



SPRING FRENZY

NYS Spring Frenzy
May 17-18, 2025
Lehman College Apex Center
250 Bedford Park Blvd.
Bronx, NY 10468

Sanction # 250505
TT Sanction #250555-TT

Invited Teams: ACE-NJ, AGUA, APEX, AQRC, BAD, BB-NJ, BBSC, BGNW, BMA-NJ, CAT-NJ, CENT, CFB, CFJV, COND, CSC, CSD, MWDA, EAST, EHY, ESC-NJ, FA, FAST, FREE, GAEL, HAA, HAWKS-AD, HCY-NJ, HS, HVD, HYB, IA, JCC, JFAC, KBM, KDS, LBA, LGAC, LIAC, LIE, LS, LSA, MAKO, MPNY, MWSC, NBS, NDAC, NJB-NJ, NRYS, NYAC, NYCC, PBAC, PATS, QNS, RAC, RFAC, RY-NJ, SCY-NJ, SHY, SMC, SPAR, SS, SSC, SSCT-NJ, SSL, ST, SWAG, SWIM70-CT, YMID, TRS, TS, TSC, VAC, WAC, WAV-NJ, WEST, WSA, WSSC, WYF-NJ, YBAR, YFD, MAY-NJ, JFAC-NJ

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

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #250505
- LOCATION:** Lehman College Apex Center
250 Bedford Park Blvd.
Bronx, NY 10468
- FACILITY:** 50-meter pool with 7-foot lanes and non-turbulent lane lines. Colorado electronic timing system and an 8-line scoreboard. Seating for 600 spectators. The pool has not been certified in accordance with Article 104.2.2C (4).
- SESSIONS:** Session 1 Saturday (10 & U/13-14) 8:00 AM Warm up / 9: 15AM Start
Session 2 Saturday (11-12/15 &O) 1:00 PM Warm up / 2:15PM Start
Session 3 Sunday (10 & U/13-14) 8:00 AM Warm up / 9:15AM Start
Session 4 Sunday (11-12/15 &O))1:00 PM Warm up / 2:15PM Start
- FORMAT:** All Events are Timed Finals.
On deck seeding is in effect for the meet. Host club reserves the right to seed from off deck depending on number of entries accepted. Team representatives will be notified of any change.
- 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 May 17, 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 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 enter up to 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.
- There will be a Time Trial for the 400 IM on Saturday and the 400 Freestyle on Sunday. This time trial will take place between the am and pm sessions each day. These Time Trials are open to 11 and over swimmers. Each time trial will be limited to 4 heats. Cost is \$20 per time trial event, first come first serve, a Google form will be emailed to each team to sign up.***
- U.S. Mail Entries/Payment to:
NYSA Goshen
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: May 10, 2025
Entries 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 \$15.00 and an entry fee of \$10.00 per individual event.

Entry fees must accompany the entries

Make check payable to: New York Sharks Aquatics Inc - Goshen

Payment must be received by May 17, 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 at the scoring desk. 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 all sessions. Coaches must present current coaches' credentials in order to receive team scratch sheets. 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: Ribbons will be awarded for places 1st – 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 May 13, 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 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 legal guardian, to ensure compliance with this requirement.

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, Apex Center, New York Sharks Aquatics inc Goshen, 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.

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.
Meet Programs available (while supplies last) for \$5.00 per session.

MERCHANTS: Ultimate Swim Shop will be available for the purchase of swim related items

PARKING: Parking is available in adjacent lot

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.

Girls Event Number	Event Description	Boys Event Number
Saturday AM Session 1 10 & Under/13-14 Warm Up @ 8:00AM Start Time @ 9:15AM		
1	13-14 200 FREESTYLE	2
3	10 & UNDER 200 IM	4
5	13-14 100 BUTTERFLY	6
7	10 & UNDER 50 BACKSTROKE	8
9	13-14 200 BREASTSTROKE	10
11	10 & UNDER 100 FREESTYLE	12
13	13-14 100 FREESTYLE	14
15	10 & UNDER 50 BREASTSTROKE	16
17	13-14 100 BACKSTROKE	18
19	10 & UNDER 100 BUTTERFLY	20
Saturday PM Session 2 11-12/15 & Over Warm Up @ 1:00PM Start Time @ 2:15PM		
21	11-12 200 FREESTYLE	22
23	15 & OVER 200 IM	24
25	11-12 100 BREASTSTROKE	26
27	15 & OVER 200 BREASTSTROKE	28
29	11-12 200 BACKSTROKE	30
31	15 & OVER 100 FREESTYLE	32
33	11-12 100 FREESTYLE	34
35	15 & OVER 200 BUTTERFLY	36
37	11-12 100 BACKSTROKE	38
39	15 & OVER 100 BACKSTROKE	40
41	11-12 50 BUTTERFLY	42

Girls Event Number	Event Description	Boys Event Number
Sunday AM Session 3 10 & Under/13-14 Warm Up @ 8:00 Start Time @ 9:15		
43	13-14 200 IM	44
45	10 & UNDER 200 FREESTYLE	46
47	13-14 200 BACKSTROKE	48
49	10 & UNDER 100 BREASTSTROKE	50
51	13-14 100 BREASTSTROKE	52
53	10 & UNDER 50 FREESTYLE	54
55	13-14 50 FREESTYLE	56
57	10 & UNDER 50 BUTTERFLY	58
59	13-14 200 BUTTERFLY	60
61	10 & UNDER 100 BACKSTROKE	62
Sunday PM Session 4 11-12/15 & Over Warm Up @ 1:00PM Start Time @ 2:15PM		
63	11-12 50 BACKSTROKE	64
65	11-12 200 IM	66
67	15 & OVER 200 FREESTYLE	68
69	11-12 100 BUTTERFLY	70
71	15 & OVER 100 BUTTERFLY	72
73	11-12 50 BUTTERFLY	74
75	15 & OVER 200 BACKSTROKE	76
77	11-12 200 BREASTSTROKE	78
79	15 & OVER 100 BREASTSTROKE	80
81	11-12 200 BUTTERFLY	82
83	15 & OVER 50 FREESTYLE	84
85	11-12 50 FREESTYLE	86

THERE WILL BE A BREAK AFTER THE 50 BACKSTROKE



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 _____