

2023 METRO BRONZE

CHAMPIONSHIPS CENTRAL

FRIDAY SATURDAY AND SUNDAY,

MARCH 24-26, 2023

Hosted by:



Metro Central Teams:

92nd Street Flying Dolphins, Apex Swim Club, Asphalt Green, Badger Swim Club, Brooklyn Stingrays, CAS Stingrays, Central Queens YMYWHA, Cross Island Y Barracudas, Flushing YMCA, Freedom Aquatics, Harbor Seals/Bay Ridge, HES Hurricanes, Kips Bay Mako's, Lion Swim Academy, Long Island Express (Silvers Only), Manhattan Makos, Marlins Shorefront Y, Match Point, McBurney Manta Rays, New Settlement Community Center, New York City Aquatic Club, New York City Parks, Nile Crocodile Aquatic Club, Nu Fin men, Queens Aquatic Club, Riverbank Redtails, Staten Island Aquatic Club, Swim Tech, Trident Aquatic Club, Trident Swim Club, Twisters Swim Club, Water sign Aquatics, Westchester Wolverines Aquatics

Sanction # 230303 and Time Trial #230361-T

2023 Metro Bronze Central Championships

March 24 - 26, 2023

- SANCTION** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Metro Sanction# # 230303 -T
- LOCATION** **Mark Twain Pool, 160 Woodlawn Avenue, Yonkers, NY, 10704**
- FACILITY** 25 yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado Electronic timing system The competition course has not been certified in accordance with Article 104.2.2C (4).
- No smoking allowed in the building. Teams are expected to police and maintain their areas on the pool deck. Athletes, parents and children are restricted to the pool area and spectators' stand and are not authorized to be in any other part of the building.
- SESSIONS** **Session 1: Friday PM: 4:00 PM Warm Up 5:00 PM Start**
Session 2: Saturday AM 8:00 AM Warm Up 9:00 AM Start
Session 3: Saturday PM 1:00 PM Warm Up 2:00 PM Start
Session 4: Sunday AM 8:00 AM Warm Up 9:00 AM Start
Session 5: Sunday PM 1:00 PM Warm Up 2:00 PM Start
- Afternoon session warm-up and start times may be adjusted after the meet entries deadline. All teams will be notified.**
- FORMAT** This is a SCY meet. Timed finals format. No Deck entries allowed. The meet will be deck seeded. See scratch procedure below.
- ELIGIBILITY** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers in CENTRAL REGION. All swimmers participating in this meet must be registered by the first day of the meet.
Age on March 24, 2023 will determine age for the entire meet.
No swimmer will be permitted to compete unless the swimmer is a member as provided in article 302. Athletes 18 years of age will need to have their APT completed.
No Deck Registrations will be accepted.
- 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** All athletes are limited to enter a maximum of 4 events per session. 8&Under swimmers are not permitted to compete in this meet. Entry times cannot be

faster than BRONZE times as specified by Metropolitan Swimming 2022-23 time standards.

NT entries are not permitted. Events must have been swum at least once before. Entry times must have been achieved between **January 1, 2022** and the meet entry deadline, **March 19, 2023**. A SWIMS Times Recon will be done one week prior to the meet. Times must have been achieved within the qualifying time period and must be in the SWIMS database. Times cannot be converted times. Entry Times not in the SWIMS database will be removed. No new entries will be accepted after the SWIMS Times Recon is sent.

U.S. Mail Entries/Payment to: **Magdy Shokry**
126 Hoyt Street-APT 5K
Stamford, CT 06905

Email Entries/Confirm Entry Receipt: magdyshokry@hotmail.com

- DEADLINE** This is a Metro Championship Meet (Metro Central Teams Only). The final entry deadline for this meet is **March 19, 2023**. 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** The entry fee is \$7.50 per individual event, \$1.00 per Swimmer Surcharge and a \$4.00 Facility Surcharge. The entry fees must accompany the entries.
- Make check payable to: NCAC**
Payment must be received by March 24, 2023 for email entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- MAAPP** 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.
- WARM-UP** Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. Warm-ups will include general warm up lanes and sprint lanes. Warm-up lanes may be assigned for teams if necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.
- SCRATCHES** Coaches will be given scratch sheets upon arrival. Scratches are due 30 minutes prior to the start of the session. **NO DECK ENTRIES ALLOWED.**
- 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 Individual medals for 1st through 8th place, ribbons 9th through 16th place for swimmers below the “Silver” minimum standard. Overachiever Ribbons will be awarded to swimmers who swim Silver and JO qualifying times in an event for the first time at this meet. Awards must be picked up at the end of the meet.

OFFICIALS Meet Referee [Felicity Marinello – flickdance@msn.com](mailto:flickdance@msn.com)
Officials wishing to volunteer should contact Meet Referee by March 10, 2023

ADMIN. OFFICIAL [Wendy Martinez, bellamiamour@gmail.com](mailto:bellamiamour@gmail.com)

MEET DIRECTOR: [Michael Gonzalez, MGONZALEZ5@YonkersPublicSchools.org](mailto:MGONZALEZ5@YonkersPublicSchools.org)

WATER DEPTH 12 feet deep end, 4 feet shallow end

RULES The current USA Swimming Rules and Regulations will apply. The 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.
Lifeguards will be on duty supervising the pool. An AED is located at the lifeguard’s main desk.

AUDIO/ VISUAL Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, restrooms or locker rooms.

DRONES 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.

DISCLAIMER Upon acceptance of his/her entries, the participant waives all claims against Mark Twain pool, NCAC, 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 **\$10.00 per person. Heat Sheets will be available on Meet Mobile.**

DECK CHANGES Deck changes are prohibited.

MERCHANTS No food or beverages will be served by the host team. A merchandise concession will be available by outside vendors.

PARKING Free parking provided at the Montessori Academy and on the streets around the building.

DIRECTIONS 160 Woodlawn Avenue, Yonkers, NY 10704

IMPORTANT [In case of emergency:](#)
[Pool Office 914-376-8434](#) [Meet Desk: 347-466-0375](#)

Bronze Championship Central March 24 -26, 2023

Session 1 (All Age Groups)

Warm-up 4:00 PM - Start 5:00 PM

Girls	No faster than	Event	No faster than	Boys
1	3:14.00	9-10 200 IM	3:14.00	2
3	2:47.00	11-12 200 Back	2:42.80	4
5	5:26.00	13-14 400 IM	5:09.80	6
7	5:23.30	15-18 400 IM	4:45.90	8
9	7:05.00	9-10 500 Free	7:06.00	10
11	3:11.20	11-12 200 Breast	3:03.50	12
13	2:57.00	13-14 200 Breast	2:47.90	14
15	2:51.00	15-18 200 Breast	2:36.80	16
17	2:49.60	9-10 200 Free	2:49.60	18
19	2:49.40	11-12 200 Fly	2:45.40	20
21	2:34.00	15-18 200 Fly	2:25.00	22
23	5:50.60	13-14 500 Free	5:51.00	24
25	6:20.80	11-12 500 Free	6:32.00	26

Bronze Championship Central March 24 -26, 2023

Session 2 (11-12 & 13-14 Years Old)

Saturday AM 8:00 warm up 9:00 AM start

Girls	No faster than	Event	No faster than	Boys
27	2:25.90	11-12 200 Free	2:26.00	28
29	2:17.00	13-14 200 Free	2:14.20	30
31	40.60	11-12 50 Breast	40.30	32
33	1:23.50	13-14 100 Breast	1:16.70	34
35	31.00	11-12 50 Free	30.70	36
37	1:03.10	13-14 100 Free	59.60	38
39	1:19.50	11-12 100 Back	1:17.50	40
41	2:36.30	13-14 200 Back	2:27.10	42
43	1:19.40	11-12 100 Fly	1:17.60	44
45	2:36.60	13-14 200 Fly	2:29.60	46
47	2:48.10	11-12 200 IM	2:48.00	48

Bronze Championship Central March 24 -26, 2023

Session 3 (9-10 & 15-18 Years Old)

Saturday PM 1:00 warm up 2:00 PM start

Girls	No faster than	Event	No faster than	Boys
49	1:28.60	9-10 100 IM	1:28.60	50
51	2:10.60	15-18 200 Free	1:58.00	52
53	47.80	9-10 50 Breast	48.60	54
55	1:20.90	15-18 100 Breast	1:10.90	56
57	35.20	9-10 50 Free	35.20	58
59	1:01.10	15-18 100 Free	54.20	60
61	1:33.10	9-10 100 Back	1:37.10	62
63	2:29.30	15-18 200 Back	2:16.90	64
65	1:38.00	9-10 100 Fly	1:38.00	66
67	1:09.60	15-18 100 Fly	1:02.60	68

Bronze Championship Central March 24 -26, 2023

Session 4 (11-12 & 13-14 Years Old)

SUNDAY AM 8:00 warm up 9:00 AM start

Girls	No faster than	Event	No faster than	Boys
69	1:18.70	11-12 100 IM	1:17.20	70
71	1:12.70	13-14 100 Back	1:08.30	72
73	1:08.30	11-12 100 Free	1:07.00	74
75	28.80	13-14 50 Free	26.80	76
77	34.60	11-12 50 Fly	34.70	78
79	2:41.50	13-14 200 IM	2:31.10	80
81	36.10	11-12 50 Back	36.10	82
83	1:11.60	13-14 100 Fly	1:07.10	84
85	1:28.70	11-12 100 Breast	1:26.50	86

Bronze Championship Central March 24 -26, 2023

Session 5 (9-10 & 15-18 Years Old)

Sunday PM 1:00 warm up 2:00 PM start

Girls	No faster than	Event	No faster than	Boys
87	42.40	9-10 50 Fly	43.90	88
89	2:30.00	15-18 200 IM	2:27.80	90
91	1:46.20	9-10 100 Breast	1:48.40	92
93	1:10.10	15-18 100 Back	1:03.90	94
95	41.90	9-10 50 Back	42.90	96
97	28.60	15-18 50 Free	25.20	98
99	1:18.50	9-10 100 Free	1:18.50	100
101	5:40.00	15-18 500 Free	5:18.00	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_____