



Metro Silver Championships

CENTRAL

February 24-26, 2023

Sanction # 230208
TT- Sanction 230256-T

METRO CENTRAL TEAMS

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

Hosted at Mark Twain Pool, Yonkers, NY
By the Nile Crocodile Aquatic Club

Metro Silver Championships Central

February 24-26, 2023

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #-----
- LOCATION:** Mark Twain Pool, Yonkers Montessori Academy, 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
- FORMAT:** This is a timed final meet. The meet will be deck seeded.
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.
- ELIGIBILITY:** Open to all 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.
Deck registrations will **NOT** be accepted
Age on **February 24, 2023** will determine age for the entire meet.

ADDITIONAL ELIGIBILITY As voted on at the BOD of February 28, 2013: If a swimmer ages up to a new ELIGIBILITY age group between the first day of Silvers (February 24, 2023) and the first day of MRAG's (March 10, 2023), and that swimmer has a MRAG qualifying time in the age group they are entered during Silvers (making that swimmer ineligible to swim at Silvers), but that swimmer does not have a MRAG qualifying time in that same event in the new age group by the meet extension deadline of MRAG's that swimmer would be able to swim that event as exhibition/non-award at Silvers.
Entries for that swimmer should be clicked as X (exhibition) in Team Manager/Team Unify. In addition, the name of the swimmers involved in this new rule should be clearly added in the text of the Silvers entries.
- TIME TRIALS** Time Trials will ONLY be run if time allows and at the discretion of the Meet Referee and Meet Director. There will be no more than two (2) time trials per swimmer over the course of the meet and any time trial will count towards the 5 events per day/per swimmer limit.
The cost is **\$10** per time trial and must be paid in cash at the 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:** **Swimmers may be entered in a maximum of 2 individual events for the Friday night session, 5 maximum individual events for each of the Saturday and Sunday sessions**
There will be age group events for 9&Under,10, 11, 12, 13, 14, and 15-18.

Times have to be achieved between January 1, 2022 and the entry deadline, February 15, 2023.

A SWIMS Times Recon will be done at least one week prior to the meet. Times must have been achieved within the qualifying period and must be in the SWIMS database. Entry times

not found in SWIMS will be scratched.
Times cannot be converted times; NTs will not be accepted.

U.S. Mail Entries/Payment to: **Magdy Shokry**
126 Hoyt Street, Apt 5K
Stamford, CT 60905

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

A hard copy of the entries with “proof of times” must accompany the entries file. (Check the box “include proof of times” when making the Team Manager or Team Unify entry report.)

DEADLINE:

The entry deadline for this meet is **February 14, 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.

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:

An entry fee of **\$7.50** per individual event, **\$1** per swimmer Metropolitan Swimming surcharge, and **\$4** per swimmer facility surcharge must accompany the entries.

Make check payable to: **NCAC**.

Payment must be received by **February 15, 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.

WARM-UP:

Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warm-ups will be assigned, each team will get assigned lanes and time. One way sprint lanes must be monitored by the swimmers’ coach. All swimmers must enter the pool from the starting end of the pool. One way sprint lanes will open 20 minutes before the end of warm-ups.

SCRATCHES:

Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 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.

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:

Medals are awarded for places 1-3, ribbons for places 4-8.

Awarded to 9&U, 10, 11, 12, 13, and 14-18 age groups.

Awards must be picked up by a coach during the meet. Any award not picked up will NOT be mailed.

Swimmers that qualify for Metro Age Group Champs (MRAG, formerly JOs) do not receive awards but may enter MRAG, even if the MRAG deadline has passed.

OFFICIALS:

Meet Referee: **Flick Marinello**, flickdance@msn.com

Officials wishing to volunteer should contact the Meet Referee by **February 15, 2023**.

ADMIN. OFFICIAL:

Administrative Official: **Wendy Martinez**, bellamiamour@gmail.com

MEET DIRECTOR:

Michael Gonzalez, MGONZALEZ5@YonkersPublicSchools.org

RULES:

Only USA Swimming and Metropolitan Swimming certified coaches’ questions will be entertained. All parents are to speak with their individual team’s coaches regarding specific needs.

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:

All swimmers must wear footwear upon leaving the pool area. 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.

Emergency Assistance: Lifeguards will be stationed at the competition and at the warm-up pools. The life guard office and first aid station is located near the deep end of the pool.

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:

12 feet deep end, 4 feet shallow end

DISCLAIMER:

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Montessori Academy, Nile Crocodile Aquatic Club**, 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 Center for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable. USA Swimming, Inc cannot prevent you (or your children) 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 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 Montessori Academy, Nile Crocodile Aquatic Club, Metropolitan Swimming, Inc, USA Swimming, Inc, 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.**

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 admission per session. Admission will be at the front of the building, cash only.

All children over the age of 6 require admission.

Spectators are allowed but limited depending on athlete participation. All teams will be notified of the availability once all entries are received.

The meet will be available on Meet Mobile. Programs will be sold at the door.

MERCHANTS:

Some food and beverages will be for sale in the spectators' area.

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

METRO AGE GROUP STANDARDS

2022-2023 SHORT COURSE

GIRLS	9&U		10		11		12		13		14		15-18			GIRLS
	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	AGTC Min	AGTC Max	
50 Free	35.19	33.39	35.19	31.89	30.99	28.99	30.99	27.89	28.79	26.49	28.79	26.09	28.59	26.29	25.2	50 Free
100 Free	1:18.49	1:12.59	1:18.49	1:10.19	1:08.29	1:02.49	1:08.29	1:00.29	1:03.09	57.69	1:03.09	56.39	1:01.09	56.99	54.7	100 Free
200 Free	2:49.59	2:37.19	2:49.59	2:30.39	2:25.89	2:15.89	2:25.89	2:11.49	2:16.99	2:05.19	2:16.99	2:02.79	2:10.59	2:02.49	1:58.30	200 Free
500 Free	7:04.99	6:57.99	7:04.99	6:40.99	6:20.79	6:05.99	6:20.79	5:54.99	5:50.59	5:32.99	5:50.59	5:26.99	5:39.99	5:29.99	5:11.00	500 Free
1000 Free									11:15.99			11:03.99		10:59.99	10:45.00	1000 Free
50 Back	41.89	38.49	41.89	36.89	36.09	32.99	36.09	31.89								50 Back
100 Back	1:33.09	1:22.09	1:33.09	1:19.69	1:19.49	1:10.69	1:19.49	1:08.49	1:12.69	1:05.19	1:12.69	1:03.99	1:10.09	1:04.49	1:00.70	100 Back
200 Back					2:46.99	2:33.99	2:46.99	2:29.59	2:36.29	2:19.49	2:36.29	2:17.09	2:29.29	2:19.99	2:11.50	200 Back
50 Breast	47.79	44.29	47.79	42.69	40.59	37.69	40.59	36.59								50 Breast
100 Breast	1:46.19	1:34.59	1:46.19	1:32.19	1:28.69	1:20.99	1:28.69	1:18.79	1:23.49	1:14.59	1:23.49	1:13.39	1:20.89	1:13.99	1:10.30	100 Breast
200 Breast					3:11.19	2:57.99	3:11.19	2:53.59	2:56.99	2:41.19	2:56.99	2:38.79	2:50.99	2:40.99	2:32.00	200 Breast
50 Fly	42.39	36.99	42.39	35.79	34.59	31.69	34.59	30.29								50 Fly
100 Fly	1:37.99	1:28.19	1:37.99	1:25.19	1:19.39	1:11.49	1:19.39	1:08.59	1:11.59	1:04.09	1:11.59	1:02.89	1:09.59	1:02.99	1:00.00	100 Fly
200 Fly					2:49.39	2:43.99	2:49.39	2:39.59	2:36.59	2:27.19	2:36.59	2:24.79	2:33.99	2:26.99	2:16.00	200 Fly
100 IM	1:28.59	1:23.39	1:28.59	1:20.19	1:18.69	1:11.99	1:18.69	1:09.79								100 IM
200 IM	3:13.99	2:55.19	3:13.99	2:50.39	2:48.09	2:31.99	2:48.09	2:27.59	2:41.49	2:21.19	2:41.49	2:18.79	2:29.99	2:18.99	2:12.00	200 IM
400 IM					5:50.99	5:28.99	5:50.99	5:20.19	5:25.99	5:02.39	5:25.99	4:57.59	5:23.29	4:59.99	4:42.00	400 IM

BOYS	9&U		10		11		12		13		14		15-18			BOYS
	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	MRAG	Silver	AGTC Min	AGTC Max	
50 Free	35.19	33.39	35.19	31.79	30.69	28.89	30.69	27.79	26.79	25.39	26.79	24.39	25.19	23.69	22.8	50 Free
100 Free	1:18.49	1:12.59	1:18.49	1:10.19	1:06.99	1:01.99	1:06.99	1:00.09	59.59	55.19	59.59	52.99	54.19	51.49	49.5	100 Free
200 Free	2:49.59	2:37.19	2:49.59	2:32.39	2:25.99	2:14.99	2:25.99	2:10.59	2:14.19	2:00.39	2:14.19	1:55.99	1:57.99	1:52.49	1:48.70	200 Free
500 Free	7:05.99	6:57.99	7:05.99	6:45.99	6:31.99	6:05.99	6:31.99	5:54.99	5:50.99	5:23.99	5:50.99	5:13.99	5:17.99	5:07.99	4:53.00	500 Free
1000 Free									10:55.99			10:40.99			10:09.99	1000 Free
50 Back	42.89	38.49	42.89	37.29	36.09	32.99	36.09	31.89								50 Back
100 Back	1:37.09	1:23.19	1:37.09	1:20.79	1:17.49	1:10.99	1:17.49	1:08.79	1:08.29	1:03.19	1:08.29	1:01.19	1:03.89	58.79	56	100 Back
200 Back					2:42.79	2:36.99	2:42.79	2:32.59	2:27.09	2:15.89	2:27.09	2:11.89	2:16.89	2:08.99	2:02.00	200 Back
50 Breast	48.59	44.29	48.59	43.09	40.29	37.59	40.29	36.49								50 Breast
100 Breast	1:48.39	1:36.59	1:48.39	1:34.19	1:26.49	1:20.99	1:26.49	1:18.79	1:16.69	1:10.69	1:16.69	1:08.69	1:10.89	1:05.69	1:03.50	100 Breast
200 Breast					3:03.49	2:57.99	3:03.49	2:53.59	2:47.89	2:33.39	2:47.89	2:29.39	2:36.79	2:25.99	2:19.00	200 Breast
50 Fly	43.89	36.99	43.89	35.79	34.69	31.99	34.69	30.89								50 Fly
100 Fly	1:37.99	1:28.19	1:37.99	1:25.79	1:17.59	1:12.69	1:17.59	1:10.49	1:07.09	1:01.69	1:07.09	59.49	1:02.59	56.99	54.6	100 Fly
200 Fly					2:45.39	2:43.99	2:45.39	2:39.59	2:29.59	2:20.39	2:29.59	2:16.39	2:24.99	2:11.99	2:04.00	200 Fly
100 IM	1:28.59	1:23.39	1:28.59	1:20.19	1:17.19	1:11.99	1:17.19	1:09.79								100 IM
200 IM	3:13.99	2:57.19	3:13.99	2:52.39	2:47.99	2:31.99	2:47.99	2:27.59	2:31.09	2:15.39	2:31.09	2:10.99	2:27.79	2:06.99	2:01.40	200 IM
400 IM					5:52.99	5:28.19	5:52.99	5:20.19	5:09.79	4:47.79	5:09.79	4:39.79	4:45.89	4:35.99	4:22.00	400 IM

*Silver Champs age as of February 24, 2023. Age Group Champs / 15-18 Team Challenge age as of March 10, 2023.

*Swimmers with a MRAG cut may not swim that event at Silver Champs. Swimmers slower than the Silver cut are eligible for Bronze Champs.

Eligibility period: from January 1, 2022 to the meet entry deadline

SILVER CHAMPIONSHIPS CENTRAL

DAY 1 FRIDAY 4:00 PM WARM UP, 5:00 PM MEET START,

Session 1 - ALL AGES

EVENTS

- | | |
|----------------|---------------|
| 1 Girls 9&U | 500 Freestyle |
| 2 Girls 10 | 500 Freestyle |
| 3 Boys 9&U | 500 Freestyle |
| 4 Boys 10 | 500 Freestyle |
| 5 Girls 11 | 200 Freestyle |
| 6 Girls 12 | 200 Freestyle |
| 7 Boys 11 | 200 Freestyle |
| 8 Boys 12 | 200 Freestyle |
| 9 Girls 13 | 400 IM |
| 10 Girls 14 | 400 IM |
| 11 Boys 13 | 400 IM |
| 12 Boys 14 | 400 IM |
| 13 Girls 11 | 400 IM |
| 14 Girls 12 | 400 IM |
| 15 Boys 11 | 400 IM |
| 16 Boys 12 | 400 IM |
| 17 Girls 15-18 | 400 IM |
| 18 Boys 15-18 | 400 IM |
| 19 Girls 13 | 500 Freestyle |
| 20 Girls 14 | 500 Freestyle |
| 21 Boys 13 | 500 Freestyle |
| 22 Boys 14 | 500 Freestyle |
| 23 Girls 15-18 | 500 Freestyle |
| 24 Boys 15-18 | 500 Freestyle |

SILVER CHAMPIONSHIPS CENTRAL

DAY 2 SATURDAY 8:00 AM WARM UP, 9:00 AM MEET START

Session 2 - AGES 9/10 and 13/14

EVENTS

25 Girls 13	200 Freestyle
27 Boys 13	200 Freestyle
29 Girls 9	50 Breaststroke
31 Boys 9	50 Breaststroke
33 Girls 13	100 Breaststroke
35 Boys 13	100 Breaststroke
37 Girls 9	50 Freestyle
39 Boys 9	50 Freestyle
41 Girls 13	50 Freestyle
43 Boys 13	50 Freestyle
45 Girls 9	100 Backstroke
47 Boys 9	100 Backstroke
49 Girls 13	100 Backstroke
51 Boys 13	100 Backstroke
53 Girls 9	50 Butterfly
55 Boys 9	50 Butterfly
57 Girls 13	100 Butterfly
59 Boys 13	100 Butterfly
61 Girls 9	200 IM
63 Boys 9	200 IM
65 Girls 13	200 IM
67 Boys 13	200 IM

EVENTS

26 Girls 14	200 Freestyle
28 Boys 14	200 Freestyle
30 Girls 10	50 Breaststroke
32 Boys 10	50 Breaststroke
34 Girls 14	100 Breaststroke
36 Boys 14	100 Breaststroke
38 Girls 10	50 Freestyle
40 Boys 10	50 Freestyle
42 Girls 14	50 Freestyle
44 Boys 14	50 Freestyle
46 Girls 10	100 Backstroke
48 Boys 10	100 Backstroke
50 Girls 14	100 Backstroke
52 Boys 14	100 Backstroke
54 Girls 10	50 Butterfly
56 Boys 10	50 Freestyle
58 Girls 14	100 Butterfly
60 Boys 14	100 Butterfly
62 Girls 10	200 IM
64 Boys 10	200 IM
66 Girls 14	200 IM
68 Boys 14	200 IM

SILVER CHAMPIONSHIPS CENTRAL

DAY 2 SATURDAY 1:00 PM WARM UP, 2:00 PM MEET START

Session 3 - AGES 11/12 and 15-18

EVENTS

69 Girls 11	200 Breaststroke
71 Boys 11	200 Breaststroke
73 Girls 15-18	200 Breaststroke
75 Girls 11	100 Backstroke
77 Boys 11	100 Backstroke
79 Girls 15-18	100 Breaststroke
81 Girls 11	50 Freestyle
83 Boys 11	50 Freestyle
85 Girls 15-18	50 Freestyle
87 Girls 11	50 Breaststroke
89 Boys 11	50 Breaststroke
91 Girls 15-18	100 Backstroke
93 Girls 11	50 Butterfly
95 Boys 11	50 Butterfly
97 Girls 15-18	100 Butterfly
99 Girls 11	200 IM
101 Boys 11	200 IM
103 Girls 15-18	200 IM
105 Girls 11	200 Backstroke
107 Boys 11	200 Backstroke

EVENTS

70 Girls 12	200 Breaststroke
72 Boys 12	200 Breaststroke
74 Boys 15-18	200 Breaststroke
76 Girls 12	100 Backstroke
78 Boys 12	100 Backstroke
80 Boys 15-18	100 Breaststroke
82 Girls 12	50 Freestyle
84 Boys 12	50 Freestyle
86 Boys 15-18	50 Freestyle
88 Girls 12	50 Breaststroke
90 Boys 12	50 Breaststroke
92 Boys 15-18	100 Backstroke
94 Girls 12	50 Butterfly
96 Boys 12	50 Butterfly
98 Boys 15-18	100 Butterfly
100 Girls 12	200 IM
102 Boys 12	200 IM
104 Boys 15-18	200 IM
106 Girls 12	200 Backstroke
108 Boys 12	200 Backstroke

SILVER CHAMPIONSHIPS CENTRAL

DAY 3 **SUNDAY 8:00 AM WARM UP, 9:00 AM MEET START**

Session 4 - **AGES 9/10 and 13/14**

EVENTS

109 Girls 9 100 Freestyle
111 Boys 9 100 Freestyle
113 Girls 13 100 Freestyle
115 Boys 13 100 Freestyle
117 Girls 9 50 Backstroke
119 Boys 9 50 Backstroke
121 Girls 13 200 Backstroke
123 Boys 13 200 Backstroke
125 Girls 9 100 Breaststroke
127 Boys 9 100 Breaststroke
129 Girls 13 200 Breaststroke
131 Boys 13 200 Breaststroke
133 Girls 9 100 Butterfly
135 Boys 9 100 Butterfly
137 Girls 13 200 Butterfly
139 Boys 13 200 Butterfly
141 Girls 9 100 IM
143 Boys 9 100 IM
145 Girls 9 200 Freestyle
147 Boys 9 200 Freestyle

EVENTS

110 Girls 10 100 Freestyle
112 Boys 10 100 Freestyle
114 Girls 14 100 Freestyle
116 Boys 14 100 Freestyle
118 Girls 10 50 Backstroke
120 Boys 10 50 Backstroke
122 Girls 14 200 Backstroke
124 Boys 14 200 Backstroke
126 Girls 10 100 Breaststroke
128 Girls 10 100 Breaststroke
130 Girls 14 200 Breaststroke
132 Boys 14 200 Breaststroke
134 Girls 10 100 Butterfly
136 Boys 10 100 Butterfly
138 Girls 14 200 Butterfly
140 Boys 14 200 Butterfly
142 Girls 10 100 IM
144 Boys 10 100 IM
146 Girls 10 200 Freestyle
148 Boys 10 200 Freestyle

SILVER CHAMPIONSHIPS CENTRAL

DAY 3 **SUNDAY 1:00 PM WARM UP, 2:00 PM MEET START**

Session 5 - **AGES 11/12 and 15-18**

EVENTS

149 Girls 11 200 Butterfly
151 Boys 11 200 Butterfly
153 Girls 11 100 Freestyle
155 Boys 11 100 Freestyle
157 Girls 15-18 100 Freestyle
159 Girls 11 50 Backstroke
161 Boys 11 50 Backstroke
163 Girls 15-18 200 Backstroke
165 Girls 11 100 Breaststroke
167 Boys 11 100 Breaststroke
169 Girls 15-18 200 Breaststroke
171 Girls 11 100 Butterfly
173 Boys 11 100 Butterfly
175 Girls 15-18 200 Butterfly
177 Girls 11 100 IM
179 Boys 11 100 IM
181 Girls 11 500 Freestyle
183 Boys 11 500 Freestyle

EVENTS

150 Girls 12 200 Butterfly
152 Boys 12 200 Butterfly
154 Girls 12 100 Freestyle
156 Boys 12 100 Freestyle
158 Boys 15-18 100 Freestyle
160 Girls 12 50 Backstroke
162 Boys 12 50 Backstroke
164 Boys 15-18 200 Backstroke
166 Girls 12 100 Breaststroke
168 Boys 12 100 Breaststroke
170 Boys 15-18 200 Breaststroke
172 Girls 12 100 Butterfly
174 Boys 12 100 Butterfly
176 Boys 15-18 200 Butterfly
178 Girls 12 100 IM
180 Boys 12 100 IM
182 Girls 12 500 Freestyle
184 Boys 12 500 Freestyle



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 _____