



Hello Brooklyn!!
@ Brooklyn College, CUNY

Sanction #251012
TT #251054-TT

October 4-5, 2025
Brooklyn College CUNY
Session 1 & 3: 12&Under 8am Warm-up/9am Start
Session 2 & 4: 13&Over 12pm warm-up/1pm Start

Invited Teams: All Metro Teams

MR QNS 2024 Hello Brooklyn!! October, 4-5, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #251012 , 251054-TT
- LOCATION:** West Quad Center, Brooklyn College CUNY, Brooklyn, NY
2946 Bedford Ave, Brooklyn, NY 11210
- FACILITY:** Brooklyn College is an 8 lane 25 SCY pool. Colorado electronic timing system and an 8-line scoreboard. The competition course is certified in accordance with Article 104.2.2C (4). The copy of such certification is on file with USA Swimming
- SESSIONS:** Session 1 & 3 12&Under 8am Warm-up/9am Start
Session 2 & 4 13&Over 12pm Warm-up/1pm Start
- FORMAT:** This is a timed final meet. This meet will be deck seeded with coaches checking in/scratching all swimmers 30 minutes prior to the listed start time.
- 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. No Deck Registrations will be accepted. Age on **Sept 29, 2025** 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:** 3 individual & 1 relay event limit per session
U.S. Mail Entries/Payment to: **QNS Aquatics 16308 20th Rd, Whitestone, NY 11357**
Email Entries/Confirm Entry Receipt: **Entries@QNSaquatics.com**
- DEADLINE:** Entries must be received by: **Sept 29, 2025**
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.
- ENTRY FEE:** An entry fee of \$8 per individual event and \$7.50 per athlete Surcharge must accompany the entries. Make check payable to: **Queens Aquatic Club**
Payment must be received by **October 4, 2025** 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. Warmups will include general warm up lanes and sprint lanes. 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 start 20 minutes before the end of the warm ups at the competition end of the pool.
- 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:	Heat Winner Prize Table & Medals 1st-8th Mailed after the event
OFFICIALS:	Meet Referee: Dan Collins - officials@qnsaquatics.com Officials wishing to volunteer should contact the Meet Referee by Sept 29
ADMIN. OFFICIAL:	Jonah Montgomery jmontgomery@qnsaquatics.com
MEET DIRECTOR:	Jonah Montgomery jmontgomery@qnsaquatics.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. First Line of response: LG, then campus security and EMS if required.
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:	Information about water depth measured for a distance of 3 feet 3-1/2 inches (1.0 meter) to 12 feet 6inches (4.0 meters) from both end walls. 12'6" deep: 1.0 meter from deep/dive end & 8': 5.0 meters from dive end. 3'6" deep: 1.0 meters from shallow/turn end 4'6" deep 5.0 meters from turn end.
DISCLAIMER:	DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against QNS 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.
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:	Admission \$10 for spectators; Program available on Meet Mobile
MERCHANTS:	No Concessions will be available
PARKING:	ample street parking available

DIRECTIONS: TO Brooklyn College, CUNY 2946 Bedford Ave, Brooklyn, NY 11210

[Google Map Link to Brooklyn Pool](#)

SUBWAY: Q TRAIN TO AVE H. Walk down AVE H to Ocean Ave and find the back entrance to Brooklyn College Campus. The Pool is in the West Quad Center past the soccer field from the back entrance.

Driving - Bedford Ave Parking, walk in main campus entrance to the West Quad Center

Saturday Day 1 Session 1
8am Warmup/9am Start
12&Under

Event

- 1 Girls 10 & Under 200 Freest le Rela
- 2 Boys 10 & Under 200 Freest le Rela
- 3 Girls 11-12 200 Freest le Rela
- 4 Boys 11-12 200 Freest le Rela
- 5 Girls 10 & Under 100 IM
- 6 Boys 10 & Under 100 IM
- 7 Girls 11-12 200 IM
- 8 Boys 11-12 200 IM
- 9 Mixed 8 & Under 25 Backstroke
- 10 Girls 9-10 50 Backstroke
- 11 Boys 9-10 50 Backstroke
- 12 Girls 11-12 100 Backstroke
- 13 Boys 11-12 100 Backstroke
- 14 Girls 9-10 100 Breaststroke
- 15 Boys 9-10 100 Breaststroke
- 16 Girls 11-12 50 Breaststroke
- 17 Boys 11-12 50 Breaststroke
- 18 Mixed 8 & Under 25 Butterfl
- 19 Girls 9-10 50 Butterfl
- 20 Boys 9-10 50 Butterfl
- 21 Girls 11-12 100 Butterfl
- 22 Boys 11-12 100 Butterfl
- 23 Girls 10 & Under 100 Freest le
- 24 Boys 10 & Under 100 Freest le
- 25 Girls 11-12 50 Freest le
- 26 Boys 11-12 50 Freest le
- 27 Mixed 11-12 500 Freest le

Saturday Session 2
12pm warmup/1pm start
13&Over

Event

- 28 Girls 13-14 200 Freest le Rela
- 29 Bobs 13-14 200 Freest le Rela
- 30 Girls 15 & Over 200 Freest le Rela
- 31 Bobs 15 & Over 200 Freest le Rela
- 32 Girls 13-14 100 Freest le
- 33 Bobs 13-14 100 Freest le
- 34 Girls 15 & Over 100 Freest le
- 35 Bobs 15 & Over 100 Freest le
- 36 Girls 15 & Over 50 Backstroke
- 37 Bobs 15 & Over 50 Backstroke
- 38 Girls 15 & Over 200 Backstroke
- 39 Bobs 15 & Over 200 Backstroke
- 40 Girls 13-14 100 Breaststroke
- 41 Bobs 13-14 100 Breaststroke
- 42 Girls 15 & Over 100 Breaststroke
- 43 Bobs 15 & Over 100 Breaststroke
- 44 Girls 13 & Over 50 Butterfl
- 45 Bobs 13 & Over 50 Butterfl
- 46 Girls 13 & Over 200 Butterfl
- 47 Bobs 13 & Over 200 Butterfl
- 48 Girls 13 & Over 100 IM
- 49 Bobs 13 & Over 100 IM
- 50 Girls 13 & Over 400 IM
- 51 Bobs 13 & Over 400 IM

Sunday Session 3
8am Warmup/9am Start
12&Under

Event

- 52 Girls 8 & Under 100 Freest le Rela
- 53 Boys 8 & Under 100 Freest le Rela
- 54 Girls 9-10 200 Medle Rela
- 55 Boys 9-10 200 Medle Rela
- 56 Girls 11-12 200 Medle Rela
- 57 Boys 11-12 200 Medle Rela
- 58 Girls 9-10 200 Freest le
- 59 Boys 9-10 200 Freest le
- 60 Girls 11-12 200 Freest le
- 61 Boys 11-12 200 Freest le
- 62 Girls 9-10 100 Backstroke
- 63 Boys 9-10 100 Backstroke
- 64 Girls 11-12 50 Backstroke
- 65 Boys 11-12 50 Backstroke
- 66 Mixed 8 & Under 25 Breaststroke
- 67 Girls 9-10 50 Breaststroke
- 68 Boys 9-10 50 Breaststroke
- 69 Girls 11-12 100 Breaststroke
- 70 Boys 11-12 100 Breaststroke
- 71 Girls 9-10 100 Butterfl
- 72 Boys 9-10 100 Butterfl
- 73 Girls 11-12 50 Butterfl
- 74 Boys 11-12 50 Butterfl
- 75 Mixed 8 & Under 25 Freest le
- 76 Girls 9-10 50 Freest le
- 77 Boys 9-10 50 Freest le
- 78 Girls 11-12 100 Freest le
- 79 Boys 11-12 100 Freest le
- 80 Girls 9-10 200 IM
- 81 Boys 9-10 200 IM
- 82 Girls 11-12 100 IM
- 83 Boys 11-12 100 IM

Sunday Session 4
12pm warmup/1pm start
13&Over

Event

- 84 Girls 13-14 200 Medle Rel
- 85 Boys 13-14 200 Medle Rel
- 86 Girls 15 & Over 200 Medle Rel
- 87 Boys 15 & Over 200 Medle Rel
- 88 Girls 13-14 50 Freest le
- 89 Bo s 13-14 50 Freest le
- 90 Girls 15 & Over 50 Freest le
- 91 Boys 15 & Over 50 Freest le
- 92 Girls 13-14 100 Backstroke
- 93 Boys 13-14 100 Backstroke
- 94 Girls 15 & Over 100 Backstroke
- 95 Boys 15 & Over 100 Backstroke
- 96 Girls 13 & Over 200 Freest le
- 97 Boys 13 & Over 200 Freest le
- 98 Girls 13 & Over 50 Breaststroke
- 99 Boys 13 & Over 50 Breaststroke
- 100 Girls 13 & Over 200 Breaststroke
- 101 Boys 13 & Over 200 Breaststroke
- 102 Girls 13-14 100 Butterfl
- 103 Bo s 13-14 100 Butterfl
- 104 Girls 15 & Over 100 Butterfl
- 105 Boys 15 & Over 100 Butterfl
- 106 Girls 13 & Over 200 IM
- 107 Bo s 13 & Over 200 IM
- 108 Girls 13 & Over 500 Freest le
- 109 Boys 13 & Over 500 Freest le



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 _____