



2024 METROPOLITAN BRONZE CHAMPIONSHIPS NORTH

March 22-25, 2024

**Hosted by Viking Aquatic Club & New York Sharks
Valley Central Natatorium
Montgomery, NY**

Sanction # 240308

TT # 240355-TT

METRO NORTH TEAMS: 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

2024 Metropolitan Bronze Championships North

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 240308
- 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, March 22 | W-up at 4:00 p.m. Start at 5:00 p.m. |
| Session 2: Saturday, March 23 | W-up at 8:00 a.m. Start at 9:30 a.m. |
| Session 3: Saturday, March 23 | W-up at 2:00 p.m. Start at 3:30 p.m. |
| Session 4: Sunday, March 24 | W-up at 8:00 a.m. Start at 9:30 a.m. |
| Session 5: Sunday, March 24 | 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 North Teams only. Entries must comply with 2024 Bronze Championships time standards. All entries must be received by the meet deadline.
No Deck Registrations will be accepted.
Age on **March 22, 2024** 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:** 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 9-10, 11-12, 13-14 and 15-18 events. Swimmers may compete in up to 4 individual events per day. 8 and unders ARE NOT permitted to compete in this meet. Entry times cannot be faster than BRONZE times as specified

by Metropolitan Swimming 2024 time-standards. NTs are not permitted. Events must have been swum at least once before. Entry times must have been achieved between January 1, 2023 and the meet entry deadline, March 15, 2024.

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.

Times cannot be converted times. Entry Times not in the SWIMS database will be removed. Any new cuts achieved after this date 3.15.24 must be emailed to newyorksharksentries@gmail.com. A SWIMS Times Recon will be done at least one week prior to the meet. Age for this meet is March 22th, 2024.

U.S. Mail Entries/Payment to:

Jen Thompson
934 River Point Dr
Montgomery NY 12549

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 March 15th, 2024. 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 Bronze cuts achieved from March 15, 2024 through March 22, 2024 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 **March 22, 2024** 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.

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 Jr Mets times in the 10&U, 11-12, 13-14, and 15-18 age groups will be presented. All swimmers that achieve a Jr Mets qualifying time will receive a Jr Mets qualifying ribbon.

OFFICIALS:

Meet Referee: Ron Sommer (2sommer@2sommer.net)

Officials wishing to volunteer should contact the Meet Referee by **March10, 2024.**

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 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 and AED available to athletes participating in the meet.

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.**
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.**
- ADDITIONAL INFORMATION:** **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.

Friday March 22, 2024

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 | 7:22.00 | 9-10 500 free | 7:22.00 | 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 |

Saturday March 23, 2024

Session 2
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 |

Session 3
Saturday PM - 2:00 warm up 3:00 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 |

Sunday March 24, 2023

Session 4

Sunday AM 8:00 warm up 9:00 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 |

Session 5

Sunday PM 2:00 warm up 3:00 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 _____

Date(s) of meet _____