



# 2025 Fall SCY Invitational

**November 1-2, 2025**

**Sanction #251102**

Invited Teams: APEX, ASAP, BAD, BKR, CAS, CENT, CFB, COL, COND, FAST, GAEL, GATE, HAA, HES, HS, LGAC, LIAC, LIE, MAKO, MCBY, MPNY, NCAC, NYCP, NYCC, NYSA, NFS, PAC, PATS, RED, RA, RIST, SAC (NJ), SHY, SMC, SWAG, TSC, WAG, WEST, YFD.

**Additional teams who would like an invitation to this meet are asked to contact Nicole Alsobrooks at [nicolea@justintiming.com](mailto:nicolea@justintiming.com)**

# 2025 Fall SCY Invitational

## November 1-2, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #251102
- LOCATION:** **APEX Aquatics Center, Lehman College**  
**250 Bedford Park Boulevard**  
**West Bronx, NY 10468**
- FACILITY:** **8 lanes x 25 yards competition course with Daktronics timing system and scoreboard.** Pool has not been certified in accordance with Article 104.2.2C (4).
- SESSIONS:** **Saturday, November 1 – 10 & under G/B– 8:00 AM Warm Up / 9:00 AM Start**  
**Saturday, November 1 – 11/12 G/B & 13/14 Boys – 11:30 am Warm Up / 12:30 pm Start**  
**Saturday, November 1 – 15/Over G/B & 13/14 Girls 2:30 PM Warm Up / 3:30 PM**  
**Sunday, November 2 – 10 & under G/B– 8:00 AM Warm Up / 9:00 AM Start**  
**Sunday, November 2 – 11/12 G/B & 13/14 Boys – 11:30 am Warm Up / 12:30 pm Start**  
**Sunday, November 2 – 15/Over G/B & 13/14 Girls 2:30 PM Warm Up / 3:30 PM Start**
- FORMAT:** **Timed finals.**  
**Deck seeding will be used.**
- 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 **November 1<sup>st</sup>, 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:** **Swimmers may enter up to 4 events per session. Entries in Hy-Tek format only.**  
U.S. Mail Payment to: **Innovative Aquatics c/o Scott Bartleson**  
**80 Walters Ave.**  
**Staten Island NY 10301**  
Email Entries/Confirm Entry Receipt: [entries@justintiming.com](mailto:entries@justintiming.com)
- DEADLINE:** Metro LSC Team entries must be received by **October 10, 2025** to be given preference over non-Metro LSC Teams. Entries will be processed as received in a first-come/first-served fashion. Non-Metro LSC Team entries must be received by **October 17, 2025** and will be processed as received after the Metro LSC deadline.  
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 **\$15.50** athlete surcharge must accompany the entries.  
Make check payable to: **Innovative Aquatics**  
Payment must be received by **October 24, 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 meet director and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

|                                |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
|--------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>WARM-UP:</b>                | <b>Warm-up and Timing Assignments will be sent out Wednesday before the meet. Swimmers will be given a fair and comparable warm-up.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>SCRATCHES:</b>              | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
| <b>COACHES:</b>                | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                     |
| <b>AWARDS:</b>                 | <b>Ribbons for 1<sup>st</sup>-8<sup>th</sup> in the 10&amp;U, 11-12 divisions – no awards for 13&amp;O.</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>OFFICIALS:</b>              | <b>Meet Referee: Andy Kass <a href="mailto:ark2ndbase@optimum.net">ark2ndbase@optimum.net</a></b><br><b>Officials wishing to volunteer should contact Meet Referee by October 24<sup>th</sup>, 2025</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>ADMIN. OFFICIAL:</b>        | <b>Bill Boyd – <a href="mailto:bill@boydcast.com">bill@boydcast.com</a> (917-903-8964)/ Wendy Martinez (917-392-9259)</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>MEET DIRECTOR:</b>          | <b>Scott Bartleson <a href="mailto:tridentaquaticclub@gmail.com">tridentaquaticclub@gmail.com</a> /Justin Alsobrooks – <a href="mailto:justina@justintiming.com">justina@justintiming.com</a> – (732) 232-9563</b>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
| <b>RULES:</b>                  | The current USA Swimming Rules and Regulations will apply.<br>The USA Swimming Code of Conduct is in effect for the duration of the meet.<br>The overhead start procedure may be used at the discretion of the meet Referee.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>SAFETY:</b>                 | 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.<br><br>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.<br><br>New York City Aquatic Club is staffed by certified lifeguards and all operational personnel are trained in CPR and First Aid.<br>There is an AED on site. |
| <b>MAAPP POLICY:</b>           | 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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>WATER DEPTH:</b>            | Water depth from end of pool in shallow end is: 13' at 1 meter / 12' at 5 meters<br>Water depth from end of pool in deep end is: 7' at 1 meter / 7' at 5 meters                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| <b>DISCLAIMER:</b>             | DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Trident Aquatic Club, New York City Aquatic Club and JUST In Timing 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.                                                                                                                                                                                                                                                                                                                                                                                |
| <b>AUDIO/VISUAL STATEMENT:</b> | Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms.<br><br>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.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <b>DECK</b>                    | Deck changes are prohibited.                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |

**CHANGING:**

**ADMISSION:** Admission \$8.00. Psych Sheet and Heat Sheet will be available on Meet Mobile.

**MERCHANTS:** Metro Swim Shop

**PARKING:** \$10.00 all-day parking at Lehman College Supervised Lot. Street parking and meter parking is also available.

**DIRECTIONS:** 250 Bedford Park Boulevard West (between Goulden and Paul Avenues).

**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 CAR:** Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit.

Go left onto Van Cortlandt Ave. Proceed to Sedgwick Ave. Make left onto Sedgwick. Turn right at Goulden Ave and go to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on right.

Via Saw Mill River Parkway South (becomes Henry Hudson Parkway) to Mosholu

Parkway exit. At the second traffic light turn right onto Paul Ave. Go two blocks. At Bedford Park Boulevard turn right. APEX building is on left. Proceed to traffic light; turn left onto Goulden. Parking lot is on the right.



## 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 \_\_\_\_\_



**2025 Fall SCY Invitational**

**November 1-2, 2025 / Sanction #251102**

| <b>Session #1 Saturday November 1– Age Group Division</b><br><b>10 &amp; under G/B</b><br><b>8:00 AM WU / 9:00 AM Start</b> |                                       |               |
|-----------------------------------------------------------------------------------------------------------------------------|---------------------------------------|---------------|
| <b>Girls #</b>                                                                                                              | <b>Event</b>                          | <b>Boys #</b> |
| <b>1</b>                                                                                                                    | <b>10 &amp; Under 100 Yard IM</b>     | <b>2</b>      |
| <b>3</b>                                                                                                                    | <b>10 &amp; Under 50 Yard Free</b>    | <b>4</b>      |
| <b>5</b>                                                                                                                    | <b>10 &amp; Under 100 Yard Breast</b> | <b>6</b>      |
| <b>7</b>                                                                                                                    | <b>10 &amp; Under 50 Yard Back</b>    | <b>8</b>      |
| <b>9</b>                                                                                                                    | <b>10 &amp; Under 100 Yard Fly</b>    | <b>10</b>     |
| <b>11</b>                                                                                                                   | <b>10 &amp; Under 200 Yard Free</b>   | <b>12</b>     |
| <b>Session #2 –</b><br><b>11/12 G/B &amp; 13/14 Boys</b><br><b>11:30 Warm Up / 12:30 Start</b>                              |                                       |               |
| <b>Girls #</b>                                                                                                              | <b>Event</b>                          | <b>Boys #</b> |
| <b>13</b>                                                                                                                   | <b>11/12 100 Yard IM</b>              | <b>14</b>     |
|                                                                                                                             | <b>13/14 200 Yard IM</b>              | <b>15</b>     |
| <b>16</b>                                                                                                                   | <b>11/12 50 Yard Free</b>             | <b>17</b>     |
|                                                                                                                             | <b>13/14 100 Yard Free</b>            | <b>18</b>     |
| <b>19</b>                                                                                                                   | <b>11/12 100 Breast</b>               | <b>20</b>     |
|                                                                                                                             | <b>13/14 200 Yard Breast</b>          | <b>21</b>     |
| <b>22</b>                                                                                                                   | <b>11/12 50 Yard Back</b>             | <b>23</b>     |

|           |                                                                                   |           |
|-----------|-----------------------------------------------------------------------------------|-----------|
|           | <b>13/14 100 Yard Back</b>                                                        | <b>24</b> |
| <b>25</b> | <b>11/12 100 Yard Fly</b>                                                         | <b>26</b> |
|           | <b>13/14 200 Fly</b>                                                              | <b>27</b> |
| <b>28</b> | <b>11/12 200 Yard Free</b>                                                        | <b>29</b> |
|           | <b>13/14 500 Yard Free</b><br><b>(May be limited to Top 24 entries per event)</b> | <b>30</b> |

| <b>Session #3 –<br/>15/Over G/B &amp; 13/14 Girls<br/>2:30 Warm Up / 3:30 Start</b> |                                                                                   |               |
|-------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|---------------|
| <b>Girls #</b>                                                                      | <b>Event</b>                                                                      | <b>Boys #</b> |
| <b>31</b>                                                                           | <b>200 Yard IM</b>                                                                | <b>32</b>     |
| <b>33</b>                                                                           | <b>13/14 200 Yard IM</b>                                                          |               |
| <b>34</b>                                                                           | <b>100 Yard Free</b>                                                              | <b>35</b>     |
| <b>36</b>                                                                           | <b>13/14 100 Yard Free</b>                                                        |               |
| <b>37</b>                                                                           | <b>200 Yard Breast</b>                                                            | <b>38</b>     |
| <b>39</b>                                                                           | <b>13/14 200 Yard Breast</b>                                                      |               |
| <b>40</b>                                                                           | <b>100 Yard Back</b>                                                              | <b>41</b>     |
| <b>42</b>                                                                           | <b>13/14 100 Yard Back</b>                                                        |               |
| <b>43</b>                                                                           | <b>200 Fly</b>                                                                    | <b>44</b>     |
| <b>45</b>                                                                           | <b>13/14 200 Fly</b>                                                              |               |
| <b>46</b>                                                                           | <b>500 Free</b>                                                                   | <b>47</b>     |
| <b>48</b>                                                                           | <b>13/14 500 Yard Free</b><br><b>(May be limited to Top 24 entries per event)</b> |               |



**2025 Fall SCY Invitational**

**November 1-2, 2025 / Sanction 251102**

| <b>Session #4 – Sunday November 2 Age Group Division</b><br><b>10 &amp; under G/B</b><br><b>8:00 AM WU / 9:00 AM Start</b> |                                                                                                    |               |
|----------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|---------------|
| <b>Girls #</b>                                                                                                             | <b>Event</b>                                                                                       | <b>Boys #</b> |
| <b>49</b>                                                                                                                  | <b>10 &amp; Under 100 Yard Free</b>                                                                | <b>50</b>     |
| <b>51</b>                                                                                                                  | <b>10 &amp; Under 50 Yard Breast</b>                                                               | <b>52</b>     |
| <b>53</b>                                                                                                                  | <b>10 &amp; Under 100 Yard Back</b>                                                                | <b>54</b>     |
| <b>55</b>                                                                                                                  | <b>10 &amp; Under 50 Yard Fly</b>                                                                  | <b>56</b>     |
| <b>57</b>                                                                                                                  | <b>10 &amp; Under 200 Yard IM</b>                                                                  | <b>58</b>     |
| <b>59</b>                                                                                                                  | <b>10 &amp; Under 500 Yard Free</b><br><small>(May be limited to Top 24 entries per event)</small> | <b>60</b>     |
| <b>Session #5 –</b><br><b>11/12 G/B &amp; 13/14 Boys</b><br><b>11:30 Warm Up / 12:30 Start</b>                             |                                                                                                    |               |
| <b>Girls #</b>                                                                                                             | <b>Event</b>                                                                                       | <b>Boys #</b> |
| <b>61</b>                                                                                                                  | <b>11/12 100 Yard Free</b>                                                                         | <b>62</b>     |
|                                                                                                                            | <b>13/14 200 Yard Freestyle</b>                                                                    | <b>63</b>     |
| <b>64</b>                                                                                                                  | <b>11/12 50 Yard Breast</b>                                                                        | <b>65</b>     |
|                                                                                                                            | <b>13/14 100 Yard Breaststroke</b>                                                                 | <b>66</b>     |
| <b>67</b>                                                                                                                  | <b>11/12 100 Back</b>                                                                              | <b>68</b>     |
|                                                                                                                            | <b>13/14 200 Yard Backstroke</b>                                                                   | <b>69</b>     |
| <b>70</b>                                                                                                                  | <b>11/12 50 Fly</b>                                                                                | <b>71</b>     |



|           |                                                                          |           |
|-----------|--------------------------------------------------------------------------|-----------|
|           | <b>13/14 100 Yard Butterfly</b>                                          | <b>72</b> |
| <b>73</b> | <b>11/12 200 IM</b>                                                      | <b>74</b> |
|           | <b>13/14 50 Yard Freestyle</b>                                           | <b>75</b> |
| <b>76</b> | <b>11/12 500 Free</b>                                                    | <b>77</b> |
|           | <b>13/14 400 Yard IM</b><br>(May be limited to Top 24 entries per event) | <b>78</b> |

| <b>Session #6–<br/>15/Over G/B &amp; 13/14 Girls<br/>2:30 Warm Up / 3:30 Start</b> |                                                                          |               |
|------------------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------|
| <b>Girls #</b>                                                                     | <b>Event</b>                                                             | <b>Boys #</b> |
| <b>79</b>                                                                          | <b>200 Yard Free</b>                                                     | <b>80</b>     |
| <b>81</b>                                                                          | <b>13/14 200 Yard Free</b>                                               |               |
| <b>82</b>                                                                          | <b>100 Yard Breast</b>                                                   | <b>83</b>     |
| <b>84</b>                                                                          | <b>13/14 100 Yard Breast</b>                                             |               |
| <b>85</b>                                                                          | <b>200 Yard Back</b>                                                     | <b>86</b>     |
| <b>87</b>                                                                          | <b>13/14 200 Yard Back</b>                                               |               |
| <b>88</b>                                                                          | <b>100 Yard Fly</b>                                                      | <b>89</b>     |
| <b>90</b>                                                                          | <b>13/14 100 Yard Fly</b>                                                |               |
| <b>91</b>                                                                          | <b>50 Yard Free</b>                                                      | <b>92</b>     |
| <b>93</b>                                                                          | <b>13/14 50 Yard Free</b>                                                |               |
| <b>94</b>                                                                          | <b>400 Yard IM</b><br>(May be limited to Top 24 entries per event)       | <b>95</b>     |
| <b>96</b>                                                                          | <b>13/14 400 Yard IM</b><br>(May be limited to Top 24 entries per event) |               |