



MR QNS I Know I Can Invite

Sanction #260202 TT#260252-TT

Saturday, Sunday
February 28 & March 1
Apex @ Lehman College, CUNY

Session 1	Saturday: 10&Under/15&Over Warm-Up 8:00am; Start 9:00am
Session 2	Saturday: 11-12 & 13-14 Warm-Up 1:00pm; Start 2:00pm
Session 3	Sunday: 10&Under/15&Over Warm-Up 8:00am; Start 9:00am
Session 4	Sunday: 11-12 & 13-14 Warm-Up 1:00pm; Start 2:00pm

Invited Teams: All Metro Teams

MR QNS 2026 I Know I Can SCY Invite
Saturday/Sunday, Feb 28-March 1, 2026

SANCTION:	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #260202 & #260252-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 Meter pool with a bulkhead. The meet will start in the deep end of the pool. Dak Tronics electronic timing system and an 8-line scoreboard. 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&3 Sat/Sun 10&Under/15&Over 8:00am Warm-Up; 9:00am Start Session 2&4 Sat/Sun 11-12/13-14 1:00pm Warm-Up; 2:00pm 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 February 28, 2026 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: February 21, 2026 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 \$8.00 per individual event and \$15 per athlete Surcharge must accompany the entries. Make check payable to: Queens Aquatic Club, LLC Payment must be received by event date 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 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: Prize Table for heat winners and all 12&U participants.

Meet Referee: [Dan Collins - bpascg41@aol.com](mailto:Dan.Collins@bpascg41.aol.com)

Officials wishing to volunteer should contact the Meet Referee by **February 20 2026**

OFFICIALS:

ADMIN. OFFICIAL: [Jonah Montgomery jmontgomery@qnsaquatics.com](mailto:Jonah.Montgomery@qnsaquatics.com)

MEET DIRECTOR: [Jonah Montgomery jmontgomery@qnsaquatics.com](mailto:Jonah.Montgomery@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 are prohibited.

DECK CHANGING: Deck Changing is PROHIBITED. Violators will be removed from the meet.

ADMISSION: **\$10.00 per session for adult spectators program available on Meet Mobile**

MERCHANTS: **No Concessions will be available**

PARKING: **Parking Lot and ample street parking available**

DIRECTIONS: Apex @ Lehman Google Map

MR QNS 2025 Protect Ya Turkey Neck Invite - 2/28/2026 to 3/1/2026
Session Report

Session: 1 10&UNDER / 15&OVER
Day of Meet: 1 WarmUp 8:00 AM/Starts at 09:00 AM

Finals	1 Mixed 8 & Under 25 Backstroke
Finals	2 Girls 15 & Over 50 Breaststroke
Finals	3 Boys 15 & Over 50 Breaststroke
Finals	4 Girls 9-10 200 IM
Finals	5 Boys 9-10 200 IM
Finals	6 Girls 15 & Over 200 IM
Finals	7 Boys 15 & Over 200 IM
Finals	8 Girls 10 & Under 100 Breaststroke
Finals	9 Boys 10 & Under 100 Breaststroke
Finals	10 Girls 15 & Over 100 Freestyle
Finals	11 Boys 15 & Over 100 Freestyle
Finals	12 Girls 10 & Under 50 Butterfly
Finals	13 Boys 10 & Under 50 Butterfly
Finals	14 Girls 15 & Over 200 Breaststroke
Finals	15 Boys 15 & Over 200 Breaststroke
Finals	16 Girls 10 & Under 100 Freestyle
Finals	17 Boys 10 & Under 100 Freestyle
Finals	18 Girls 15 & Over 50 Butterfly
Finals	19 Boys 15 & Over 50 Butterfly
Finals	20 Girls 10 & Under 50 Backstroke
Finals	21 Boys 10 & Under 50 Backstroke
Finals	22 Girls 15 & Over 100 Backstroke
Finals	23 Boys 15 & Over 100 Backstroke
Finals	24 Mixed 9-10 500 Freestyle
Finals	25 Girls 15 & Over 200 Butterfly
Finals	26 Boys 15 & Over 200 Butterfly
Finals	27 Mixed 8 & Under 25 Butterfly
Finals	28 Girls 15 & Over 500 Freestyle
Finals	29 Boys 15 & Over 500 Freestyle

MR QNS 2025 Protect Ya Turkey Neck Invite - 2/28/2026 to 3/1/2026
Session Report

Session: 2 11-12 / 13-14
Day of Meet: 1 WarmUp 1:00 PM/Starts at 2:00 PM

Finals	30 Girls 11-12 200 Butterfly
Finals	31 Boys 11-12 200 Butterfly
Finals	32 Girls 13-14 200 Butterfly
Finals	33 Boys 13-14 200 Butterfly
Finals	34 Girls 11-12 50 Breaststroke
Finals	35 Boys 11-12 50 Breaststroke
Finals	36 Girls 13-14 50 Breaststroke
Finals	37 Boys 13-14 50 Breaststroke
Finals	38 Girls 11-12 100 Freestyle
Finals	39 Boys 11-12 100 Freestyle
Finals	40 Girls 13-14 100 Freestyle
Finals	41 Boys 13-14 100 Freestyle
Finals	42 Girls 11-12 200 IM
Finals	43 Boys 11-12 200 IM
Finals	44 Girls 13-14 200 IM
Finals	45 Boys 13-14 200 IM
Finals	46 Girls 11-12 50 Butterfly
Finals	47 Boys 11-12 50 Butterfly
Finals	48 Girls 13-14 50 Butterfly
Finals	49 Boys 13-14 50 Butterfly
Finals	50 Girls 11-12 100 Backstroke
Finals	51 Boys 11-12 100 Backstroke
Finals	52 Girls 13-14 100 Backstroke
Finals	53 Boys 13-14 100 Backstroke
Finals	54 Girls 11-12 200 Breaststroke
Finals	55 Boys 11-12 200 Breaststroke
Finals	56 Girls 13-14 200 Breaststroke
Finals	57 Boys 13-14 200 Breaststroke
Finals	58 Girls 11-12 500 Freestyle
Finals	59 Boys 11-12 500 Freestyle
Finals	60 Girls 13-14 500 Freestyle
Finals	61 Boys 13-14 500 Freestyle

MR QNS 2025 Protect Ya Turkey Neck Invite - 2/28/2026 to 3/1/2026
Session Report

Session: 3 10&UNDER / 15&OVER
Day of Meet: 2 WarmUp 8:00 AM/Starts at 09:00 AM

Finals	62 Mixed 8 & Under 25 Breaststroke
Finals	63 Girls 9-10 200 Freestyle
Finals	64 Boys 9-10 200 Freestyle
Finals	65 Girls 15 & Over 50 Backstroke
Finals	66 Boys 15 & Over 50 Backstroke
Finals	67 Girls 10 & Under 100 Backstroke
Finals	68 Boys 10 & Under 100 Backstroke
Finals	69 Girls 15 & Over 100 Breaststroke
Finals	70 Boys 15 & Over 100 Breaststroke
Finals	71 Girls 10 & Under 50 Freestyle
Finals	72 Boys 10 & Under 50 Freestyle
Finals	73 Girls 15 & Over 200 Freestyle
Finals	74 Boys 15 & Over 200 Freestyle
Finals	75 Girls 10 & Under 100 Butterfly
Finals	76 Boys 10 & Under 100 Butterfly
Finals	77 Girls 15 & Over 100 Butterfly
Finals	78 Boys 15 & Over 100 Butterfly
Finals	79 Girls 10 & Under 50 Breaststroke
Finals	80 Boys 10 & Under 50 Breaststroke
Finals	81 Girls 15 & Over 200 Backstroke
Finals	82 Boys 15 & Over 200 Backstroke
Finals	83 Girls 10 & Under 100 IM
Finals	84 Boys 10 & Under 100 IM
Finals	85 Girls 15 & Over 50 Freestyle
Finals	86 Boys 15 & Over 50 Freestyle
Finals	87 Mixed 8 & Under 25 Freestyle
Finals	88 Girls 15 & Over 400 IM
Finals	89 Boys 15 & Over 400 IM

MR QNS 2025 Protect Ya Turkey Neck Invite - 2/28/2026 to 3/1/2026
Session Report

Session: 4 11-12 / 13-14
Day of Meet: 2 WarmUp 1:00 PM/Starts at 2:00 PM

Finals	90 Girls 11-12 50 Backstroke
Finals	91 Boys 11-12 50 Backstroke
Finals	92 Girls 13-14 50 Backstroke
Finals	93 Boys 13-14 50 Backstroke
Finals	94 Girls 11-12 100 Breaststroke
Finals	95 Boys 11-12 100 Breaststroke
Finals	96 Girls 13-14 100 Breaststroke
Finals	97 Boys 13-14 100 Breaststroke
Finals	98 Girls 11-12 200 Freestyle
Finals	99 Boys 11-12 200 Freestyle
Finals	100 Girls 13-14 200 Freestyle
Finals	101 Boys 13-14 200 Freestyle
Finals	102 Girls 11-12 100 Butterfly
Finals	103 Boys 11-12 100 Butterfly
Finals	104 Girls 13-14 100 Butterfly
Finals	105 Boys 13-14 100 Butterfly
Finals	106 Girls 11-12 200 Backstroke
Finals	107 Boys 11-12 200 Backstroke
Finals	108 Girls 13-14 200 Backstroke
Finals	109 Boys 13-14 200 Backstroke
Finals	110 Girls 11-12 50 Freestyle
Finals	111 Boys 11-12 50 Freestyle
Finals	112 Girls 13-14 50 Freestyle
Finals	113 Boys 13-14 50 Freestyle
Finals	114 Girls 11-12 400 IM
Finals	115 Boys 11-12 400 IM
Finals	116 Girls 13-14 400 IM
Finals	117 Boys 13-14 400 IM



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 _____