



**2025 Winter SCY Invitational
December 13-14, 2025
Sanction #251201**

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



2025 Winter SCY Invitational December 13-14, 2025

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #**251201**
- 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, December 13 – 12 & under – 8:00 AM Warm Up / 9:00 AM Start**
Saturday, December 13 – 13 & over – 1:00 PM Warm Up / 2:00 PM Start
Sunday, December 14 – 12 & under – 8:00 AM Warm Up / 9:00 AM Start
Sunday, December 14 – 13 & over – 1:00 PM Warm Up / 2:00 PM Start
- FORMAT:** **Timed finals. To safeguard the timeline, 8&U athletes may only swim 50 Yard events and 100 Yard Free/100 Yard Individual Medley.**
- 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 **December 13th, 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
- DEADLINE:** Metro LSC Team entries must be received by **November 21, 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 **November 28, 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 **December 5th, 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.

- WARM-UP:** Warm-up and Timing Assignments will be sent out Wednesday before the meet. Swimmers will be given a fair and comparable warm-up.
- 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:** Ribbons for 1st-8th in the 10&U, 11-12 divisions – no awards for 13&O.
- OFFICIALS:** Meet Referee: Hon Lai hon.swimming@gmail.com
- ADMIN. OFFICIAL:** Officials wishing to volunteer should contact Meet Referee by December 5, 2025
Bill Boyd – bill@boydcast.com (917-903-8964)/ Wendy Martinez (917-392-9259)
- MEET DIRECTOR:** Scott Bartleson tridentaquaticclub@gmail.com /Justin Alsobrooks – justina@justintiming.com – (732) 232-9563
- 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.
- New York City Aquatic Club is staffed by certified lifeguards and all operational personnel are trained in CPR and First Aid.
There is an AED on site.
- 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:** Water depth from end of pool in shallow end is: 13' at 1 meter / 12' at 5 meters
Water depth from end of pool in deep end is: 7' at 1 meter / 7' at 5 meters
- DISCLAIMER:** 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.
- 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 \$8.00. Psych Sheet and Heat Sheet will be available on Meet Mobile.

MERCHANTS:

Food concessions; 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 _____



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Session #1 – Age Group Division Swimmers aged 12&U <u>only</u> (10&U/11-12 will be scored separately) Saturday, December 13th –8:00 AM WU / 9:00 AM Start		
Girls #	Event	Boys #
1	100 Yard IM	2
3	50 Yard Freestyle	4
5	100 Yard Breaststroke	6
7	50 Yard Backstroke	8
9	100 Yard Butterfly	10
11	200 Yard Freestyle No 8&U SWIMERS	12
Session #2 – Senior Division Swimmers aged 13&O <u>only</u> Saturday, December 13th – 1:00 PM WU / 2:00 PM Start		
Girls #	Event	Boys #
13	200 Yard IM	14
15	100 Yard Freestyle	16
17	200 Yard Breaststroke	18
19	100 Yard Backstroke	20
21	200 Yard Butterfly	22
23	500 Yard Freestyle (May be limited to Top 24 entries per event)	24



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Session #3 – Age Group Division Swimmers aged 12&U <u>only</u> (10&U/11-12 will be scored separately) Sunday, December 14th – 8:00 AM WU / 9:00 AM Start		
Girls #	Event	Boys #
25	100 Yard Freestyle	26
27	50 Yard Breaststroke	28
29	100 Yard Backstroke	30
31	50 Yard Butterfly	32
33	200 Yard IM No 8&U SWIMERS	34
35	500 Yard Freestyle No 8&U SWIMERS (May be limited to Top 24 entries per event)	36
Session #4 – Senior Division Swimmers aged 13&O <u>only</u> Sunday, December 14th – 1:00 PM WU / 2:00 PM Start		
Girls #	Event	Boys #
37	200 Yard Freestyle	38
39	100 Yard Breaststroke	40
41	200 Yard Backstroke	42
43	100 Yard Butterfly	44
45	50 Yard Freestyle	46
47	400 Yard IM (May be limited to Top 24 entries per event)	48