



2025 MR Long Course Junior Metropolitan Championships
July 18 – July 20, 2025

Sanction # 250704

General Chair:	David Rodriguez	Meet Director: Alexis Skelos
Age Group Chair:	Jonah Montgomery & John Yearwood	
Coach Representative:	Zac Hojnacki	
Athlete Representative:	Jamila Smith	
Meet Jury:	Metro Age Group Chairmen, A Metro Athlete, A Metro Coach, Meet Referee, Meet Director / Metro Board Member (3 people min. – different each day)	

All entries must be emailed to entries.liac@gmail.com

2025 MR Long Course Junior Metropolitan Championships

July 18 – July 20, 2025

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 250704
LOCATION:	Nassau County Aquatic Center Eisenhower Park, East Meadow, NY 11554
FACILITY:	10 Lane by 50 meter competition pool w/ 2 meter min depth. 6 lane by 25 meter warm up pool w/ 2 meter min depth The competition course Has Not been certified in accordance with Article 104.2.2C (4)
SESSIONS:	Session 1: Friday, July 18 Warm-ups 7:45 AM Session Starts at 9:00 AM Session 2: Friday, July 18 Warm-ups 2:00 PM Session Starts at 3:15 PM Session 3: Saturday, July 19 Warm-ups 7:45 AM Session Starts at 9:00 AM Session 4: Saturday, July 19 Warm-ups 2:00 PM Session Starts at 3:15 PM Session 5: Sunday, July 20 Warm-ups 7:45 AM Session Starts at 9:00 AM Session 6: Sunday, July 20 Warm-ups 2:00 PM Session Starts at 3:15 PM Warm-up/Start times may be adjusted after all entries are received. Teams will be notified of any change.
FORMAT:	All Events are Timed Final. The meet will be seeded following the procedure in the SCRATCHES section below. This meet will be run in accordance with 2025 USA Swimming Rules. Long course meter times (LCM) will be the conforming standards and will be seeded first, followed by SCM & SCY. Additional breaks may be added to the meet format at the discretion of the Meet Referee. Break lengths may be modified at the discretion of the Meet Referee to manage the meet timeline.
ELIGIBILITY:	Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. All swimmers participating in this meet must be registered by the first day of the meet. There will be no on deck registration at this meet. Age on July 18, 2025 will determine age for the entire meet. Times must have been achieved in either Long Course Meters, Short Course Yards or Short Course Meters, between May 1, 2024 and the entry deadline.
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. The qualification standards for the meet will be USA Swimming LSC Para times.
ENTRIES:	All entries will be submitted via a file, Hy-Tek &/or TU, to entries.liac@gmail.com. All swimmers, including relay only swimmers, must be listed on the official entry form and included in the export file. Swimming exhibition or Deck entries (including relay only swimmers) will not be permitted. A Master Sheet with proof of times must accompany all entries in the entry email. A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not swim more than three (3) individual events per any one-day excluding relays. Failure to scratch will result in the swimmer swimming the first three (3) events they are entered in on that day. Entry times must equal or better the qualifying standards. Relay only Swimmers must be entered on the original entry file to be eligible to swim. Email questions to: entries.liac@gmail.com

RELAYS:	Relay Entries must be submitted with Individual Entries on either a HY-Tek or TU file. Each coach shall pick up relay entry forms from the Clerk of Course on which he/she shall list the competing relay swimmers, their first and last names, and order of swimming for each entered relay. Relay forms shall be returned to the Clerk of Course for tabulation one (1) hour prior to the start of the relays. However, the relay order may be changed, with the Clerk of Course, up to the start of the relay event. Relay swimmers' names must be submitted in the order in which they will swim. Each relay must be made of at least 2 athletes entered in individual events. Relay only Swimmers must be entered on the final accepted entry file to be eligible to swim
DEADLINE:	Entries must be submitted via email to entries.liac@gmail.com between June 30, 2025 and July 8, 2025. This entry date allows any swims reported through Tuesday, July 8th, to be submitted prior to the deadline. Entries must be emailed to entries.liac@gmail.com by 11:59 PM on July 8, 2025. An email confirmation will be sent to the email address the entries were received from. Contact entries.liac@gmail.com if you do not receive such a report within two (2) days. For swimmers qualifying for the first time, or newly qualified events achieved by already entered swimmers, between July 9, 2025 through July 13, 2025, coaches must send an email with the information on new athletes or new additional events ONLY no later than 11:59 PM on Monday, July 14, 2025 to entries.liac@gmail.com. First-time qualifiers, or newly qualified events achieved by already entered swimmers, must be included in the body of the email. No new entry files will be accepted. New cuts only. No time updates.
CORRECTIONS:	The psych sheets will be posted on: http://www.longislandswimming.com/hosted-meets.html Clubs will be given until 9:00 PM on Thursday, July 10, 2025, to email corrections to entries.liac@gmail.com. No exceptions will be made to this deadline. No improvements in seed time will be accepted. Corrections will be accepted by email only. Any corrections submitted after 9:00 PM Thursday, July 10, 2025 will be considered a late correction. These late corrections will be accepted by email only from 9:01 PM Thursday, July 10, 2025 – 11:59 AM Monday July 14, 2025. \$50.00 will be billed for each late correction made during this timeframe. Payment for these corrections will be payable by CASH OR CHECK ONLY when correction is confirmed. In order for your athlete to compete in the additional late corrected entries, this payment must be made. No payment, No swim. Plan accordingly.
ENTRY FEE:	An entry fee of: \$7.50 per Individual event \$20.00 per Relay event \$15.00 per Swimmer (\$5.00 Metropolitan surcharge per swimmer + \$10.00 athlete surcharge per swimmer - including RELAY ONLY SWIMMERS) must accompany the entries. Payment through Zelle is appreciated – Long Island Swimming, LTD gnuessbaum@longislandswimming.com. Please include the meet name on the Zelle payment. Clubs not set up with Zelle, please submit a check payment made payable to Long Island Swimming. 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.
SCORING:	Individual Events: (1st-10th Place) 11-9-8-7-6-5-4-3-2-1 - Scored by following Ages: 9&Under, 10, 11, 12, 13, 14, 15-18 15-18 are scored as an age group for individual high point purposes only, not team scoring. Relay Events: (1st-20th Place) 48-42-40-38-36-34-32-30-28-26-22-18-16-14-12-10-8-6-4-2

	NOTE: Only two (2) relays per club may score.
WARM-UP:	Times and assignments will be emailed Wednesday, July 16, 2025. Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet.
SCRATCHES:	Scratches for All Events are due 6:00 PM the night prior to the competition. Friday events are due by email to scratch.liac@gmail.com Thursday, 7/17/25 6:00 PM. Saturday Events are due to the Clerk of Course Table and / or emailed to scratch.liac@gmail.com by Friday 7/18/25 6:00 PM. Sunday Events are due to the Clerk of Course Table and / or emailed to scratch.liac@gmail.com by Saturday 7/19/25 6:00 PM Any swimmer who is seeded must swim the event unless he/she declares his/her intention not to swim in the following manner: • Go to the Referee before the event and state you do not wish to swim. • The swimmer is then disqualified from THAT EVENT for the delay of the meet. • This counts as an event against the total-per-day allowance.
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. Coaches must check in and present credentials at the head table to receive deck pass and/or bracelet. The pass and/or bracelet must be visible throughout the meet.
AWARDS:	Individual & Relay 14 & Under Events - Medals for 1st - 3rd, Ribbons for 4th - 10th • Individual Awards by the following Ages: 9 & Under, 10, 11, 12, 13, and 14 • Relay Awards by the following Age Groups: 10 & Under, 11-12, 13-14 Individual and Relay 15-18 Events - Medals for 1st - 3rd Individual High Point Awards: 1st - 3rd for 9&Under, 10, 11, 12, 13, 14, and 15-18 Combined Team Awards: 1st - 3rd for 10&Under, 11-12, 13-14 Overall 14 & Under Team Award Awards must be picked up at the end of the meet. No awards will be mailed.
OFFICIALS:	Meet Referee: Darryl Strabuk, liacofficials@longislandswimming.com Meet Admin: Alexis Skelos Officials wishing to volunteer should contact the Meet Referee by Thursday, July 17, 2025.
MEET DIRECTOR:	Alexis Skelos, phone: 516-378-8467, email: askelos@longislandswimming.com
RULES:	Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet. 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 Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the Meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules. "Any swimmer entered in the meet must be certified by a USA Swimming member coach as being proficient in performing a racing start or must start each race from within the water 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." Nassau County Lifeguards and an AED are on site.

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 a condition of participation in the conduct of this competition.
WATER DEPTH:	Competition pools w/ 2-meter min depth from wall to wall.
DISCLAIMER:	Upon acceptance of his/her entries, the participant waives all claims against Nassau County Aquatic Center, Long Island Aquatic Club, Long Island Swimming , 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 any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.
AUDIO/VISUAL STATEMENT:	The use of audio or visual recording devices, including cell phones, is not permitted in changing areas, restrooms, or locker rooms. The use of audio or visual recording devices, including cell phones, is not permitted behind the starting blocks.
DECK CHANGING:	Deck changes are prohibited.
ADMISSION:	Pre-sale discounted admission tickets will be available on http://www.longislandswimming.com/hosted-meets.html \$60.00/ 6 Sessions = 3 AM Sessions & 3 PM Sessions The original ticket must be presented each session along with the wristband, which will be given upon entering the facility for the first session. \$22.50 / 2 Sessions on the same day – a different wristband will be distributed each day for this band. There is a \$10 CASH fee for a lost or removed wristband. No exceptions. A \$15.00 CASH fee will be charged if the original ticket is not presented. \$15/session = 1 session \$25.00/session Cash only at Door Programs and heat sheets will be available on Meet Mobile.
MERCHANT:	A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck. Hobieswim will be available virtually throughout the entire meet
MEET DECORUM:	Each club is requested to handle its own team and discipline problems. Anyone found vandalizing county property; stealing or displacing disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.
POLICY:	Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.
NO DRONES:	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
ATTESTATION STATEMENT:	In applying for this sanction, Long Island Aquatic Club agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Metropolitan Swimming, the State of New York, and local jurisdictions.
PARKING:	There is ample parking.
DIRECTIONS:	FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT: Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take So.State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool. FROM WHITESTONE AND THROGS NECK BRIDGES Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Tpk.(exit M4). On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.

2025 Metropolitan Long Course Age Group Championships

July 18- July 20, 2025

SESSION # 1

Friday July 18, 2025 Warm-up 7:45 AM Start 9:00 AM

Girls	Qualifying Times			Age	Event	Qualifying Times			Boys
	SCM	LCM	SCY			SCM	LCM	SCY	
1	NQT	NQT	NQT	13-14	200 m Medley Relay	NQT	NQT	NQT	2
3	1:19.99	1:24.49	1:15.49	9&U	100 m Freestyle	1:19.99	1:24.49	1:16.99	4
	1:15.99	1:20.39	1:10.19	10		1:15.99	1:19.99	1:10.19	
5	1:03.99	1:04.79	57.69	13	100 m Freestyle	1:00.59	1:02.99	55.19	6
	1:02.19	1:03.99	56.39	14		58.99	1:00.59	51.99	
7	49.29	51.89	45.89	9&U	50 m Breaststroke	48.29	50.99	46.49	8
	47.19	49.79	42.69	10		45.19	48.09	43.09	
9	1:22.89	1:29.69	1:14.59	13	100 m Breaststroke	1:19.99	1:22.39	1:10.69	10
	1:20.49	1:27.99	1:13.39	14		1:17.89	1:20.09	1:08.69	
11	41.59	44.69	39.49	9&U	50 m Backstroke	41.59	44.69	39.49	12
	40.09	43.19	36.89	10		40.09	42.89	37.09	
13	1:11.89	1:12.29	1:04.09	13	100 m Butterfly	1:07.59	1:08.89	1:01.69	14
	1:10.09	1:11.09	1:02.89	14		1:05.49	1:06.49	58.49	
15	6:03.49	6:18.89	7:17.99	9&U	400 m Freestyle	6:03.49	6:18.89	7:17.99	16
	5:46.99	6:03.99	6:44.99	10		5:49.99	6:01.99	6:45.99	
17	4:51.39	4:57.89	5:32.99	13	400 m Freestyle	4:43.79	4:49.19	5:21.79	18
	4:47.89	4:53.09	5:26.99	14		4:39.89	4:45.19	5:13.99	

SESSION # 2**Friday July 18, 2025 Warm-up 2:00 PM Start 3:15 PM**

Girls	Qualifying Times			Age	Event	Qualifying Times			Boys
	SCM	LCM	SCY			SCM	LCM	SCY	
19	NQT	NQT	NQT	11-12	200 m Medley Relay	NQT	NQT	NQT	20
21	NQT	NQT	NQT	15-18	200 m Medley Relay	NQT	NQT	NQT	22
23	1:08.09	1:09.69	1:03.19	11	100 m	1:07.49	1:09.49	1:03.19	24
	1:06.19	1:07.99	1:00.29	12	Freestyle	1:05.29	1:07.39	1:00.09	
25	1:03.59	1:03.99	56.49	15-18	100 m Freestyle	56.79	58.49	51.09	26
27	1:29.89	1:33.19	1:23.49	11	100 m	1:29.59	1:34.49	1:24.59	28
	1:26.59	1:30.09	1:19.49	12	Breaststroke	1:26.79	1:31.89	1:18.79	
29	1:22.39	1:27.99	1:13.99	15-18	100 m Breaststroke	1:13.79	1:18.99	1:05.69	30
31	36.19	37.79	33.99	11	50 m	36.39	37.89	33.79	32
	35.09	36.59	31.99	12	Backstroke	35.09	36.49	31.89	
33	1:12.59	1:12.49	1:02.99	15-18	100 m Butterfly	1:03.19	1:06.09	56.49	34
35	3:00.99	3:04.99	2:46.99	11	200 m	3:00.99	3:04.99	2:46.49	36
	2:56.49	3:02.49	2:40.09	12	Butterfly	2:56.39	3:02.49	2:39.99	
37	4:49.39	5:02.99	5:29.99	15-18	400 m Freestyle	4:33.19	4:41.99	5:06.99	38
39	5:19.49	5:27.99	6:05.99	11	400 m	5:19.79	5:27.99	6:05.99	40
	5:09.99	5:19.49	5:54.99	12	Freestyle	5:10.99	5:18.29	5:51.99	

SESSION # 3**Saturday July 19, 2025 Warm-up 7:45 AM Start 9:00 AM**

Girls	Qualifying Times			Age	Event	Qualifying Times			Boys
	SCM	LCM	SCY			SCM	LCM	SCY	
41	40.29	42.89	38.49	9&U	50 m Butterfly	40.29	43.09	38.49	42
	38.79	41.09	36.49	10		38.79	40.69	36.49	
43	2:18.49	2:21.49	2:05.19	13	200 m Freestyle	2:14.89	2:18.09	1:59.99	44
	2:16.29	2:19.59	2:02.79	14		2:11.09	2:15.19	1:55.49	
45	2:51.19	3:01.19	2:42.19	9&U	200 m Freestyle	2:49.89	2:57.09	2:42.49	46
	2:43.89	2:53.29	2:31.19	10		2:45.89	2:51.99	2:32.39	
47	2:42.89	2:46.49	2:27.19	13	200 m Butterfly	2:35.79	2:37.49	2:20.39	48
	2:39.99	2:43.79	2:24.79	14		2:32.49	2:34.99	2:16.39	
49	1:45.79	1:49.99	1:39.99	9&U	100 m Breaststroke	1:47.49	1:51.99	1:41.99	50
	1:41.09	1:45.69	1:34.99	10		1:41.09	1:45.29	1:34.19	
51	1:13.39	1:16.19	1:05.19	13	100 m Backstroke	1:09.79	1:12.19	1:03.19	52
	1:11.19	1:13.99	1:03.99	14		1:07.59	1:10.09	1:00.99	
53	1:30.59	1:36.79	1:25.99	9&U	100 m Backstroke	1:31.59	1:35.89	1:26.99	54
	1:27.69	1:33.99	1:19.99	10		1:28.69	1:32.29	1:20.79	
55	5:35.79	5:45.19	5:02.39	13	400 m Individual Medley	5:16.09	5:27.99	4:47.09	56
	5:29.89	5:38.09	4:57.59	14		5:11.99	5:21.09	4:39.79	
57	NQT	NQT	NQT	10&U	200 m Freestyle Relay	NQT	NQT	NQT	58
59	NQT	NQT	NQT	13-14	400 m Freestyle Relay	NQT	NQT	NQT	60

SESSION # 4
Saturday July 19, 2025 Warm-up 2:00 PM Start 3:15 PM

Girls	Qualifying Times			Age	Event	Qualifying Times			Boys
	SCM	LCM	SCY			SCM	LCM	SCY	
61	2:30.49	2:33.19	2:19.59	11	200 m	2:28.49	2:32.09	2:19.19	62
	2:25.99	2:29.99	2:11.99	12	Freestyle	2:23.49	2:27.49	2:09.99	
63	2:18.49	2:20.99	2:02.49	15-18	200 m Freestyle	2:04.49	2:10.59	1:52.09	64
65	41.89	42.89	38.69	11	50 m	41.89	42.89	38.99	66
	40.19	41.49	36.59	12	Breaststroke	39.99	40.89	36.49	
67	3:00.49	3:08.99	2:40.99	15-18	200 m Breaststroke	2:46.09	2:51.99	2:25.99	68
69	1:17.99	1:21.49	1:12.19	11	100 m	1:19.39	1:22.49	1:11.99	70
	1:15.49	1:19.49	1:08.99	12	Backstroke	1:16.29	1:19.39	1:08.79	
71	1:11.99	1:15.49	1:03.99	15-18	100 m Backstroke	1:03.99	1:09.09	58.29	72
73	34.49	35.79	32.09	11	50 m	35.89	35.79	32.49	74
	32.89	34.19	30.29	12	Butterfly	33.99	34.79	30.89	
75	5:38.99	5:51.99	4:59.99	15-18	400 m Individual Medley	5:08.09	5:23.99	4:35.99	76
77	3:17.49	3:29.99	2:59.99	11	200 m	3:18.09	3:29.99	2:59.99	78
	3:11.79	3:23.09	2:52.69	12	Breaststroke	3:11.29	3:22.99	2:53.59	
79	NQT	NQT	NQT	15-18	400 m Freestyle Relay	NQT	NQT	NQT	80
81	NQT	NQT	NQT	11-12	400 m Freestyle Relay	NQT	NQT	NQT	82
5 minute warm-up if needed									
83	6:03.99	6:15.19	5:30.99	11	400 m	6:03.99	6:15.19	5:31.49	84
	5:53.89	6:04.49	5:20.19	12	Individual Medley	5:52.39	6:05.49	5:18.09	

SESSION # 5**Sunday July 20, 2025 Warm-up 7:45 AM Start 9:00 AM**

Girls	Qualifying Times			Age	Event	Qualifying Times			Boys
	SCM	LCM	SCY			SCM	LCM	SCY	
85	NQT	NQT	NQT	13-14	200 m Freestyle Relay	NQT	NQT	NQT	86
87	NQT	NQT	NQT	10&U	200 m Medley Relay	NQT	NQT	NQT	88
5 minute Break Warm-up if needed									
89	2:34.39	2:40.99	2:19.49	13	200 m Backstroke	2:29.89	2:34.99	2:15.89	90
	2:33.19	2:39.09	2:17.09	14		2:27.39	2:32.59	2:11.89	
91	3:14.49	3:24.19	2:59.99	9&U	200 m Individual Medley	3:14.49	3:23.89	2:59.99	92
	3:07.79	3:17.99	2:50.39	10		3:07.79	3:18.29	2:52.39	
93	2:37.89	2:41.89	2:21.19	13	200 m Individual Medley	2:26.59	2:33.19	2:14.79	94
	2:34.99	2:38.59	2:18.79	14		2:23.89	2:30.39	2:09.99	
95	36.19	37.89	33.49	9&U	50 m Freestyle	36.19	37.89	33.69	96
	34.19	36.09	31.19	10		34.19	36.09	31.19	
97	29.89	30.19	26.49	13	50 m Freestyle	27.69	28.39	25.39	98
	29.09	29.79	26.09	14		27.09	27.89	24.39	
99	1:35.49	1:39.99	1:32.99	9&U	100 m Butterfly	1:35.49	1:40.49	1:34.99	100
	1:32.49	1:36.69	1:26.99	10		1:32.49	1:38.29	1:27.19	
101	2:59.49	3:04.29	2:41.59	13	200 m Breaststroke	2:51.59	2:56.99	2:33.39	102
	2:55.99	3:00.99	2:39.29	14		2:49.19	2:54.89	2:29.39	
103	NQT	NQT	NQT	10&U	400 m Freestyle Relay	NQT	NQT	NQT	104
105	NQT	NQT	NQT	13-14	400 m Medley Relay	NQT	NQT	NQT	106

SESSION # 6**Sunday July 20, 2025 Warm-up 2:00 PM Start 3:15 PM**

Girls	Qualifying Times			Age	Event	Qualifying Times			Boys
	SCM	LCM	SCY			SCM	LCM	SCY	
107	NQT	NQT	NQT	11-12	200 m Freestyle Relay	NQT	NQT	NQT	108
109	NQT	NQT	NQT	15-18	200 m Freestyle Relay	NQT	NQT	NQT	110
5 minute Break Warm-up if needed									
111	2:49.49	3:00.19	2:35.99	11	200 m Backstroke	2:51.89	3:00.19	2:36.99	112
	2:43.89	2:54.99	2:29.59	12		2:48.19	2:56.99	2:32.59	
113	2:35.29	2:43.99	2:19.99	15-18	200 m Backstroke	2:24.99	2:31.99	2:08.99	114
115	2:48.49	2:52.19	2:34.49	11	200 m Individual Medley	2:47.19	2:52.89	2:34.49	116
	2:43.19	2:47.39	2:27.59	12		2:43.09	2:48.89	2:27.59	
117	2:34.69	2:41.99	2:18.99	15-18	200 m Individual Medley	2:20.69	2:29.49	2:06.49	118
119	31.69	32.09	29.29	11	50 m Freestyle	31.49	32.19	29.29	120
	30.29	31.39	27.89	12		30.19	31.29	27.49	
121	29.49	29.69	26.29	15-18	50 m Freestyle	26.19	26.89	23.49	122
123	1:18.49	1:20.99	1:13.09	11	100 m Butterfly	1:20.19	1:23.19	1:13.49	124
	1:14.89	1:16.69	1:08.59	12		1:17.79	1:20.99	1:09.99	
125	2:44.19	2:45.99	2:26.99	15-18	200 m Butterfly	2:26.39	2:33.99	2:11.99	126
5 minute break warm-up if needed									
127	NQT	NQT	NQT	11-12	400 m Medley Relay	NQT	NQT	NQT	128
129	NQT	NQT	NQT	15-18	400 m Medley Relay	NQT	NQT	NQT	130



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 _____