

2023 METRO BRONZE
CHAMPIONSHIPS SOUTH
FRIDAY SATURDAY AND SUNDAY,
MARCH 24-26, 2023

Hosted by:



Metro South Teams:

**Connetquot Swim Club, East Hampton YMCA, Eastern Nassau Aquatic Club,
Farmingdale Aquatics, Hauppauge Aquatic Association, Huntington YMCA, Islander
Aquatics, Long Island Aquatic Club, Long Island Express, Sachem Swim Club,
Team Suffolk, Three Village Swim Club, West Islip Swim Club**

Metro Sanction# # 230302 and 230350-T

2023 Metro Bronze South Championships

March 24 - 26, 2023

- SANCTION** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Metro Sanction# # 230302 and 230350-T
- LOCATION** Hofstra University Swim Center
- FACILITY** 8 Lane 50 meter pool. Colorado timing system 6000 will be used. Colorado timing scoreboard will be used. Hy-Tek Meet Manager will be used to conduct the meet.
The competition course has been certified in accordance with 104.2.2C(4). The copy of such certification is on file with USA Swimming
- 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 2:00 PM Warm Up 3:00 PM Start
Session 4: Sunday AM 8:00 AM Warm Up 9:00 AM Start
Session 5: Sunday PM 2:00 PM Warm Up 3:00 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 SOUTH 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
- 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: **Robert Ortof**
28-01 202 Street
Bayside NY 11360

Email Entries/Confirm Entry Receipt:
longislandexpressswimming@gmail.com

Signature waiver for Express mail entries.

DEADLINE

1: This is a Metro Championship Meet (Metro south Teams Only).
2: The final entry deadline for this meet is March 19 203 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 \$4.00 Athlete Surcharge (\$5.00 total) must accompany the entries.

Make check payable to: Long Island Express
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

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.

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 - Allen Wone - ssc.allenwone@gmail.com Officials wishing to volunteer should contact Meet Referee by March 10, 2023
MEET DIRECTOR	Richard Stern - longislandexpressswimming@gmail.com
ADMIN OFFICIALS	Gil Smith papabear122346@aol.com
WATER DEPTH	Deep end water depth - 15 feet at 1 meter, 12 feet at 5 meters Shallow end water depth – 5 feet at 1 meter, 7 feet at 5 meters
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. It is understood and agreed that USA Swimming shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the event.” Is required.

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 main desk.**

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.

ADMISSION

[\\$5.00 per person. Heat Sheets will be available on Meet Mobile.](#)

DECK CHANGES

Deck changing is 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 on campus.](#)

DIRECTIONS

[Meadowbrook Parkway to exit M4, \(route 24 west\) Hempstead Turnpike West to Dunkin Donuts. Turn right on to entrance of campus. Go to second stop sign and turn right. Go to past field to first stop sign. Swim Center will be on the right.](#)

AUDIO

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms or behind the blocks. - Art. - 202.3 and 202.4

Bronze Championship South 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

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

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

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.

FLASH PHOTOGRAPHY IS NOT 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 the Meet Referee. They must adhere to the following guidelines:

Do not stand on the starting end of the pool or in the starter's box. The 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 _____