

2025 METROPOLITAN SILVER CHAMPIONSHIPS NORTH

February 21-23, 2025
Hosted by New York Sharks
Orange County Community College
Middletown, NY
Sanction # 250211
TT Sanction # 250260-TT

METRO NORTH TEAMS: Aqua Gems, Aquaracers, BGC-N. Westchester Marlins, Club Fit Briarcliff, Club Fit Jefferson Valley, Condors Swim Club, Delaware Valley Water Moccasin, Empire Swimming, Hudson Valley Dolphins, Mid-Hudson Heat Waves, Monroe Woodbury Devilfish Aquatics, New York Sharks, Newburgh Sharks, North Rockland Aquatic Club, Northern Dutchess, Patriot Swim Team, Phoenix Aquatic Club, Pine Bush Aquatic Club, Red Fox Aquatic Club, Rivertown Aquatic, Saw Mill Club Storm, Suffern Sea Lions, Viking Aquatic Club, Washingtonville Seahawks, White Plains Middies, YMCA of Middletown

2025 Metropolitan Silver Championships North

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #250211

LOCATION: Orange County Community College Pool

FACILITY: 6-Lane, 25-yard, indoor pool with non-turbulent lane dividers. Colorado Timing System, 8-Lane Display Scoreboard. Tiered bleacher seating for spectators. The pool has not been certified in accordance with Article 104.2.2C (4).

SESSIONS:

Session 1: Friday, February 23	W-up at 4:00 p.m. Start at 5:00 p.m.
Session 2: Saturday, February 24	W-up at 8:00 a.m. Start at 9:30 a.m.
Session 3: Saturday, February 24	W-up at 2:00 p.m. Start at 3:30 p.m.
Session 4: Sunday, February 25	W-up at 8:00 a.m. Start at 9:30 a.m.
Session 5: Sunday, February 25	W-up at 2:00 p.m. Start at 3:30 p.m.

Warm Up and Start times for Sessions 3 and 5 may be adjusted after the meet entry deadline. All teams will be notified.

FORMAT: All Events are Timed Finals.
This will be a timed finals meet

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. This is a Metro Championship meet for Metro Central Teams only. Entries must comply with 2024 Silvers Championships time standards. All entries must be received by the meet deadline. No Deck Registrations will be accepted.

ADDITIONAL ELIGIBILITY: Age on **February 21, 2025** will determine age for the entire meet.

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 26th, 2024) and the first day of JR METS (Formerly JO's) (March 10th, 2024), and that swimmer has a JR METS (Formerly JO's) 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 JR METS (Formerly JO's) qualifying time in that same event in the new age group by the meet extension deadline of JR METS (Formerly JO's) that swimmer would be able to swim that event as exhibition/non-award at Silvers. For example, Jane Doe is 10 years old as of February 27th on the first day of Silvers, her time in the 50 free is 31.00 (which is a JR METS time in the 50 free so she can't swim that event at Silvers). Jane ages up on March 9th so now her :31.00 in the 50 free is too slow for JR METS (Formerly JO's) in the 11-12 age group. 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: A hard copy of the entries with "proof of times" must be emailed or mailed at the time entries are sent. (Just check the box "include proof of times" in Team Manager Entry report. All swimmers must be a member of USA Swimming to enter and compete in this meet. There will be 10&U, 11-12, 13-14 and 15-18 events. Swimmers may compete in up to 5 individual events per day. Entry times must have been achieved between January 1, 2024, and the entry deadline February 14th, 2025. Any new cuts achieved after this date (2/14/25) must be emailed to newyorksharksaquatics@gmail.com. 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 SWIMS will be scratched. Times cannot be converted times; NT's will not be accepted.

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. 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. Swimmers with 1

Silvers Time may enter 1 bonus event of 50 & 100 yards in length, no NT's allowed (coaches must indicate the bonus event in their entry file by clicking it is a bonus event on the event line when doing their entries). Host Club (New York Sharks), may enter their swimmers regardless of achieving Silver Qualifying times if the meet timeline is under 4.0 hours. The host team may add swimmers that have not met the qualifying standard to events of 50 & 100 yards in length, no NT's allowed, to get the timeline to 4.0 hours"

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. Time trials will follow each session.

Age for this meet is February 21st, 2025.

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

U.S. Mail Entries/Payment to:

NYS Goshen
15 Peters Terrace
Monroe NY 10950

MAKE CHECKS PAYABLE TO NEW YORK SHARKS

Email Entries/Confirm Entry Receipt: newyorksharksentries@gmail.com

Please note: Sign express mail waiver allowing delivery without signature.

DEADLINE:

This is a Metro Championship Meet (Metro North Teams Only) The final entry deadline for this meet is February 14th, 2025. An email confirming receipt of entries will be sent 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.

New Silver cuts achieved from February 14, 2025 through February 21, 2025 will be accepted if provable in SWIMS. No updates of times are possible.

ENTRY FEE:

A per swimmer facility surcharge of **\$9.00** and an entry fee of **\$7.50** per individual event and **\$1.00** per swimmer Metro Surcharge must accompany the entries.

Make check payable to: **NYSA Goshen**

Payment must be received by **February 24, 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.

TIME TRIALS:

Time trials will ONLY be run if time allows at the discretion of the Meet Referee and Meet Director. There will be no more than two (2) time trials per swimmer over the 5 sessions and any time trials will count toward the 5 events per day/per swimmer. The cost is \$15.00 per time trial and must be paid in cash at the desk.

WARM-UP:

Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warm-up lanes and times will be assigned to each team. **Coaches are responsible for enforcing feet first entry during warm-ups and supervision of swimmers. No diving is permitted except in designated sprint lanes.**

SCRATCHES:

Coaches will be given scratch sheets upon check-in for each session. Coaches must present current coaches' credentials 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.

Metro Scratch rules will be followed. Please consult your guidelines.

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. Depending on entries, swimmers may be seeded from adjoining gymnasium (mats and hand-held toys recommended). Viking Aquatic Club is not responsible for lost or stolen items. Swimmers will not be permitted back on deck once their event is complete.
AWARDS:	Medals for individual events for 1st through 3rd place, ribbons for 4th -8th place for all silver times in the 10&U, 11-12, 13-14, and 15-18 age groups will be presented. All swimmers that achieve a MRAG qualifying time will receive a MRAG qualifying ribbon.
OFFICIALS:	Meet Referee: Ron Sommer (2sommer@2sommer.net) Officials wishing to volunteer should contact the Meet Referee by February 8, 2025.
ADMIN. OFFICIAL:	Administrative Official: Cathy Sommer (newyorksharksentries@gmail.com)
MEETDIRECTOR:	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 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 legal guardian, to ensure compliance with this requirement. Emergency Assistance available to the athletes. Lifeguards, EMT on site. 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 Orange County Community College, NYS Goshen and all representatives, 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. 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.
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.
“All Day” Saturday OR Sunday Admission Pass \$15.00
“All Weekend Pass” Friday-Sunday \$35
Meet Programs available (while supplies last) for \$5.00 per session.

MERCHANTS:

Professional photographer will be available for hire during the meet. There will be a variety of t-shirts, swimsuits, goggles, and other assorted swim merchandise.
Food will be available at the concession stand.
Absolutely NO food will be allowed on the pool deck.
Only drinks in plastic bottles allowed on deck.

PARKING:

Free parking is available on-site at Orange County Community College.
NO parking allowed in the fire zones.

DIRECTIONS:

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.

Any cuts will be made based on the date and time of receipt of team entries. The Host Club reserves the right to enter all its swimmers. If a swimmer is late, the Meet Referee will make the decision if the swimmer can be placed in a different heat.

Session 1
Friday Evening
Warm-ups 4:00pm - Session Begins 5:00pm

Girls Event #	Qualifying Times		Event	Qualifying Times		Boys Event #
	Minimum Standard	Maximum Standard		Minimum Standard	Maximum Standard	
1	7:21.99	7:14.99	9 & Under 500 Freestyle	7:21.99	7:14.99	2
1	7:21.99	6:44.99	10 – 500 Freestyle	7:21.99	6:45.99	2
3	6:20.79	6:05.99	11 – 500 Freestyle	6:31.99	6:05.99	4
3	6:20.79	5:54.99	12 – 500 Freestyle	6:31.99	5:51.99	4
5	5:50.59	5:32.99	13 – 500 Freestyle	5:50.99	5:21.79	6
5	5:50.59	5:26.99	14 – 500 Freestyle	5:50.99	5:13.99	6
7	5:39.99	5:29.99	15 – 18 - 500 Freestyle	5:17.99	5:07.99	8
9	5:50.99	5:29.99	11 – 400 Ind Medley	5:52.99	5:29.99	10
9	5:50.99	5:20.19	12 – 400 Ind Medley	5:52.99	5:18.09	10
11	5:25.99	5:02.39	13 – 400 Ind Medley	5:09.79	4:47.09	12
11	5:25.99	4:57.59	14 – 400 Ind Medley	5:09.79	4:39.79	12
13	5:23.29	4:59.99	15 – 18 - 400 Ind Medley	4:45.89	4:35.99	14

Session 2
Saturday Morning
Warm-ups 8:00am - Session Begins 9:30am

Girls Event #	Qualifying Times		Event	Qualifying Times		Boys Event #
	Minimum Standard	Maximum Standard		Minimum Standard	Maximum Standard	
15	1:18.49	1:15.49	9 & under 100 Free	1:18.49	1:16.99	16
15	1:18.49	1:10.19	10 – 100 free	1:18.49	1:10.19	16
17	1:03.09	57.69	13 – 100 Free	59.59	55.19	18
17	1:03.09	56.39	14 – 100 Free	59.59	52.99	18
19	42.39	37.00	9 & Under 50 Butterfly	43.89	38.49	20

19	42.39	35.80	10 – 50 Butterfly	43.89	36.49	20
21	1:11.59	1:04.09	13 – 100 Butterfly	1:07.09	1:01.69	22
21	1:11.59	1:02.89	14 – 100 Butterfly	1:07.09	59.49	22
23	1:46.19	1:34.60	9 & Under 100 Breaststroke	1:48.39	1:39.99	24
23	1:46.19	1:34.20	10 – 100 Breaststroke	1:48.39	1:34.19	24
25	2:56.99	2:41.19	13 – 200 Breaststroke	2:47.89	2:33.39	26
25	2:56.99	2:38.79	14 – 200 Breaststroke	2:47.89	2:29.39	26
27	41.89	38.50	9 & Under 50 Backstroke	42.89	39.49	28
27	41.89	36.90	10 – 50 Backstroke	42.89	37.09	28
29	2:36.29	2:19.49	13 – 200 Backstroke	2:27.09	2:15.89	30
29	2:36.29	2:17.09	14 – 200 Backstroke	2:27.09	2:11.89	30
31	3:13.99	2:55.20	9 & Under 200 Ind Medley	3:13.99	2:59.99	32
31	3:13.99	2:50.40	10 – 200 Ind Medley	3:13.99	2:52.39	32
33	2:41.49	2:21.19	13 – 200 Ind Medley	2:31.09	2:14.79	34
33	2:41.49	2:18.79	14 – 200 Ind Medley	2:31.09	2:09.99	34

Session 3
Saturday Afternoon
Warm-ups 2:00pm - Session Begins 3:30pm

Girls Event #	Qualifying Times		Event	Qualifying Times		Boys Event #
	Minimum Standard	Maximum Standard		Minimum Standard	Maximum Standard	
35	1:08.29	1:03.19	11 – 100 Freestyle	1:06.99	1:03.19	36
35	1:08.29	1:00.29	12 – 100 Freestyle	1:06.99	1:00.09	36
37	1:01.09	56.99	15 – 18 - 100 Freestyle	54.19	51.49	38
39	2:49.39	2:45.99	11 – 200 Butterfly	2:49.39	2:45.99	40
39	2:49.39	2:39.59	12 – 200 Butterfly	2:49.39	2:39.59	40
41	1:09.59	1:02.99	15 – 18 - 100 Butterfly	1:02.59	56.99	42
43	36.09	33.79	11 – 50 Backstroke	36.09	33.79	44

43	36.09	31.89	12 – 50 Backstroke	36.09	31.89	44
45	2:29.99	2:19.99	15 – 18 - 200 Backstroke	2:16.89	2:08.99	46
47	40.59	38.69	11 – 50 Breaststroke	40.29	38.99	48
47	40.59	36.59	12 – 50 Breaststroke	40.29	36.49	48
49	2:46.99	2:35.99	11 – 200 Backstroke	2:42.79	2:36.99	50
49	2:46.99	2:29.59	12 – 200 Backstroke	2:42.79	2:32.59	50
51	2:50.99	2:40.99	15 – 18 - 200 Breaststroke	2:36.79	2:25.99	52
53	1:28.69	1:23.49	11 – 100 Breaststroke	1:26.49	1:24.59	54
53	1:28.69	1:19.49	12 – 100 Breaststroke	1:26.49	1:18.79	54
55	2:29.99	2:18.99	15 – 18 - 200 Ind Medley	2:27.79	2:06.99	56
57	2:48.09	2:34.49	11 – 200 Ind Medley	2:47.99	2:34.49	58
57	2:48.09	2:27.59	12 – 200 Ind Medley	2:47.99	2:27.59	58

Session 4
Sunday Morning
Warm-ups 8:00am - Session Begins 9:30am

Girls Event #	Qualifying Times		Event	Qualifying Times		Boys Event #
	Minimum Standard	Maximum Standard		Minimum Standard	Maximum Standard	
59	2:49.59	2:39.99	9 & Under 200 Freestyle	2:49.59	2:42.49	60
59	2:49.59	2:31.19	10 – 200 Freestyle	2:49.59	2:32.39	60
61	2:16.99	2:05.20	13 – 200 Freestyle	2:14.19	1:59.99	62
61	2:16.99	2:02.80	14 – 200 Freestyle	2:14.19	1:55.99	62
63	1:28.59	1:25.99	9 & Under 100 Ind Medley	1:28.59	1:27.99	64
63	1:28.59	1:20.99	10 – 100 Ind Medley	1:28.59	1:20.19	64
65	1:23.49	1:14.60	13 – 100 Breaststroke	1:16.69	1:10.69	66
65	1:23.49	1:13.40	14 – 100 Breaststroke	1:16.69	1:08.69	66
67	47.79	45.89	9 & Under 50 Breaststroke	48.59	46.49	68

67	47.79	42.69	10 – 50 Breaststroke	48.59	43.09	68
69	1:12.69	1:05.20	13 – 100 Backstroke	1:08.29	1:03.19	70
69	1:12.69	1:03.99	14 – 100 Backstroke	1:08.29	1:01.19	70
71	1:33.09	1:25.99	9 & Under 100 Backstroke	1:37.09	1:26.99	72
71	1:33.09	1:19.99	10 – 100 Backstroke	1:37.09	1:20.79	72
73	28.79	26.50	13 – 50 Freestyle	26.79	25.39	74
73	28.79	26.10	14 – 50 Freestyle	26.79	24.39	74
75	35.19	33.49	9 & Under 50 Freestyle	35.19	33.69	76
75	35.19	31.89	10 – 50 Freestyle	35.19	31.79	76
77	2:36.59	2:27.20	13 – 200 Butterfly	2:29.59	2:20.39	78
77	2:36.59	2:24.80	14 – 200 Butterfly	2:29.59	2:16.39	78

Session 5
Sunday Afternoon
Warm-ups 2:00pm - Session Begins 3:30pm

Girls Event #	Qualifying Times		Event	Qualifying Times		Boys Event #
	Minimum Standard	Maximum Standard		Minimum Standard	Maximum Standard	
79	1:19.39	1:13.09	11 – 100 Butterfly	1:17.19	1:13.49	80
79	1:19.39	1:08.59	12 – 100 Butterfly	1:17.19	1:09.99	80
81	2:10.59	2:02.49	15 – 18 - 200 Freestyle	1:57.99	1:52.49	82
83	30.99	29.29	11 – 50 Freestyle	30.69	29.29	84
83	30.99	27.89	12 – 50 Freestyle	30.69	27.49	84
85	1:10.09	1:04.49	15 – 18 - 100 Backstroke	1:03.89	58.79	86
87	1:19.49	1:11.99	11 – 100 Backstroke	1:17.49	1:11.99	88
87	1:19.49	1:08.49	12 – 100 Backstroke	1:17.49	1:08.79	88
89	1:20.89	1:13.99	15 – 18 - 100 Breaststroke	1:10.89	1:05.69	90
91	3:11.19	2:59.99	11 – 200 Breaststroke	3:03.49	2:59.99	92
91	3:11.19	2:52.69	12 – 200 Breaststroke	3:03.49	2:53.59	92
93	34.59	32.09	11 – 50 Butterfly	34.69	32.49	94
93	34.59	30.29	12 – 50 Butterfly	34.69	30.89	94

95	28.59	26.29	15 – 18 - 50 Freestyle	25.19	23.69	96
97	1:18.69	1:12.99	11 – 100 Ind Medley	1:17.19	1:12.99	98
97	1:18.69	1:09.79	12 – Ind Medley	1:17.19	1:09.79	98
99	2:33.99	2:26.99	15 – 18 - 200 Butterfly	2:24.99	2:11.99	100
101	2:25.89	2:18.99	11 – 200 Freestyle	2:25.99	2:18.99	102
101	2:25.89	2:11.49	12 – 200 Freestyle	2:25.99	2:09.59	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 _____