



AQUATIC CLUB
One More Chance LCM Invite

Sanction #250703
TT #250753-TT

Saturday-Sunday, July 5th-6th, 2025
Apex @ Lehman College CUNY
13&Over Session 8:30am Warm-Up
12&Under Session 1:30pm Warm-Up

Invited Teams: All Metro Teams

MR QNS 2025 One More Chance LCM Invite

Saturday-Sunday, July 5th-6th, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # [250703, 250753-TT]
- LOCATION:** **Apex, Lehman College CUNY, Bronx, NY**
Lehman College, 250 Bedford Park Blvd West, Bronx NY 10468
- FACILITY:** Lehman College is an 8 lane 50 LCM pool with a bulkhead. Dak Tronics 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: 13&O Saturday/Sunday 8:30am Warm-Up; 9:30am Start**
Session 2&4: 12&U Saturday/Sunday 1:30pm Warm-Up; 2:30pm 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 **July 5, 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:** **4 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: June 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 \$10 per individual event and \$10 per athlete Surcharge must accompany the entries.
Make check payable to: **Queens Aquatic Club**
Payment must be received by **July 5, 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

OFFICIALS: Meet Referee: Dan Collins - bpscg41@aol.com
Officials wishing to volunteer should contact the Meet Referee by June 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 16 feet 5 inches (5.0 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: Parking Lot TBD; ample street parking available

DIRECTIONS:

TO LEHMAN COLLEGE APEX Bedford Park Boulevard between Goulden and Paul Aves.

Apex Pool Link

BY SUBWAY:

Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street.

BY BUS:

FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.

BY CAR:

Via Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave.
Via Saw Mill River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit.

Session 1: Saturday, July 5th 2025
 8:30am Warm-Up; Meet Start 9:30am
 Ages 13&Over

Girls Event #	Event	Boys Event #
1	13 & O 200 IM	2
3	13 & Over 100 FREE	4
5	13 & Over 200 BR	6
7	13 & Over 100 BK	8
9	13 & Over 200 FLY	10
11	13 & Over 400 FREE	12

Session 2: Saturday, July 5th, 2025
 1:30pm Warm-Up; Meet Starts
 2:30pm Ages 12&Under

Girls Event #	Event	Boys Event #
13	200 IM 10&U	14
15	200 IM 11-12	16
17	100 FR 10&U	18
19	100 FR 11-12	20
21	50 FLY 10&U	22
23	50 FLY 11-12	24
25	200 BK 11-12	26
27	100 BR 10&U	28
29	100 BR 11-12	30
31	200 FLY 11-12	32
33	50 BK 10&U	34
35	50 BK 11-12	36
37	400 FR 12&U	38

Session 3: Sunday, July 6th, 2025
8:30am Warm-Up; Meet Start 9:30am
Ages 13&Over

Girls Event #	Event	Boys Event #
39	200FR	40
41	100 BR	42
43	200 BK	44
45	100 FLY	46
47	50 FR	48
49	400 IM	50

Session 4: Sunday, July 7th, 2025
1:30pm Warm-Up; Meet Starts 2:30pm
Ages 12&Under

Girls Event #	Event	Boys Event #
51	200 BR 11-12	52
53	100 BK 10&U	54
55	100 BK 11-12	56
57	50 FR 10&U	58
59	50 FR 11-12	60
61	100 FLY 10&U	62
63	100 FLY 11-12	64
65	50 BR 10&U	66
67	50 BR 11-12	68
69	200 FR 10&U	70
71	200 FR 11-12	72
73	400 IM 11-12	74



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 _____