

2023 METRO BRONZE CHAMPIONSHIPS NORTH

FRIDAY, SATURDAY AND SUNDAY,
March 24-26, 2023



Metropolitan Swimming Sanction # # 230308

Time Trial Sanction #230355-T

2023 METROPOLITAN SWIMMING BRONZE CHAMPIONSHIP NORTH– Hosted by Newburgh Sharks

Friday, Saturday and Sunday –March 24-26, 2023

Sanction ## 230308

Time Trial Sanction -230355-T

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 HeatWaves, Monroe Woodbury Devilfish Aquatics, New York Sharks, Newburgh Sharks, North Rockland Aquatic Club, Northern Dutchess Aquatic Club, 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

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., ## 230308 , 230355-T

LOCATION: Newburgh Free Academy
201 Fullerton Ave
Newburgh NY 12550

FACILITY: 25-yard pool with 6 lanes and non-turbulent lane lines. There is seating for 300 spectators. Colorado electronic timing system and the 6 - line scoreboard will be used. The pool has not been certified in accordance with Article 104.2.2c (4). Athletes will be housed in the gymnasium adjacent to the pool.

SESSIONS: Session 1: Friday PM: 4:00 PM Warm Up 5:00 PM Start
Session 2: Saturday AM 7:30 AM Warm Up 9:00 AM Start
Session 3: Saturday PM 1:00 PM Warm Up 2:30 PM Start
Session 4: Sunday AM 7:30 AM Warm Up 9:00 AM Start
Session 5: Sunday PM 1:00 PM Warm Up 2:30 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 timed final meet.

ELIGIBILITY: Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers in NORTH REGIONS. 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

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 2022-2023 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:
Newburgh Sharks c/o Patrick Kavanagh
140 Dogwood Lane
Newburgh NY 12550
- Email Entries/Confirm Entry Receipt: admin@nbsharks.com
- ENTRIES:** **Sign Express Mail Waiver allowing delivery without signature**
- DEADLINE:** 1: This is a Metro Championship Meet (**Metro North Teams Only**).
2: 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 Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of **\$7.50** per individual event and **\$1.00** per swimmer Metro Surcharge and **\$4.00** Facility Swimming Surcharge must accompany the entries. 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 \$10.00 per time trial and must be paid in cash.
- Make check payable to: **Newburgh Sharks**
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.
- WARM-UP:** Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. 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.**
Metropolitan Scratch Procedure will be in effect for the entire meet
- 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 6th place, ribbons 7th through 12th 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:** Jenn Bancroft email: JEN@paynecentral.com
Officials wishing to volunteer should contact Meet Referee by **March 20, 2023**.

**ADMIN
OFFICIAL**

Patrick Kavanagh – admin@nbsharks.com

**MEET
DIRECTOR:**

Patrick Kavanagh – admin@nbsharks.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 **WILL BE USED** for this meet.

SAFETY:

Metropolitan Safety and Warm-up procedures will be in effect. 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.

AED's are located on the pool deck and gymnasium for all athletes, spectators, officials, and coaches.

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.

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.

MAAP

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

USA 2011 - 202.3.7 The water depth is 3 feet 6 inches at the shallow end and 12 feet at the deep end.

DISCLAIMER:

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **the Newburgh Sharks, Newburgh Enlarged City School District**, 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."

***An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc., cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in USA Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19. BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING AND [THE LSC] AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION*

**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 or from behind the blocks.

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

**DECK
CHANGING:**

Deck changes are prohibited.

ADMISSION:

\$5.00 per session

MERCHANTS:

The "Metro Swim Shop" will provide swimming apparel and related items for sale on site. "Fine Designs" will also be selling "Bronze North Championship" specific apparel on site. Refreshments will be available for purchase in the spectator balcony. No food or drinks will be allowed on the pool deck. Plastic water bottles however, are acceptable. Coaches are expected to monitor your team area. Red Gatorade bottles are prohibited from the pool deck and gymnasium.

DIRECTIONS:

201 Fullerton Ave, Newburgh NY 12550

Bronze Championship North, March 24-26 2023

Session 1 (All age groups)

Friday PM – 4:00 PM warm-up / 5:00 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
1	2:46.70	11-12 200 Back	2:42.80	2
3	2:49.60	9-10 200 Free	2:49.60	4
5	6:20.80	11-12 500 Free	6:32.00	6
7	5:26.00	13-14 400 IM	5:09.80	8
9	5:23.30	15-18 400 IM	4:45.90	10
11	3:14.00	9 10 200 IM	3:14.00	12
13	2:48.10	11-12 200 IM	2:48.00	14
15	5:50.60	13-14 500 Free	5:51.00	16
17	5:40.00	15-18 500 Free	5:18.00	18

Session 2 (9-10 and 13-14)

Saturday AM – 7:30 AM warm-up / 9:00 AM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
19	2:17.00	13 14 200 Free	2:14.20	20
21	47.80	9-10 50 Breast	48.60	22
23	1:23.50	13-14 100 Breast	1:16.70	24
25	35.20	9 10 50 Free	35.20	26
27	1:03.10	13-14 100 Free	59.60	28
29	1:33.10	9-10 100 Back	1:37.10	30
31	2:36.30	13-14 200 Back	2:27.10	32
33	1:38.00	9-10 100 Fly	1:38.00	34
35	1:11.60	13-14 100 Fly	1:07.10	36

Session 3 (11-12 and 15-18)
Saturday PM – 1:00 PM warm-up / 2:30 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
37	2:25.90	11-12 200 Free	2:26.00	38
39	2:10.60	15-18 200 Free	1:58.00	40
41	1:19.50	11-12 100 Back	1:17.50	42
43	1:10.10	15-18 100 Back	1:03.90	44
45	31.00	11-12 50 Free	30.70	46
47	1:01.10	15-18 100 Free	54.50	48
49	1:28.70	11-12 100 Breast	1:26.50	50
51	2:51.00	15-18 200 Breast	2:36.80	52
53	34.60	11-12 50 Fly	34.70	54
55	2:34.00	15-18 200 Fly	2:25.00	56
57	2:49.40	11-12 200 Fly	2:45.40	58

Session 4 (9-10 and 13-14)
Sunday AM – 7:30 AM warm-up / 9:00 AM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
59	2:41.50	13-14 200 IM	2:31.10	60
61	1:18.50	9-10 100 Free	1:18.50	62
63	28.80	13-14 50 Free	26.80	64
65	41.90	9-10 50 Back	42.90	66
67	1:12.70	13-14 100 Back	1:08.30	68
69	1:46.20	9 10 100 Breast	1:48.40	70
71	2:57.00	13-14 200 Breast	2:47.90	72
73	42.40	9 10 50 Fly	43.90	74
75	2:36.60	13-14 200 Fly	2:29.60	76
77	1:28.60	9-10 100 IM	1:28.60	78

Session 5 (11-12 and 15-18)
Sunday PM –1:00 PM warm-up / 2:30 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
79	1:18.70	11-12 100 IM	1:17.20	80
81	2:30.00	15-18 200 IM	2:27.80	82
83	1:08.30	11-12 100 Free	1:07.00	84
85	28.30	15-18 50 Free	25.20	86
87	36.10	11-12 50 Back	36.10	88
89	2:29.30	15-18 200 Back	2:16.90	90
91	40.60	11-12 50 Breast	40.30	92
93	1:20.90	15-18 100 Breast	1:10.90	94
95	1:19.40	11-12 100 Fly	1:17.60	96
97	1:09.60	15-18 100 Fly	1:02.60	98
99	3:11.20	11-12 200 Breast	3:03.50	100

Metropolitan Swimming, Inc. & Newburgh Sharks 'Bronze Championships North 2023
Friday, Saturday, and Sunday, March 24-26 2023

*****WAIVER*****

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against **USA-Swimming, Newburgh Free Academy, Newburgh Sharks, and Metropolitan Swimming, Inc.** for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

Team Name _____ Team Code _____

Coach's Name _____

Day Phone # _____ Evening Phone # _____

Address _____

City _____ State _____ Zip _____

Club/Coach email address _____

MEET ENTRY REPORT

Female Individual Entries x \$7.50 = _____

Male Individual Entries x \$7.50 = _____

Metro Surcharge: Swimmer Entered x \$1.00 = _____

Facility Surcharge: Swimmer Entered x \$4.00 = _____

Amount Entries (Make Check payable to Newburgh Sharks= admin@nbsharks.com)

List All Unattached Swimmers:

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____



Metropolitan Swimming

Photographer Registration Form

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_____