



We Fly High Invite
@ Brooklyn College, CUNY

Sanction #260205
TT #260256-TT

February 7-8, 2026
Brooklyn College CUNY
Session 1: Saturday All Ages 12:00pm Warmup/1pm Start
Session 2: Sunday 10&U/15-18 8:00am Warmup/9am Start
Session 3: Sunday 11-12/13-14 12:00pm Warmup/1pm Start

Invited Teams: All Metro Teams

MR QNS 2026 We Fly High

February 7-8, 2026

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #260205 , 260256-TT
LOCATION:	West Quad Center, Brooklyn College CUNY, Brooklyn, NY 2946 Bedford Ave, Brooklyn, NY 11210
FACILITY:	Brooklyn College is an 8 lane 25 SCY pool. Colorado electronic timing system and an 8-line scoreboard. The competition course is certified is in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming
SESSIONS:	Session 1: SATURDAY 9-10, 11-12, 13-14, 15+ 12:00pm Warmup/1pm Start Session 2: SUNDAY AM 10&U/15-18 8am Warmup/9am Start Session 3: SUNDAY PM 11-12/13-14 12:00pm Warmup/1pm Start
FORMAT:	This is a timed final meet. This meet will be deck seeded with coaches checking in/scratching all swimmers 30 minutes prior to the listed start time.
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 Feb 6, 2026 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:	4 individual event limit per session U.S. Mail Entries/Payment to: QNS Aquatics 16308 20th Rd, Whitestone, NY 11357 Email Entries/Confirm Entry Receipt: Entries@QNSaquatics.com
DEADLINE:	Entries must be received by: Feb 1, 2026 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:	An entry fee of \$8 per individual event and \$10.00 per athlete Surcharge must accompany the entries. Make check payable to: Queens Aquatic Club, LLC Payment must be received by Feb 7, 2026 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 may be offered at the discretion of the Meet Referee. Time trials, if offered, will be conducted at the conclusion of each session. Swimmers must be entered in the meet to participate. Entry into time trials is subject to the approval of the Meet Referee and may be limited by time constraints. Cost, due at the time of entry in cash: \$10 per time trial.
WARM-UP:	Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warmups will include general warm up lanes and sprint lanes. One Way Sprint lanes must be monitored by the swimmers' coach. All swimmers must enter the pool from the starting end of the pool. One Way sprint lanes will start 20 minutes before the end of the warm ups at the competition end of the pool.
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 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:	Heat Winner Prize Table
OFFICIALS:	Meet Referee: Dan Collins - officials@qnsaquatics.com Officials wishing to volunteer should contact the Meet Referee by Feb 2, 2026
ADMIN. OFFICIAL:	Jonah Montgomery jmontgomery@qnsaquatics.com
MEET DIRECTOR:	Jonah Montgomery jmontgomery@qnsaquatics.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.
	First Line of response: LG, then campus security and EMS if required.
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:	Information about water depth measured for a distance of 3 feet 3-1/2 inches (1.0 meter) to 12 feet 6inches (4.0 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.
DISCLAIMER:	DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against QNS Aquatic Club , 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:	Admission \$10 for spectators; Program available on Meet Mobile
MERCHANTS:	No Concessions will be available
PARKING:	ample street parking available

DIRECTIONS:

TO Brooklyn College, CUNY 2946 Bedford Ave, Brooklyn, NY 11210

[Google Map Link to Brooklyn Pool](#)

SUBWAY: Q TRAIN TO AVE H. Walk down AVE H to Ocean Ave and find the back entrance to Brooklyn College Campus. The Pool is in the West Quad Center past the soccer field from the back entrance.

Driving - Bedford Ave Parking, walk in main campus entrance to the West Quad Center

MR QNS 2026 We Fly High Invite - 2/7/2026 to 2/8/2026
Session Report

Session: 1 SAT PM ALL AGES

Day of Meet: 1 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 11 & Over 500 Freestyle	0	0	01:00 PM	_____
Finals	2 Boys 11 & Over 500 Freestyle	0	0	01:00 PM	_____
Finals	3 Girls 9-10 100 Butterfly	0	0	01:00 PM	_____
Finals	4 Boys 9-10 100 Butterfly	0	0	01:00 PM	_____
Finals	5 Girls 11 & Over 200 Butterfly	0	0	01:00 PM	_____
Finals	6 Boys 11 & Over 200 Butterfly	0	0	01:00 PM	_____
Finals	7 Girls 9-10 100 Breaststroke	0	0	01:00 PM	_____
Finals	8 Boys 9-10 100 Breaststroke	0	0	01:00 PM	_____
Finals	9 Girls 11 & Over 200 Breaststroke	0	0	01:00 PM	_____
Finals	10 Boys 11 & Over 200 Breaststroke	0	0	01:00 PM	_____
Finals	11 Girls 9-10 100 Backstroke	0	0	01:00 PM	_____
Finals	12 Boys 9-10 100 Backstroke	0	0	01:00 PM	_____
Finals	13 Girls 11 & Over 200 Backstroke	0	0	01:00 PM	_____
Finals	14 Boys 11 & Over 200 Backstroke	0	0	01:00 PM	_____
Finals	15 Girls 9-10 100 Freestyle	0	0	01:00 PM	_____
Finals	16 Boys 9-10 100 Freestyle	0	0	01:00 PM	_____
Finals	17 Girls 11 & Over 200 Freestyle	0	0	01:00 PM	_____
Finals	18 Boys 11 & Over 200 Freestyle	0	0	01:00 PM	_____
Finals	19 Girls 9-10 200 IM	0	0	01:00 PM	_____
Finals	20 Boys 9-10 200 IM	0	0	01:00 PM	_____
Finals	21 Girls 11 & Over 400 IM	0	0	01:00 PM	_____
Finals	22 Boys 11 & Over 400 IM	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____

MR QNS 2026 We Fly High Invite - 2/7/2026 to 2/8/2026
Session Report

Session: 2 SUN AM 10&U/15&O

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	23 Girls 15 & Over 50 Freestyle	0	0	09:00 AM	_____
Finals	24 Boys 15 & Over 50 Freestyle	0	0	09:00 AM	_____
Finals	25 Girls 10 & Under 50 Freestyle	0	0	09:00 AM	_____
Finals	26 Boys 10 & Under 50 Freestyle	0	0	09:00 AM	_____
Finals	27 Girls 15 & Over 100 Butterfly	0	0	09:00 AM	_____
Finals	28 Boys 15 & Over 100 Butterfly	0	0	09:00 AM	_____
Finals	29 Girls 10 & Under 50 Butterfly	0	0	09:00 AM	_____
Finals	30 Boys 10 & Under 50 Butterfly	0	0	09:00 AM	_____
Finals	31 Girls 15 & Over 100 Breaststroke	0	0	09:00 AM	_____
Finals	32 Boys 15 & Over 100 Breaststroke	0	0	09:00 AM	_____
Finals	33 Girls 10 & Under 50 Breaststroke	0	0	09:00 AM	_____
Finals	34 Boys 10 & Under 50 Breaststroke	0	0	09:00 AM	_____
Finals	35 Girls 15 & Over 100 Backstroke	0	0	09:00 AM	_____
Finals	36 Boys 15 & Over 100 Backstroke	0	0	09:00 AM	_____
Finals	37 Girls 10 & Under 50 Backstroke	0	0	09:00 AM	_____
Finals	38 Boys 10 & Under 50 Backstroke	0	0	09:00 AM	_____
Finals	39 Girls 15 & Over 200 IM	0	0	09:00 AM	_____
Finals	40 Boys 15 & Over 200 IM	0	0	09:00 AM	_____
Finals	41 Girls 10 & Under 100 IM	0	0	09:00 AM	_____
Finals	42 Boys 10 & Under 100 IM	0	0	09:00 AM	_____
Finals	43 Girls 15 & Over 100 Freestyle	0	0	09:00 AM	_____
Finals	44 Boys 15 & Over 100 Freestyle	0	0	09:00 AM	_____
Finals	45 Girls 9-10 200 Freestyle	0	0	09:00 AM	_____
Finals	46 Boys 9-10 200 Freestyle	0	0	09:00 AM	_____
	Finish Time			09:00 AM	_____

MR QNS 2026 We Fly High Invite - 2/7/2026 to 2/8/2026
Session Report

Session: 3 SUN PM 11-12/13-14

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	47 Girls 11-12 100 IM	0	0	01:00 PM	_____
Finals	48 Boys 11-12 100 IM	0	0	01:00 PM	_____
Finals	49 Girls 13-14 50 Freestyle	0	0	01:00 PM	_____
Finals	50 Boys 13-14 50 Freestyle	0	0	01:00 PM	_____
Finals	51 Girls 11-12 50 Freestyle	0	0	01:00 PM	_____
Finals	52 Boys 11-12 50 Freestyle	0	0	01:00 PM	_____
Finals	53 Girls 11-14 100 Butterfly	0	0	01:00 PM	_____
Finals	54 Boys 11-14 100 Butterfly	0	0	01:00 PM	_____
Finals	55 Girls 11-12 50 Breaststroke	0	0	01:00 PM	_____
Finals	56 Boys 11-12 50 Breaststroke	0	0	01:00 PM	_____
Finals	57 Girls 11-14 100 Backstroke	0	0	01:00 PM	_____
Finals	58 Boys 11-14 100 Backstroke	0	0	01:00 PM	_____
Finals	59 Girls 11-12 50 Butterfly	0	0	01:00 PM	_____
Finals	60 Boys 11-12 50 Butterfly	0	0	01:00 PM	_____
Finals	61 Girls 11-14 100 Breaststroke	0	0	01:00 PM	_____
Finals	62 Boys 11-14 100 Breaststroke	0	0	01:00 PM	_____
Finals	63 Girls 11-12 50 Backstroke	0	0	01:00 PM	_____
Finals	64 Boys 11-12 50 Backstroke	0	0	01:00 PM	_____
Finals	65 Girls 11-14 200 IM	0	0	01:00 PM	_____
Finals	66 Boys 11-14 200 IM	0	0	01:00 PM	_____
Finals	67 Girls 11-12 100 Freestyle	0	0	01:00 PM	_____
Finals	68 Boys 11-12 100 Freestyle	0	0	01:00 PM	_____
Finals	69 Girls 13-14 100 Freestyle	0	0	01:00 PM	_____
Finals	70 Boys 13-14 100 Freestyle	0	0	01:00 PM	_____
	Finish Time			01:00 PM	_____



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 _____