



2023 METROPOLITAN SILVER CHAMPIONSHIPS NORTH

February 24 - 26
Hosted by Viking Aquatic Club & New York Sharks
Valley Central Natatorium
Montgomery, NY
Sanction # 230210
TT Sanction # 230263-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 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

2023 Metropolitan Silver Championships North

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 230210	
LOCATION:	Valley Central High School Natatorium, 1175 Route 17K, Montgomery, NY 12549	
FACILITY:	8-Lane, 25-yard, indoor pool with non-turbulent lane dividers. Colorado Timing System, 8-Lane Display Scoreboard. Tiered bleacher seating for spectators. The pool has not been certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming.	
SESSIONS:	Session 1: Friday, February 24 Session 2: Saturday, February 25 Session 3: Saturday, February 25 Session 4: Sunday, February 26 Session 5: Sunday, February 26	W-up at 4:00 p.m. Start at 5:00 p.m. W-up at 8:00 a.m. Start at 9:30 a.m. W-up at 2:00 p.m. Start at 3:30 p.m. W-up at 8:00 a.m. Start at 9:30 a.m. W-up at 2:00 p.m. Start at 3:30 p.m.
	Warm Up and Start times for Sessions 3 and 5 may be adjusted after the meet entry deadline. All teams will be notified.	
FORMAT:	All Events are Timed Finals. On deck seeding is in effect for the meet. This will be a timed finals meet	
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. This is a Metro Championship meet for Metro Central Teams only. Entries must comply with 2023 Silvers Championships time standards. All entries must be received by the meet deadline. No Deck Registrations will be accepted.	
ADDITIONAL ELIGIBILITY:	Age on February 24, 2023 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 24th, 2023) and the first day of MRAG (Formerly JO's) (March 10th, 2023), and that swimmer has a MRAG (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 MRAG (Formerly JO's) qualifying time in that same event in the new age group by the meet extension deadline of MRAG (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 27th on the first day of Silvers, her time in the 50 free is 31.00 (which is a MRAG time in the 50 free so she can't swim that event at Silvers). Jane ages up on March 9th so now her 31.00 in the 50 free is too slow for MRAG (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 attend. 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:	A hard copy of the entries with "proof of times" must be emailed or mailed at the time entries are sent. (Just check the box "include proof of times" in Team Manager Entry report. All swimmers must be a member of USA Swimming to enter and compete in this meet. There will be 10&U, 11-12, 13-14 and 15-18 events. Swimmers may compete in up to 5 individual events per day. Entry times must have been achieved between January 1, 2022, and the entry deadline February 14th, 2023. Any new cuts achieved after this date 2/14-2/24/23 must be emailed to newyorksharksaquatics@gmail.com. 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 SWIMS will be scratched. Times cannot be converted times; NT's will not be accepted. Age for this meet is February 24th, 2023.	

U.S. Mail Entries/Payment to:
NYS Goshen
7 Garden Terrace
Goshen NY 10924

MAKE CHECKS PAYABLE TO VIKING AQUATIC CLUB

Email Entries/Confirm Entry Receipt: newyorksharksentries@gmail.com
Please note: Sign express mail waiver allowing delivery without signature.

- DEADLINE:** This is a Metro Championship Meet (Metro North Teams Only) The final entry deadline for this meet is February 14th, 2023. An email confirming receipt of entries will be sent 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.
- New Silver cuts achieved from February 15, 2023 through February 23, 2023 will be accepted if provable in SWIMS. No updates of times are possible.
- ENTRY FEE:** A per swimmer facility surcharge of **\$4.00** and an entry fee of **\$7.50** per individual event and **\$1.00** per swimmer Metro Surcharge must accompany the entries.
Make check payable to: **Viking Aquatic Club**
Payment must be received by **February 24, 2023** 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:** Time trials will ONLY be run if time allows at the discretion of the Meet Referee and Meet Director. There will be no more than two (2) time trials per swimmer over the 5 sessions and any time trials will count toward the 5 events per day/per swimmer. The cost is \$15.00 per time trial and must be paid in cash at the desk.
- WARM-UP:** Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warm-up lanes and times will be assigned to each team. **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 each session. Coaches must present current coaches' credentials to receive team scratch sheets. All scratches are due no later than 45 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.
- Metro Scratch rules will be followed. Please consult your guidelines.
- 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.
- Depending on entries, swimmers may be seeded from adjoining gymnasium (mats and hand-held toys recommended). Viking Aquatic Club is not responsible for lost or stolen items. Swimmers will not be permitted back on deck once their event is complete.**
- AWARDS:** Medals for individual events for 1st through 3rd place, ribbons for 4th -8th place for all silver times in the 10&U, 11-12, 13-14, and 15-18 age groups will be presented. All swimmers that achieve a MRAG qualifying time will receive a MRAG qualifying ribbon.
- OFFICIALS:** **Meet Referee: Ron Sommer (2sommer@2sommer.net)**
Officials wishing to volunteer should contact the Meet Referee by **February 10, 2023.**
- ADMIN. OFFICIAL:** **Administrative Official: Cathie Sommer (2sommer@2sommer.net)**

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 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. 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. Emergency Assistance available to the athletes. Lifeguards, EMT on site. 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 Valley Central School District, Viking Aquatic Club, NYS Goshen and all representatives, 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. 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.
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. "All Day" Saturday OR Sunday Admission Pass \$15.00 "All Weekend Pass" Friday-Sunday \$35 Meet Programs available (while supplies last) for \$5.00 per session.
MERCHANTS:	Professional photographer will be available for hire during the meet. There will be a variety of t-shirts, swimsuits, goggles, and other assorted swim merchandise. Food will be available at the concession stand. Absolutely NO food will be allowed on the pool deck. Only drinks in plastic bottles allowed on deck.
PARKING:	Free parking is available on-site at the Valley Central Middle & High Schools. NO parking allowed in the fire zone in front of the buildings OR on Route 17K. If you are parked illegally...you will be ticketed and towed at your own expense.

DIRECTIONS: See website for a list of hotels and directions to the pool.

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.

Any cuts will be made based on the date and time of receipt of team entries. The Host Club reserves the right to enter all its swimmers. If a swimmer is late, the Meet Referee will make the decision if the swimmer can be placed in a different heat.

NO RED Gatorade is
permitted at any time.

Session 1
Friday Evening
Warm-ups 4:00pm - Session Begins 5:00pm

Girls Event #	Qualifying Times		Event	Qualifying Times		Boys Event #
	Minimum Standard	Maximum Standard		Minimum Standard	Maximum Standard	
1	7:04.99	6:58.00	9 & Under 500 Freestyle	7:05.99	6:58.00	2
3	7:04.99	6:41.00	10 – 500 Freestyle	7:05.99	6:46.00	4
5	6:20.79	6:06.00	11 – 500 Freestyle	6:31.99	6:06.00	6
7	6:20.79	5:55.00	12 – 500 Freestyle	6:31.99	5:55.00	8
9	5:50.59	5:33.00	13 – 500 Freestyle	5:50.99	5:24.00	10
11	5:50.59	5:27.00	14 – 500 Freestyle	5:50.99	5:14.00	12
13	5:39.99	5:30.00	15 – 18 - 500 Freestyle	5:17.99	5:08.00	14
15	5:50.99	5:29.00	11 – 400 Ind Medley	5:52.99	5:28.20	16
17	5:50.99	5:20.20	12 – 400 Ind Medley	5:52.99	5:20.20	18
19	5:25.99	5:02.40	13 – 400 Ind Medley	5:09.79	4:47.80	20
21	5:25.99	4:57.60	14 – 400 Ind Medley	5:09.79	4:39.80	22
23	5:23.29	5:00.00	15 – 18 - 400 Ind Medley	4:45.89	4:36.00	24

Saturday AM

Girls Event #	Qualifying Times		Event	Qualifying Times		Boys Event #
	Minimum Standard	Maximum Standard		Minimum Standard	Maximum Standard	
25	1:18.49	1:12.60	9 & under 100 Free	1:18.49	1:12.60	26
27	1:18.49	1:10.20	10 – 100 free	1:18.49	1:10.20	28
29	1:03.09	57.70	13 – 100 Free	59.59	55.20	30
31	1:03.09	56.40	14 – 100 Free	59.59	53.00	32
33	42.39	37.00	9 & Under 50 Butterfly	43.89	37.00	34
35	42.39	35.80	10 – 50 Butterfly	43.89	35.80	36
37	1:11.59	1:04.10	13 – 100 Butterfly	1:07.09	1:01.70	38

39	1:11.59	1:02.90	14 – 100 Butterfly	1:07.09	59.50	40
41	1:46.19	1:34.60	9 & Under 100 Breaststroke	1:48.39	1:36.60	42
43	1:46.19	1:34.20	10 – 100 Breaststroke	1:48.39	1:34.20	44
45	2:56.99	2:27.20	13 – 200 Breaststroke	2:47.89	2:33.40	46
47	2:56.99	2:24.80	14 – 200 Breaststroke	2:47.89	2:29.40	48
49	41.89	38.50	9 & Under 50 Backstroke	42.89	38.50	50
51	41.89	36.90	10 – 50 Backstroke	42.89	37.30	52
53	2:36.29	2:19.50	13 – 200 Backstroke	2:27.09	2:15.90	54
55	2:36.29	2:17.10	14 – 200 Backstroke	2:27.09	2:11.90	56
57	3:13.99	2:55.20	9 & Under 200 Ind Medley	3:13.99	2:57.20	58
59	3:13.99	2:50.40	10 – 200 Ind Medley	3:13.99	2:52.40	60
61	2:41.49	2:21.20	13 – 200 Ind Medley	2:31.09	2:15.40	62
63	2:41.49	2:18.80	14 – 200 Ind Medley	2:31.09	2:11.00	64

Saturday PM

Girls Event #	Qualifying Times		Event	Qualifying Times		Boys Event #
	Minimum Standard	Maximum Standard		Minimum Standard	Maximum Standard	
65	1:08.29	1:02.50	11 – 100 Freestyle	1:06.99	1:02.00	66
67	1:08.29	1:00.30	12 – 100 Freestyle	1:06.99	1:00.10	68
69	1:01.09	57.00	15 – 18 - 100 Freestyle	54.19	51.50	70
71	2:49.39	2:44.00	11 – 200 Butterfly	2:45.39	2:44.00	72
73	2:49.39	2:39.60	12 – 200 Butterfly	2:45.39	2:39.60	74
75	1:09.59	1:03.00	15 – 18 - 100 Butterfly	1:02.59	57.00	76
77	36.09	33.00	11 – 50 Backstroke	36.09	33.00	78
79	36.09	31.90	12 – 50 Backstroke	36.09	31.90	80
81	2:29.29	2:20.00	15 – 18 - 200 Backstroke	2:16.89	2:09.00	82

83	40.59	37.70	11 – 50 Breaststroke	40.29	37.60	84
85	40.59	36.60	12 – 50 Breaststroke	40.29	36.50	86
87	2:46.99	2:34.00	11 – 200 Backstroke	2:42.79	2:37.00	88
89	2:46.99	2:29.60	12 – 200 Backstroke	2:42.79	2:32.60	90
91	2:50.99	2:41.00	15 – 18 - 200 Breaststroke	2:36.79	2:26.00	92
93	1:28.69	1:21.00	11 – 100 Breaststroke	1:26.49	1:21.00	94
95	1:28.69	1:18.80	12 – 100 Breaststroke	1:26.49	1:18.80	96
97	2:29.99	2:19.00	15 – 18 - 200 Ind Medley	2:27.79	2:07.00	98
99	2:48.09	2:32.00	11 – 200 Ind Medley	2:47.99	2:32.00	100
101	2:48.09	2:27.60	12 – 200 Ind Medley	2:47.99	2:27.60	102

Sunday AM

Girls Event #	Qualifying Times		Event	Qualifying Times		Boys Event #
	Minimum Standard	Maximum Standard		Minimum Standard	Maximum Standard	
103	2:49.59	2:37.20	9 & Under 200 Freestyle	2:49.59	2:37.20	104
105	2:49.59	2:30.40	10 – 200 Freestyle	2:49.59	2:32.40	106
107	2:16.99	2:05.20	13 – 200 Freestyle	2:14.19	2:00.40	108
109	2:16.99	2:02.80	14 – 200 Freestyle	2:14.19	1:56.00	110
111	1:28.59	1:23.40	9 & Under 100 Ind Medley	1:28.59	1:23.40	112
113	1:28.59	1:20.20	10 – 100 Ind Medley	1:28.59	1:20.20	114
115	1:23.49	1:14.60	13 – 100 Breaststroke	1:16.69	1:10.70	116
117	1:23.49	1:13.40	14 – 100 Breaststroke	1:16.69	1:08.90	118
119	47.79	44.30	9 & Under 50 Breaststroke	48.59	44.30	120
121	47.79	42.70	10 – 50 Breaststroke	48.59	43.10	122
123	1:12.69	1:05.20	13 – 100 Backstroke	1:08.29	1:03.20	124
125	1:12.69	1:03.99	14 – 100 Backstroke	1:08.29	1:01.20	126

127	1:33.09	1:22.10	9 & Under 100 Backstroke	1:37.09	1:23.20	128
129	1:33.09	1:19.70	10 – 100 Backstroke	1:37.09	1:20.80	130
131	28.79	26.50	13 – 50 Freestyle	26.79	25.50	132
133	28.79	26.10	14 – 50 Freestyle	26.79	24.40	134
135	35.19	33.40	9 & Under 50 Freestyle	35.19	33.40	136
137	35.19	31.90	10 – 50 Freestyle	35.19	31.80	138
139	2:36.59	2:27.20	13 – 200 Butterfly	2:29.59	2:20.40	140
141	2:36.59	2:24.80	14 – 200 Butterfly	2:29.59	2:16.40	142

Sunday PM

Girls Event #	Qualifying Times		Event	Qualifying Times		Boys Event #
	Minimum Standard	Maximum Standard		Minimum Standard	Maximum Standard	
143	1:19.39	1:11.50	11 – 100 Butterfly	1:17.19	1:12.00	144
145	1:19.39	1:08.60	12 – 100 Butterfly	1:17.19	1:09.80	146
147	2:10.59	2:02.50	15 – 18 - 200 Freestyle	1:57.99	1:52.50	148
149	30.99	29.00	11 – 50 Freestyle	30.69	28.90	150
151	30.99	27.80	12 – 50 Freestyle	30.69	27.80	152
153	1:10.09	1:04.50	15 – 18 - 100 Backstroke	1:03.89	58.80	154
155	1:19.49	1:10.70	11 – 100 Backstroke	1:17.49	1:11.00	156
157	1:19.49	1:08.50	12 – 100 Backstroke	1:17.49	1:08.80	158
159	1:20.89	1:13.99	15 – 18 - 100 Breaststroke	1:10.89	1:05.70	160
171	3:11.19	2:58.00	11 – 200 Breaststroke	3:03.49	2:58.00	162
173	3:11.19	2:54.60	12 – 200 Breaststroke	3:03.49	2:53.60	164
175	34.59	31.70	11 – 50 Butterfly	34.69	32.00	166
177	34.59	30.30	12 – 50 Butterfly	34.69	30.90	168
179	28.59	26.30	15 – 18 - 50 Freestyle	25.19	23.70	170
181	1:18.69	1:12.00	11 – 100 Ind Medley	1:17.19	1:12.00	172
183	1:18.69	1:09.80	12 – Ind Medley	1:17.19	1:09.80	174
185	2:33.99	2:27.00	15 – 18 - 200 Butterfly	2:24.99	2:12.00	176
187	2:25.89	2:15.90	11 – 200 Freestyle	2:25.99	2:15.00	178

189	2:25.89	2:12.50	12 – 200 Freestyle	2:25.99	2:10.60	180
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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 _____