29.99	2:19.00	15-18 200 IM	2:27.79	2:07.00	104
105	2:46.99	2:36.00	11 YO 200 Backstroke	2:42.79	2:37.00	106
107	2:46.99	2:29.60	12 YO 200 Backstroke	2:42.79	2:32.60	108

Girls Event #	Sliver Qualifying Time	Silver Max Time	SESSION 4 - Sunday AM Warm-up 8:00 AM Start 9:00 AM	Sliver Qualifying Time	Silver Max Time	Boys Event #
109	1:18.49	1:15.50	9&U 100 Freestyle	1:18.49	1:17.00	110
111	1:18.49	1:10.20	10 YO 100 Freestyle	1:18.49	1:10.20	112
113	1:03.09	57.70	13 YO 100 Freestyle	59.59	55.20	114
115	1:03.09	56.40	14 YO 100 Freestyle	59.59	53.00	116
117	41.89	39.50	9&U 50 Backstroke	42.89	39.50	118
119	41.89	36.90	10 YO 50 Backstroke	42.89	37.10	120
121	2:36.29	2:19.50	13 YO 200 Backstroke	2:27.09	2:15.90	122
123	2:36.29	2:17.10	14 YO 200 Backstroke	2:27.09	2:15.90	124
125	1:46.19	1:40.00	9&U 100 Breaststroke	1:48.39	1:40.00	126
127	1:46.19	1:35.00	10 YO 100 Breaststroke	1:48.39	1:34.20	128
129	2:56.99	2:41.20	13 YO 200 Breaststroke	2:47.89	2:33.40	130
131	2:56.99	2:38.80	14 YO 200 Breaststroke	2:47.89	2:29.40	132
133	1:37.99	1:33.00	9&U 100 Butterfly	1:37.99	1:35.00	134
135	1:37.99	1:27.00	10 YO 100 Butterfly	1:37.99	1:27.20	136
137	2:36.59	2:27.20	13 YO 200 Butterfly	2:29.59	2:20.40	138
139	2:36.59	2:24.80	14 YO 200 Butterfly	2:29.59	2:16.40	140
141	1:28.59	1:26.00	9&U 100 IM	1:28.59	1:28.00	142
143	1:28.59	1:21.00	10 YO 100 IM	1:28.59	1:21.00	144
145	2:49.59	2:40.00	9&U 200 Freestyle	2:49.59	2:42.50	146
147	2:49.59	2:31.20	10 YO 200 Freestyle	2:49.59	2:32.40	148

Girls Event #	Sliver Qualifying Time	Silver Max Time	SESSION 5 - SUNDAY PM Warm-up 2:00 PM Start 3:00 PM	Sliver Qualifying Time	Silver Max Time	Boys Event #
149	2:49.39	2:46.00	11 YO 200 Butterfly	2:45.39	2:46.00	150
151	2:49.39	2:39.60	12 YO 200 Butterfly	2:45.39	2:46.00	152
153	1:08.29	1:03.20	11 YO 100 Freestyle	1:06.99	1:03.20	154
155	1:08.29	1:00.30	12 YO 100 Freestyle	1:06.99	1:00.10	156
157	1:01.09	57.00	15-18 100 Freestyle	54.19	51.50	158
159	36.09	33.80	11 YO 50 Backstroke	36.09	33.80	160
161	36.09	31.90	12 YO 50 Backstroke	36.09	31.90	162
163	2:29.29	2:20.00	15-18 200 Backstroke	2:16.89	2:09.00	164
165	1:28.69	1:23.50	11 YO 100 Breaststroke	1:26.49	1:24.60	166
167	1:28.69	1:19.50	12 YO 100 Breaststroke	1:26.49	1:18.80	168
169	2:50.99	2:41.00	15-18 200 Breaststroke	2:36.79	2:26.00	170
171	1:19.39	1:13.10	11 YO 100 Butterfly	1:17.59	1:13.50	172
173	1:19.39	1:08.60	12 YO 100 Butterfly	1:17.59	1:10.00	174
175	2:33.99	2:27.00	15-18 200 Butterfly	2:24.99	2:12.00	176
177	1:18.69	1:13.00	11 YO 100 IM	1:17.19	1:13.00	178
179	1:18.69	1:09.80	12 YO 100 IM	1:17.19	1:09.80	180
181	6:20.79	6:06.00	11 YO 500 Freestyle *	6:31.99	6:06.00	182
183	6:20.79	5:55.00	12 YO 500 Freestyle *	6:31.99	5:52.00	184

\* Swimmers MUST provide their own timers and counters for the 500 Freestyle



## Metropolitan Swimming Photographer Registration Form

**As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in 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 an 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 \_\_\_\_\_