



2026 TYR Senior Metropolitan Winter Championships

February 12-15th, 2026
Nassau County Aquatic Center

Metro reserves the right to adjust meet information and format.

Please make sure to check the Metro website and with the coaches for updates.

Sanctioned by USA Swimming & Metropolitan Swimming, Inc.
Sanction Number #260200 & Time Trial #260250-TT

Entries must be submitted via the USA Swimming OME.

The entry deadline is Monday, February 2nd, 2026, 6:00 PM, ET.

Preliminary psych sheets will be posted **Tuesday, February 3rd, 2026, by Noon.**

Coaches have 3 days to submit corrections, the deadline for corrections is **Friday, February 6th, 2026, Noon.**

New qualifying times, swum after the deadline, will be accepted until **Monday, February 9th, 2026 6:00pm.**
(only first-time qualifying times will be accepted, no times updates)

For all meet related questions: entries@metroswimming.org

General Chair: David Rodriguez, generalchair@metroswimming.org

Meet Directors: Kate Hallex, Diana Ross, seniorchair@metroswimming.org & Kimberly Ferraris

kimberly.ferraris@metroswimming.org

Meet Referee: Joshua Miller, millerjoshuad@gmail.com

Administrative Referee: Kenneth Graham, entries@metroswimming.org

Meet Jury: For the consideration of all other protests lodged at the meet, the Meet Referee may appoint a Meet Jury. The jury shall consist of not fewer than three (3) and not more than five (5) persons, at least one of whom shall be a coach and one an athlete.



2026 TYR Senior Metropolitan Winter Championships

February 12-15th, 2026

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #260200
Time Trial Sanction # 260250-TT

LOCATION: Nassau County Aquatic Center, Eisenhower Park, Merrick Ave. East Meadow NY

FACILITY: 10 x 50m lanes, minimum depth 2 meters. Colorado Timing System, with 10-lane 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.

MEET ENTRIES OME: Instructions for OME Entries
OME:

MEET Entries@metroswimming.org
QUESTIONS:

SENIOR METS <https://www.gomotionapp.com/team/mrlsc/page/senior-mets>
WEB PAGE:

TECHNICAL Zoom registration link: <https://zoom.us/meeting/register/o-rG3908Qma4Byuq6zMklg>
MEETING: The technical meeting for all coaches will be held on Wednesday, February 11, 2026, at 8 p.m. The meeting will be recorded. **Coaches are expected to attend the meeting in order to clarify questions prior to the start of the meet.** Additional meetings may be scheduled at the discretion of the Meet Referee and meet staff.

SESSIONS:

		Warm Up	Session Start Time
Thursday	Timed Finals	4:00 PM	5:30 PM
Friday/Saturday	Prelims	7:30 AM	9:00 AM
Friday/Saturday	Finals	4:30 PM	5:30 PM
Sunday	Prelims	7:30 AM	9:00 AM
Sunday	Distance	TBD	TBD
Sunday	Finals	4:00 PM	5:00 PM

Thursday:

Timed finals; **swimmers, and relays must provide their own timers and counters.**

Women's and Men's 1000 yards Free

- **Positive check-in required**
- May be limited to 40 Women and 40 Men Swimmers (bonus entries may be cut first if entries exceed 40 swimmers)
- Swum fastest to slowest
- Alternating Women and Men

Deadline for POSITIVE CHECK IN is Thursday by 4:45 PM

800-yard Free Relay

- **Check-in required**
- Swum fastest to slowest
- The 2 fastest relays of each gender will swim first, followed by alternating Women and

Men, every heat.

Deadline for CHECK IN is Thursday by 5:00 PM

Friday, Saturday, Sunday:

Prelim and Final Events

SCRATCH DEADLINE for Prelims is by 6:30 PM the day prior

Sunday Distance Event

- Timed finals, **swimmers must provide their own timers and counters Women's and Men's 1650 yards Free.**
- **Positive Check in required**
- May be limited to 40 Women and 40 Men Swimmers (bonus entries may be cut first if entries exceed 40 swimmers)
- Swum slowest to fastest
- Alternating Women and Men
- The fastest heat of the Women and the fastest heat of the Men will swim at finals

Deadline for POSITIVE CHECK IN is Saturday by 6:30 PM

Friday, Saturday, and Sunday Relays

Timed finals

- All relays must check in by the corresponding deadline (6:30 pm the day prior).
- Relay swimmers' names are due 30 minutes before the expected end of the individual events in the session the relays will swim in.
- 200 Free relay swimmers' names are due 30 minutes before the start of the session.

FORMAT:

- Coaches and swimmers shall have the responsibility of familiarizing themselves with the current USA Swimming Rules and Regulations.
- There will be prelim and finals in all individual events except the 1000y Free and the 1650y Free. These distance events are swum as timed finals.
- All relays are swum as timed finals with the top 16 swimming at finals, with the exception of the 800 Free relays on Thursday.
- All finals will be swum in 8 lanes. Prelims and the distance events may be swum in 8 or 10 lanes, at the discretion of the Meet Referee.
- The event order for the final sessions will be:
 - D Bonus Final:** 8 swimmers, limited to swimmers 18 & under (offered for 50's & 100's only)
 - C Bonus Final:** 8 swimmers, limited to swimmers 18 & under
 - B Consolation Final:** 8 swimmers
 - A Championship Final:** 8 swimmers

ELIGIBILITY:

1. All swimmers must be USA Swimming/Metropolitan Swimming Inc. 2026 registered swimmers. All swimmers participating in this meet must be registered by the entry deadline. No swimmer will be permitted to compete unless the swimmer is a member as provided in Article 302. Any swimmer who is entered, and unregistered, will be scratched from the meet.
2. In addition, to be eligible to swim in this meet, swimmers must have competed in individual events in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals Championships while registered with and representing Metropolitan Swimming, Inc.). Attendance at a meet as a relay-only swimmer does not count as one of the 3 Metro Meets requirements. Historical Metro swimmers are exempt as indicated in Metro Policies 202.2.
3. Entry times must equal or better the qualifying standards. Short Course Yards (SCY)

times will be the conforming standard and will be seeded faster than LCM and SCM times. Entry times may NOT be converted. Times must have been achieved between **January 1st, 2025**, and the meet entry deadline.

4. All times must be provable in the SWIMS database.
5. Relays may be entered with composite times.
6. Relay-only swimmers must be entered before the meet deadline, February 2, 2026, to be eligible to swim.
7. Swimmers with unprovable times will not be seeded to swim.
8. In compliance with USA Swimming regulations, **all adult athletes** (ages 18 and over) **participating in the meet must have an up-to-date Athlete Protection training in order to compete**. A swimmer, who turns 18 during the meet, needs to complete APT in order to continue competing, even if their age for the meet is still considered 17. Age on **February 12th, 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:

1. A swimmer may enter any event for which they have met the qualifying standard but may participate in no more than six (6) individual events during the meet.
2. If a swimmer exceeds their maximum daily or meet allowance of events and is not properly scratched, then the first (6) events listed for that swimmer are the events that they will be seeded in, and they will be scratched from all remaining events.
3. A swimmer may not swim more than three (3) individual events on any one day. Time Trials count towards an athlete's number of individual events. Once a swimmer is seeded in an event, it counts as an event for that day.
4. A swimmer may swim in any number of relay events during the meet, and relay swims will not count towards their individual event total.
5. **All entries must be submitted via the OME by February 2nd, 2026, by 6:00pm**. This is the only accepted way to enter this meet, with the exception of new swims achieved after the meet deadline.
6. Your entry file should be supplemented by an entries per athlete report, emailed to entries@metroswimming.org to establish the number of Metro meets swum.
7. **Reminder – please wait until your athletes have exhausted all of their chances to qualify or improve seed times before you finalize your OME entry. Once you submit via OME and check out, you will not be able to make changes; you can only add new entries.**

DEADLINE:

Entries must be received via the OME by: Monday, February 2nd, 2026, 6:00pm

LATE ENTRIES

For swimmers qualifying for the first time between February 2nd and February 8th, 2026, coaches must submit information on new entries no later than 6:00 PM on February 9th, 2026, to entries@metroswimming.org. Please provide the swimmer's name, USA Swimming ID # (if not already in the meet), event and time swum, the meet in which the time was achieved and the date. **Times updates will NOT be accepted.**

ENTRY FEE(s):

An entry fee of **\$12.00** per individual event, Swimmer Surcharge **\$12.00** per athlete, Relay Entry **\$12.00** per relay entered.

DEI:

Metro may waive entry fees and facility surcharges for outreach swimmers. Coaches should contact Eddie Oyola, ddei@metroswimming.org and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

CORRECTIONS:

A preliminary psych sheet will be posted on the Metro website **Tuesday, February 3rd, 2026, by Noon**. Coaches have until **Friday, February 6th, 2026, by Noon**, to submit corrections by email

to entries@metroswimming.org

Corrections include missed or mis-entered events. Corrections will be charged \$30 per instance.

WARNING:

Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined \$150; no further entries will be accepted from the club until the fine is paid. All swimmers, coaches, and officials must be properly registered with USA Swimming for 2026.

WARM-UP:

Metropolitan Swimming Safety Guidelines and Warm-up Procedures will be in effect at this meet. All athlete members must be under the supervision of a USA Swimming member coach during warm-ups, competition and warm-downs. Only athletes entered in this meet may use the warm-up lanes.

Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for supervision. Coaches must notify the Meet Director of any different coaching assignments, to that effect.

Warmup lanes are open on a first come, first served basis. Clubs may share lanes with other clubs. No diving will be permitted, except in the designated sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches. Designated sprint and pace lanes will open the last 30 minutes of general warm-up. Entry into the pool is feet first only, except for the designated sprint lanes.

No equipment will be allowed in the competition pool at any time.

SCRATCHES:

See Rules and Procedures

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.

Coaches are required to register at the check-in table in Room 106. MUST show proof of their current USA Swimming Coach Membership to the Meet Director before they are allowed on deck. The membership card can be displayed via the USA Swimming app. A wristband will be issued to signify compliance with USA Swimming registration policies, and coaches must visibly wear the wristband at all times during the competition.

AWARDS:

Medals for the first 8 places in individual events. The top 3 individual finishers and relays will be presented medals **on the blocks following the completion of the A-Final.**

SCORING:

All events will be scored to 16 places.

Points for Individual events are:

D Bonus Final: 50 Free and 100 events only; Non-scoring

C Bonus Final: Non-scoring

B Consolation Final: 9, 7, 6, 5, 4, 3, 2, 1

A Championship Final: 20, 17, 16, 15, 14, 13, 12, 11

Points will be doubled for relays. Only two relay teams per club may score.

OFFICIALS:

- Requests for evaluation must be submitted by **January 30th, 2026.**
- Officials wishing to volunteer should sign up by **February 4th, 2026.**

- Officials Signup: <https://forms.gle/C23fDwMHvpNFDNcR6>

The Meet is open to all USA Swimming certified officials, and a request will be submitted for this meet to be a National Certification Qualifying Meet (OQM) under the National Officials Certification Program.

Any officials requesting national evaluation should apply using the Officials Signup link above and complete the Request for Evaluation section of the form. Details of the certification program can be found on the USA Swimming Website. Any questions regarding the national certification should be emailed to Jennifer Bancroft, officialschair@metroswimming.org.

RULES & PROCEDURES

1. The current USA Swimming Rules and Regulations will apply.
2. The USA Swimming Code of Conduct is in effect for the duration of the meet.
3. The overhead start procedure may be used at the discretion of the Meet Referee.
4. **Head Coaches will be asked to provide a cell number for contact in case a swimmer scratches into finals once the event is closed.** While all reasonable efforts will be made to contact coaches if a swimmer scratches into finals, it remains the coaches' responsibility to monitor their athletes' standings while the event is still open.
5. In all timed final events (1000y Free and 1650y Free) and in all prelim events, after the events have been either positively checked or seeded, any swimmer who fails to compete in an individual event in which they are entered and from which they have not been scratched properly will be barred from all further individual and relay events of that day. *Note: It is not possible to DFS in a positive check-in event.*
6. A swimmer who receives a NO SHOW penalty shall not be seeded in any Individual events on succeeding days without having first positively checked-in at the Admin table.
7. The C and D finals are limited to swimmers 18y and under – swimmers 19y and older will be automatically scratched from the Bonus finals unless they move up to the Consolation final due to scratches.
8. A swimmer qualifying for any finals swim, based upon the results of the prelims, must notify the Clerk of Course within 30 minutes after announcement of the qualifiers for that event, that they may not intend to compete, and further must declare their final intention within 30 minutes following their last preliminary event.
9. If a swimmer fails to follow this procedure, they will be barred from further competition for the remainder of the meet, except as noted in Rules 207.11.6.A to F. In addition, if a swimmer fails to follow this procedure for the last session of the meet, their club will be fined \$150.00 for each instance.
10. Any swimmer qualifying for a D, C, B, or A final in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph 207.11.6E. In all finals' heats, a declared false start under 101.1.3E or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.
11. It is the coaches' responsibility to check and make sure their athletes are properly scratched out of finals and that they have not been moved into the final session. Coaches should not leave the competition deck until their swimmers' events are closed.

TIME TRIALS:

Time Trials may be offered at the discretion of the Meet Referee if time permits:

- Conducted at the end of Prelims each day, including Thursday's Timed Finals Session.
- Limited to 30 minutes.
- Sign-up at the Admin Table, sign-up times will be announced each session.
- Swimmers are allowed two (2) time trials over the course of the meet.

- Cost, due at the time of entry in cash:
 \$15 per entry
 \$20 per distance event entry (1000 and 1650)
 \$20 per relay entry

Note: Time trials count towards a swimmer's total daily individual events.

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.

Only swimmers, coaches with current USA Swimming certification credentials, volunteers, timers and officials will be allowed on deck.

Nassau County lifeguards and AED device are on site. Nassau County EMT available by 911.

EMERGENCY ASSISTANCE: Lifeguards will be stationed at the warm-up and competition pools. The lifeguard office is located near the warm-up 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: **1 Meter – 15 Feet, 5 Meter – 12 Feet**

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Nassau County, Nassau County Aquatic Center, 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, restrooms, locker rooms, or behind the starting blocks.

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.

DECK ACCESS: Please use designated pool entry areas only.

ADMISSION: **FREE**
 Spectator seating may be limited, dependent upon facility guidelines at the time of the event.

PROGRAMS: Psych Sheets and Finals Programs will be available on Meet Mobile.

MERCHANTS: A concession stand operated by a vendor contracted by the Nassau County Aquatic Center

PARKING: Parking available in Lots 1 and 1A of Eisenhower Park

DIRECTIONS: FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT: Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take So. State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike, go to the left lane and make a left at the first light (Merrick Ave.). At first traffic light make a right into pool parking lot entrance.

FROM WHITESTONE AND THROGGS NECK BRIDGES: Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Turnpike (exit M4). On Hempstead Turnpike, go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light, make a right. This is the entrance to the pool.

VOLUNTEER ASSIGNMENTS:

All teams will be given at least one timing and/or other volunteer assignment, regardless of number of entries. Additional assignments will be allocated based on the size of your entry. The Meet Director will consider team sizes for each session to fairly allocate assignments. All assignments must be filled for the entirety of the session. Teams that fail to fulfill assignments will face a penalty of \$500 per instance.

Teams that begin an assignment but fail to remain in their assignment for the duration of the session will be fined \$125 per instance. Timers must check-in 1 (one) hour prior to the session start and must be present at the Timers' Meeting 30 minutes before session start. Meet Marshalls must be ready on deck before warm-ups begin. **Fines will be invoiced from the Metro Office.**

Events: (Prelims and Finals will be in Short Course Yards)

THURSDAY

SESSION 1 Distance – TIMED FINALS – 5:30 PM Start

WOMEN	EVENT	MEN
1	1000 Free	2
3	800 Free Relay	4

FRIDAY

Session 2 – PRELIMS – 9:00 AM Start

Session 3 – FINALS – 5:30 PM Start

WOMEN	EVENT	MEN
5	200 Free Relay	6
7	100 Breast	8
9	200 Free	10
11	100 Fly	12
13	400 IM	14
15	200 Medley Relay	16

SATURDAY

Session:4 – PRELIMS – 9:00 AM Start

Session:5 – FINALS – 5:30 PM Start

WOMEN	EVENT	MEN
17	200 IM	18
19	50 Free	20
21	100 Back	22
23	500 Free	24
25	400 Medley Relay	26

SUNDAY

Session 6 – PRELIMS – 9:00 AM Start

WOMEN	EVENT	MEN
29	200 Back	30
31	200 Breast	32
33	100 Free	34
35	200 Fly	36

SUNDAY**SESSION 7 -DISTANCE – TIMED FINALS-TBD Start**

WOMEN	EVENT	MEN
27	1650 Free	28

SESSION 8 – FINALS – 5:00 PM Start

WOMEN	EVENT	MEN
27	1650 Free Fastest Heat	28
29	200 Back	30
31	200 Breast	32
33	100 Free	34
35	200 Fly	36
37	400 Free Relay	38



**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 directions from the Meet Referee.

Signature _____ Today's Date_____

Meet_____ Location_____

Date(s) of meet_____



2026 SENIOR METROPOLITAN WINTER CHAMPIONSHIPS

TIME STANDARDS

WOMEN				MEN		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
28.79	27.99	25.19	50 Free	22.79	25.39	26.19
1:02.29	1:00.79	54.69	100 Free	49.49	54.89	55.69
2:14.49	2:11.29	1:58.29	200 Free	1:48.39	2:00.69	2:03.89
4:42.99	4:36.99	5:15.99	500 Free	4:49.99	4:16.79	4:22.79
9:49.99	9:36.99	10:59.99	1000 Free	10:04.99	8:51.69	9:04.49
19:02.99	18:38.99	18:40.99	1650 Free	16:55.99	17:16.79	17:40.79
1:08.59	1:07.39	1:00.69	100 Back	55.99	1:02.19	1:03.39
2:28.39	2:25.99	2:11.49	200 Back	2:01.99	2:15.39	2:17.79
1:20.09	1:18.09	1:10.29	100 Breast	1:02.79	1:10.49	1:12.49
2:52.69	2:48.69	2:31.99	200 Breast	2:17.99	2:34.29	2:38.69
1:07.79	1:06.79	59.99	100 Fly	54.59	1:00.59	1:01.99
2:33.79	2:30.99	2:15.99	200 Fly	2:03.99	2:17.69	2:20.49
2:30.49	2:26.49	2:11.99	200 IM	2:01.39	2:14.79	2:17.99
5:21.89	5:12.99	4:41.99	400 IM	4:19.99	4:40.79	4:57.19

WOMEN			RELAYS	MEN		
LCM	SCM	SCY	EVENT	SCY	SCM	LCM
--	--	--	200 Free	--	--	--
4:17.29	4:11.69	3:45.79	400 Free	3:21.89	3:44.19	3:50.59
9:11.59	8:58.79	8:05.39	800 Free	7:22.39	8:11.09	8:23.89
--	--	--	200 Medley	--	--	--
4:46.49	4:40.09	4:12.29	400 Medley	3:46.99	4:11.99	4:18.39

Eligibility for the 1000 or 1650 qualifies an athlete for both

Eligibility for the 200 Freestyle Relay will be determined by the 400 Freestyle Relay Time Standards

Eligibility for the 200 Medley Relay will be determined by the 400 Medley Relay Time Standards