



**NYSA Holiday Classic – Trials and Finals
December 5-7, 2025
Lehman College, Apex Center
250 Bedford Park Blvd W
New York, NY 10468
Sanction # 251202**

Invited Teams: AGUA, APEX, BAD, MAY-NJ, BGNW, CFJV, COND, EAST, FREE, HAA, HVD, JFAC-NJ, KBM, LGAC, LIAC, LIE, MWDA, NBS, NJB-NJ, NYAC, PATS, QNS, RFAC, RY-NJ, SCY-NJ, SHY, SMC, SPAR, SS, SSC, SSCT-NJ, SSL, TMID, TRS, TS, VAC, WEST, WSSC, YFD, SIAC.

Additional teams that would like to be added to the invitation can email the meet director at newyorksharksentries@gmail.com

NYSA Holiday Classic

December 5-7, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **251202**
- LOCATION:** **Lehman College, Apex Center**
250 Bedford Park Blvd W
New York, NY 10468
- FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lane lines. Shallow end of pool will be used for continuous warm up and warm downs. Daktronics electronic timing system and an 8-line scoreboard. The competition course has not been certified in accordance with Article 104.2.2C (4).
- SESSIONS:**
- | | |
|---|----------------------------------|
| Session 1 Friday TIMED FINALS | 5:30 Warm up / 6:15 Start |
| Session 2 Saturday 11 & over Prelims | 7:30 Warm up / 8:30 Start |
| Session 3 Saturday 9-10 Prelims | 1:00 Warm up / 1:45 Start |
| 8 & Under Timed Finals | |
| Session 4 Saturday 9 & Over Finals | 4:30 Warm Up / 5:30 Start |
| Session 5 Sunday 11 & over Prelims | 7:30 Warm Up / 8:30 Start |
| Session 6 Sunday 9-10 Prelims | 1:00 Warm Up / 1:45 Start |
| 8 & Under Timed Finals | |
| Session 7 Sunday 9 & Over Finals | 4:30 Warm Up / 5:30 Start |
- FORMAT:** ***Trials and Finals for 11 and Over Swimmers*** – Top 16 will return for Finals.
Trials and Finals for 9-10 Swimmers – Top 8 will return for Finals.
No Finals for 8 & Under Swimmers.
Swimmers must bring their own timer for Friday night events.
- Scratches will be due for all finals events within 30 minutes of the event ending at the designated desk. Swimmers who do not scratch, and do not show up to finals, will be removed from the meet. Host team reserves the right to combine b-finals with other b-finals, a-finals with a-finals, but no b-finals with a-finals.
- All Friday night events will be swum as timed finals;*** there will be no prelims for these events.
All swimmers entered in the Friday night session will need to bring their own timer.
The meet will be deck seeded.
High Point awarded for each age group, 8 & under, 9-10, 11-12, 13-14, 15 & over.
- ELIGIBILITY:** Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers. All swimmers participating in this meet must be registered by the first day of the meet. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. No Deck Registrations will be accepted. Age on **December 5, 2025** will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to enter and participate. Please notify the meet director of any accommodation 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 enter 2 events Friday, 4 events per session on Saturday / Sunday. NT's will NOT be accepted. The host club reserves the right to keep their swimmers in the meet.**
- We will accept 3 hours of entries for the 10 and Under sessions.***
- U.S. Mail Entries/Payment to:
NYSA Goshen
C/O Cathy Sommer
15 Peters Terrace
Monroe NY 10950

Email Entries/Confirm Entry Receipt: newyorksharksentries@gmail.com
Please note: Sign express mail waiver allowing delivery without signature.

- DEADLINE:** Entries must be received by: **November 24, 2025**
Metro entries received between 11/01/25 and 11/24/25 will be entered in the order they are received as space allows. Entries from other LSCs will be entered in the order they were received as space allows.
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:** A per swimmer facility surcharge of **\$20.00** and an entry fee of **\$10.00** per 8 & Under timed final events and **\$15.00** per event for all 9 and Over Prelims / Finals events. Entry fees must accompany the entries.
- Make check payable to: **New York Sharks Aquatics Goshen**
Payment must be received by **December 5, 2025**, for email entries. Payment must be included with all mail entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- Host Club may waive meet entry fees & facility surcharge for registered outreach swimmers. Coaches should contact the Meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.
- WARM-UP:** Warm-up lanes and times will be assigned by the host team. Warm-up schedules will be posted around the pool area. Coaches are responsible for enforcing feet first entry during warm-ups and supervision of swimmers. No diving is permitted except in designated sprint lanes.
Please note the Finals Warmup will start in the non-competition pool on Saturday & Sunday. At the conclusion of the 10 and Under Session the competition pool will also open for warm up.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for timed final and prelim sessions. Coaches must present current coach credentials in order to receive team scratch sheets. All scratches are due no later than 45 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.
- Swimmers will have 30 minutes from the announcement of results to declare their intent to scratch finals.
- 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:** Ribbons will be awarded to ages 13/14, 15 & Over for places 1st – 8th. Medals will be given to the top three 8 & U/9-10/11-12 swimmers, ribbons 4-8th.
Coaches must pick up their team awards at the end of the meet. Awards will not be mailed.
- OFFICIALS:** Meet Referee: **Ron Sommer (2sommer@2sommer.net)**
Officials wishing to volunteer should contact the Meet Referee by **November 23, 2025**.
- ADMIN. OFFICIAL:** Administrative Official: **Cathy Sommer (newyorksharksentries@gmail.com)**
- MEET DIRECTOR:** **Cathy Sommer (newyorksharksentries@gmail.com)**
- 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 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. Safety staff/equipment will include lifeguard supervision, EMT, and AED device available to athletes participating in the meet. All swimmers must wear footwear upon leaving the pool area. Food available is not guaranteed to be free from allergens. Please inquire before consuming.
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:	Start End: 1 meter 13' 0"; 5 meters 12' 0"; Turn End: 1 meter 3' 6"; 5 meters 4'0"
DISCLAIMER:	Upon acceptance of his/her entries, the participant waives all claims against Lehman College, New York Sharks Aquatics Goshen Inc, 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. Grievances (disputed finishes, etc.) must be made to the Meet Referee who will have the final say. It is each team's responsibility to make sure their swimmers are on time to be seeded.
AUDIO/VISUAL STATEMENT:	Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms. Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.
DECK CHANGING:	Deck changes are prohibited.
ADMISSION:	\$10.00 Admission per session. There is NO ADMISSION FEE Friday night, all swimmers must bring a timer for their events. Meet Programs available (while supplies last) for \$5.00 per session. All spectators are encouraged to use the Meet Mobile App in conjunction with the free wifi provided by the facility. Electronic Heat Sheets will be made available for free on the Meet Mobile app.
MERCHANTS:	Ultimate Swim Shop will be available at this event.
PARKING:	\$10 fee based (cash) parking provided through Lehman College at College supervised lot. (100 yards from Apex Center). Street parking limited and is pay by the hour.
DIRECTIONS:	TO LEHMAN COLLEGE APEX Bedford Park Boulevard between Goulden and Paul Aves. BY SUBWAY: Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street. BY BUS: FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.

BY CAR: Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right. Via Saw Mill River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.

Friday PM

Session 1: Timed Finals 5:30 pm Warm up / 6:15 pm Start

Event Number	Event Description	Event Number
1	10 & Under 200 Freestyle	2
3	11-12 500 Freestyle	4
5	13-14 500 Freestyle	6
7	15 & Over 500 Freestyle	8
9	9-10 200 Individual Medley	10
11	11-12 400 IM	12
13	13-14 400 IM	14
15	15 & Over 400 IM	16

SATURDAY PRELIM/FINALS

13 & Over

Session 2: Prelims AM 7:30 am Warm up / 8:30am Start

Session 4: Finals PM 4:30pm Warm up/5:30pm Start

Event Number	Event Description	Event Number
17	11 – 12 200 Backstroke	18
19	15 – 18 200 Freestyle	20
21	13 – 14 200 Freestyle	22
23	11 – 12 200 Freestyle	24
25	15 – 18 100 Backstroke	26
27	13 – 14 100 Backstroke	28
29	11 – 12 100 Backstroke	30
31	15 – 18 100 Breaststroke	32
33	11-12 200 Individual Medley	34
35	13 – 14 100 Breaststroke	36
37	11 – 12 100 Breaststroke	38
39	15 – 18 100 Butterfly	40
41	13 – 14 100 Butterfly	42
43	11 – 12 50 Butterfly	44
45	15 – 18 50 Freestyle	46
47	13 – 14 50 Freestyle	48
49	11 – 12 50 Freestyle	50

SATURDAY

10 & UNDER

Session 3: MID-DAY Prelims 9-10/Timed Finals 8 & Under 1:00 Warm Up / 2:00 Start

Session 4: Finals PM 9-10 4:30pm Warm up/5:30pm Start

Event Number	Event Description	Event Number
51	8 & Under 25 Backstroke	52
53	9-10 50 Freestyle	54
55	8 & Under 100 Backstroke	56
57	9 – 10 100 Backstroke	58
59	8 & Under 50 Freestyle	60
61	9 – 10 50 Breaststroke	62
63	8 & Under 50 Butterfly	64
65	9 – 10 100 Butterfly	66
67	8 & Under 25 Breaststroke	68

SUNDAY PRELIM/FINALS

13 & Over

Session 5: Prelims AM 7:30 am Warm up / 8:30am Start

Session 7: Finals PM 4:30pm Warm up/5:30pm Start

Event Number	Event Description	Event Number
69	11 – 12 200 Breaststroke	70
71	15 – 18 200 Individual Medley	72
73	13 – 14 200 Individual Medley	74
75	11 – 12 100 Individual Medley	76
77	15 – 18 200 Backstroke	78
79	13 – 14 200 Backstroke	80
81	11 – 12 50 Backstroke	82
83	15 – 18 200 Breaststroke	84
85	11-12 100 Butterfly	86
87	13 – 14 200 Breaststroke	88
89	11 – 12 50 Breaststroke	90
91	15 – 18 200 Butterfly	92
93	13 – 14 200 Butterfly	94
95	11 – 12 200 Butterfly	96
97	15 – 18 100 Freestyle	98
99	13 – 14 100 Freestyle	100
101	11 – 12 100 Freestyle	102

SUNDAY

10 & UNDER

Session 6: MID-DAY Prelims 9-10/Timed Finals 8 & Under 1:00 Warm Up / 2:00 Start

Session 7: Finals PM 9-10 4:30pm Warm up/5:30pm Start

Event Number	Event Description	Event Number
103	8 & Under 25 Freestyle	104
105	9-10 100 Individual Medley	106
107	8 & Under 100 Freestyle	108
109	9 – 10 50 Backstroke	110
111	8 & Under 50 Backstroke	112
113	9 – 10 100 Breaststroke	114
115	8 & Under 50 Breaststroke	116
117	9 – 10 50 Butterfly	118
119	8 & Under 25 Butterfly	120
121	9 – 10 100 Freestyle	122



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 _____