



**2026 Metro Silver Championship North
Hosted by: Middies**

**Friday, February 20 - Sunday, February 22, 2026
White Plains YWCA
Sanction #: 260204
- Sanction Time Trial #: 260257-TT**

METRO NORTH TEAMS: Aqua Gems, Aquaracers, BGC-N. Westchester Marlins, 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

2026 Metro Silver Championship North

February 20-22, 2026

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 260204 & Time Trial #260257-TT

LOCATION: YWCA of White Plains
515 North St.
White Plains, NY 10605

FACILITY: One 6x7' lane 25 yard course. Non-turbulent lane lines. Colorado electronic timing system with 6 line scoreboard.
The pool has been certified in accordance with Article 104.2.2C (4)

SESSIONS: TENTATIVE WARM-UP TIMES
Friday Evening Distance Session: 4:30 PM warmup, 5:45 PM start.
Sat & Sun 10&U Sessions: 8:00 AM warmup, 9:15 AM start
Sat & Sun 11-12 Sessions: 11:30 AM warmup, 12:45 PM start.
Sat & Sun 13-14 & 15-18 Sessions: 3:00 PM warmup, 4:15 PM start.
Warm-up and Session times may be adjusted based on entries received. Any changes in warm up/session times will be posted 1 week before the start of the meet.

FORMAT: All events will be timed finals, deck seeding.

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. Age on February 20, 2026 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 20th, 2026) and the first day of JR METS (Formerly JO's) (March 13th , 2026), 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 20th 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 12th 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. Contact the meet director if you need special consideration.
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 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 (MIDDIES), 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"

Age for this meet is February 20th, 2026.

Host Club may waive meet entry fees and facility surcharge for registered outreach swimmers. Coaches should contact the meet director and identify register swimmers whom they wish considered for waiver of fees when submitting meet entries.

U.S. Mail Entries/Payment to: **YWCA Middies, 515 North Street, White Plains, NY, 10605**
Email Entries/Confirm Entry Receipt: jyearwood@ywcaawpcw.org

TIME TRIALS:

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.

DEADLINE:

- This is a Metro Championship Meet (Metro North Teams Only).
- The final entry deadline for this meet is Tuesday, February 10, 2026.
- Only new Silver cuts achieved from February 11, 2026, through February 15, 2026, will be added. No updates of times after February 16, 2026.

An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.

ENTRY FEE:

Entry fees are \$7.50 per individual event. A Metro Surcharge of \$1.00 and Facility Surcharge of \$9.00 per swimmer must accompany the entries
Make check payable to: **White Plains YWCA**
Payment must be received by February 20, 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.

WARM-UP:

Warm up sessions will be assigned

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 events 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.

OFFICIALS:

Meet Referee: Andy Kass, middies@ywcaawpcw.org

Officials wishing to volunteer should contact Meet Referee

**MEET
DIRECTOR**

John Yearwood, jyearwood@ywcaawpcw.org, 914-949-6227 x151

**ADMIN
OFFICIAL:**

John Yearwood, jyearwood@ywcaawpcw.org, 914-949-6227 x151

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. 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"

MAAPP:

All applicable 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 the MAAPP policy is a condition of participation in the conduct of this competition.

**WATER
DEPTH:**

USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."

The water depth is 3 feet at the shallow end and 10 feet deep at the diving end.

**AUDIO/VISUAL
STATEMENT:**

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. The use of cell phones and cameras is prohibited from behind the starting blocks.
"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.

DISCLAIMER:

Upon acceptance of his/her entries, the participant waives all claims against the YWCA of White Plains and the YWCA Middies, 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.

ADMISSION:

Spectators will be allowed at the meet, until reaching the capacity level.

MERCHANTS:

Concessions will be provided.

PARKING:

Parking is available in the back of the YWCA. NO CARS to be parked in front.

DIRECTIONS: **The YWCA is located at 515 North St., White Plains, NY opposite White Plain High School. Bryant Ave. is the nearest intersection.-**
From Hutchinson River Pkwy, North and South:
Take Exit 25 (Route 127, North St.) west toward White Plains. YWCA is on the left 1.5 miles.
From Cross Westchester Express (I-287):
Heading East (from Tappan Zee Bridge) take Exit 9A. Bear right and continue to the 3rd intersection,
Bryant Ave. Turn right and continue to North St. Turn left and drive one block. YWCA is on right.
Heading West (from Port Chester or Connecticut):
Take Exit 9S. After light bear right onto the Hutchinson River Pkwy South. Take Exit 25W as above.
From I-684:
Follow to end which merges with the Hutchinson River Pkwy. Take Exit 25W as above.
By Bus:
Bee Line Bus #5 (from bus terminal at Metro-North White Plains or Harrison Station.) For a bus schedule call: (914) 949-2020.

Friday, Distance Session

Event Number	Event	Qualifying Times
1	9&U Girls 500 Free	7.21.99
2	10 Year Old Girls 500 Free	7.21.99
3	9&U Boys 500 Free	7.21.99
4	10 Year Old Boys 500 Free	7.21.99
5	11 Year Old Girls 500 Free	6:20.79
6	12 Year Old Girls 500 Free	6:20.79
7	11 Year Old Boys 500 Free	6:31.99
8	12 Year Old Boys 500 Free	6:31.99
9	13 Year Old Girls 500 Free	5:50.59
10	14 Year Old Girls 500 Free	5:50.59
11	13 Year Old Boys 500 Free	5:50.99
12	14 Year Old Boys 500 Free	5:50.99
13	15- 18 Girls 500 Free	5:39.99
14	15- 18 Boys 500 Free	5:17.99
15	11 Year Old Girls 400 IM	5:50.99
16	12 Year Old Girls 400 IM	5:50.99
17	11 Year Old Boys 400 IM	5:52.99
18	12 Year Old Boys 400 IM	5:52.99
19	13 Year Old Girls 400 IM	5:25.99
20	14 Year Old Girls 400 IM	5:25.99
21	13 Year Old Boys 400 IM	5:09.79
22	14 Year Old Girls 400 IM	5:09.79
23	15-18 Girls 400 IM	5:23.29
24	15-18 Boys IM	4:45.89

Saturday AM

Event Number	Event	Qualifying Times
25	9&U Girls 200 IM	3:13.99
26	10 Year Old Girls 200 IM	3:13.99
27	9&U Boys 200 IM	3:13.99
28	10 Year Old Boys 200 IM	3:13.99
Break		
29	9&U Girls 50 Breaststroke	47.79
30	10 Year Old Girls 50 Breaststroke	47.79
31	9&U Boys 50 Breaststroke	48.59
32	10 Year Old Boys 50 Breaststroke	48.59
Break		
33	9&U Girls 100 Backstroke	1:33.09
34	10 Year Old Girls 100 Backstroke	1:33.09
35	9&U Boys 100 Backstroke	1:37.09
36	10 Year Old Boys 100 Backstroke	1:37.09
Break		
37	9&U Girls 50 Butterfly	42.39
38	10 Year Old Girls 50 Butterfly	42.39
39	9&U Boys 50 Butterfly	43.89
40	10 Year Old Boys 50 Butterfly	43.89
Break		
41	9&U Girls 100 Freestyle	1:18.49
42	10 Year Old Girls 100 Freestyle	1:18.49
43	9&U Boys 100 Freestyle	1:18.49
44	10 Year Old Boys 100 Freestyle	1:18.49

Saturday Midsession

Event Number	Event	Qualifying Times
45	11 Year Old Girls 200 Butterfly	2:49.39
46	12 Year Old Girls 200 Butterfly	2:49.39
47	11 Year Old Boys 200 Butterfly	2:49.39
48	12 Year Old Boys 200 Butterfly	2:49.39
49	11 Year Old Girls 100 Freestyle	1:08.29
50	12 Year Old Girls 100 Freestyle	1:08.29
51	11 Year Old Boys 100 Freestyle	1:06.99
52	12 Year Old Boys 100 Freestyle	1:06.99
53	11 Year Old Girls 50 Breaststroke	40.59
54	12 Year Old Girls 50 Breaststroke	40.59
55	11 Year Old Boys 50 Breaststroke	40.29
56	12 Year Old Boys 50 Breaststroke	40.29
57	11 Year Old Girls 200 Backstroke	2:46.99
58	12 Year Old Girls 200 Backstroke	2:46.99
59	11 Year Old Boys 200 Backstroke	2:42.79
60	12 Year Old Boys 200 Backstroke	2:42.79
61	11 Year Old Girls 50 Butterfly	34.59
62	12 Year Old Girls 50 Butterfly	34.59
63	11 Year Old Boys 50 Butterfly	34.69
64	12 Year Old Boys 50 Butterfly	34.69
65	11 Year Old Girls 200 Breaststroke	3:11.19
66	12 Year Old Girls 200 Breaststroke	3:11.19
67	11 Year Old Boys 200 Breaststroke	3:03.49
68	12 Year Old Boys 200 Breaststroke	3:03.49
69	11 Year Old Girls 100 IM	1:18.69

70	12 Year Old Girls 100 IM	1:18.69
71	11 Year Old Boys 100 IM	1:17.19
72	12 Year Old Boys 100 IM	1:17.19
73	11 Year Old Girls 50 Freestyle	30.99
74	12 Year Old Girls 50 Freestyle	30.99
75	11 Year Old Boys 50 Freestyle	30.69
76	12 Year Old Boys 50 Freestyle	30.69

Saturday Evening

Event Number	Event	Qualifying Times
77	13 Year Old Girls 200 Butterfly	2:36.59
78	14 Year Old Girls 200 Butterfly	2:36.59
79	13 Year Old Boys 200 Butterfly	2:29.59
80	14 Year Old Boys 200 Butterfly	2:29.59
81	15-18 Girls 200 Butterfly	2:33.99
82	15-18 Boys 200 Butterfly	2:24.99
83	13Year Old Girls 100 Freestyle	1:03.09
84	14 Year Old Girls 100 Freestyle	1:03.09
85	13 Year Old Boys 100 Freestyle	59.59
86	14 Year Old Boys 100 Freestyle	59.59
87	15-18 Girls 100 Freestyle	1:01.09
88	15-18 Boys 100 Freestyle	54.19
89	13Year Old Girls 200 Breaststroke	2:56.99
90	14 Year Old Girls 200 Breaststroke	2:56.99
91	13 Year Old Boys 200 Breaststroke	2:47.89
92	14 Year Old Boys 200 Breaststroke	2:47.89
93	15-18 Girls 200 Breaststroke	2:50.99
94	15-18 Boys 200 Breaststroke	2:36.79

95	13Year Old Girls 100 Backstroke	1:12.69
96	14 Year Old Girls 100 Backstroke	1:12.69
97	13 Year Old Boys 100 Backstroke	1:08.29
98	14 Year Old Boys 100 Backstroke	1:08.29
99	15-18 Girls 100 Backstroke	1:10.09
100	15-18 Boys 100 Backstroke	1:03.89
101	13 Year Old Girls 50 Freestyle	28.79
102	14 Year Old Girls 50 Freestyle	28.79
103	13 Year Old Boys 50 Freestyle	26.79
104	14 Year Old Boys 50 Freestyle	26.79
105	15-18 Girls 50 Freestyle	28.59
106	15-18 Boys 50 Freestyle	25.19

Sunday AM

Event Number	Event	Qualifying Times
107	9&U Girls 200 Freestyle	2:49.59
108	10 Year Old Girls 200 Freestyle	2:49.59
109	9&U Boys 200 Freestyle	2:49.59
110	10 Year Old Boys 200 Freestyle	2:49.59
5:00 Break		
111	9&U Girls 50 Backstroke	41.89
112	10 Year Old Girls 50 Backstroke	41.89
113	9&U Boys 50 Backstroke	42.89
114	10 Year Old Boys 50 Backstroke	42.89
5:00 Break		
115	9&U Girls 100 Breaststroke	1:46.19
116	10 Year Old Girls 100 Breaststroke	1:46.19

117	9&U Boys 100 Breaststroke	1:48.39
118	10 Year Old Boys 100 Breaststroke	1:48.39
5:00 Break		
119	9&U Girls 100 Butterfly	1:37.99
120	10 Year Old Girls 100 Butterfly	1:37.99
121	9&U Boys 100 Butterfly	1:37.99
122	10 Year Old Boys 100 Butterfly	1:37.99
5:00 Break		
123	9&U Girls 50 Freestyle	35.19
124	10 Year Old Girls 50 Freestyle	35.19
125	9&U Boys 50 Freestyle	35.19
126	10 Year Old Boys 50 Freestyle	35.19
5:00 Break		
127	9&U Girls 100 IM	1:28.59
128	10 Year Old Girls 100 IM	1:28.59
129	9&U Boys 100 IM	1:28.59
130	10 Year Old Boys 100 IM	1:28.59

Sunday Midsession

Event Number	Event	Qualifying Times
131	11 Year Old Girls 200 IM	2:48.09
132	12 Year Old Girls 200 IM	2:48.09
133	11 Year Old Boys 200 IM	2:47.99
134	12 Year Old Boys 200 IM	2:47.99
135	11 Year Old Girls 50 Backstroke	36.09
136	12 Year Old Girls 50 Backstroke	36.09
137	11 Year Old Boys 50 Backstroke	36.09
138	12 Year Old Boys 50 Backstroke	36.09

139	11 Year Old Girls 100 Breaststroke	1:28.69
140	12 Year Old Girls 100 Breaststroke	1:28.69
141	11 Year Old Boys 100 Breaststroke	1:26.49
142	12 Year Old Boys 100 Breaststroke	1:26.49
143	11 Year Old Girls 100 Butterfly	1:19.39
144	12 Year Old Girls 100 Butterfly	1:19.39
145	11 Year Old Boys 100 Butterfly	1:17.59
146	12 Year Old Boys 100 Butterfly	1:17.59
147	11 Year Old Girls 100 Backstroke	1:19.49
148	12 Year Old Girls 100 Backstroke	1:19.49
149	11 Year Old Boys 100 Backstroke	1:17.49
150	12 Year Old Boys 100 Backstroke	1:17.49
151	11 Year Old Girls 200 Freestyle	2:25.89
152	12 Year Old Girls 200 Freestyle	2:25.89
153	11 Year Old Boys 200 Freestyle	2:25.99
154	12 Year Old Boys 200 Freestyle	2:25.99

Sunday Evening

Event Number	Event	Qualifying Times
155	13 Year Old Girls 200 Freestyle	2:16.99
156	14 Year Old Girls 200 Freestyle	2:16.99
157	13 Year Old Boys 200 Freestyle	2:14.19
158	14 Year Old Boys 200 Freestyle	2:14.19
159	15-18 Girls 200 Freestyle	2:10.59
160	15-18 Boys 200 Freestyle	1:57.99
161	13 Year Old Girls 100 Breaststroke	1:23.49
162	14 Year Old Girls 100 Breaststroke	1:23.49

163	13 Year Old Boys 100 Breaststroke	1:16.69
164	14 Year Old Boys 100 Breaststroke	1:16.69
165	15-18 Girls 100 Breaststroke	1:20.89
166	15-18 Boys 100 Breaststroke	1:10.89
167	13 Year Old Girls 200 Backstroke	2:36.29
168	14 Year Old Girls 200 Backstroke	2:36.29
169	13 Year Old Boys 200 Backstroke	2:27.09
170	14 Year Old Boys 200 Backstroke	2:27.09
171	15-18 Girls 200 Backstroke	2:29.29
172	15-18 Boys 200 Backstroke	2:16.89
173	13 Year Old Girls 100 Butterfly	1:11.59
174	14 Year Old Girls 100 Butterfly	1:11.59
175	13 Year Old Boys 100 Butterfly	1:07.09
176	14 Year Old Boys 100 Butterfly	1:07.09
177	15-18 Girls 100 Butterfly	1:09.59
178	15-18 Boys 100 Butterfly	1:02.59
179	13 Year Old Girls 200 IM	2:41.49
180	14 Year Old Girls 200 IM	2:41.49
181	13 Year Old Boys 200 IM	2:31.09
182	14 Year Old Boys 200 IM	2:31.09
183	15-18 Girls 200 IM	2:29.99
184	15-18 Boys 200 IM	2:27.79



Metropolitan Swimming Photographer Registration Form

As of 05/18/16 - All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in 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 an 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 _____