**2018 METRO BRONZE CHAMPIONSHIPS CENTRAL**

**FRIDAY, SATURDAY AND SUNDAY**

**MARCH 23-25, 2018**

 

**HOSTED BY:**

**NILE CROCODILE AQUATIC CLUB**

**Held at Mark Twain Pool, Yonkers Montessori Academy,**

**160 Woodlawn Avenue,** **Yonkers NY 10704**

**SANCTION # 180306**

**METRO CENTRAL TEAMS:** APEX Apex Swim Club, AGUA Asphalt Green, ASAP Brooklyn Otters, BAD Badger Swim Club, BKR Brooklyn Stingrays, BWBW Bronx Works Blue Waves, CAS CAS Stingrays, CENT Central Queens, CIY Cross Island Y Barracudas, FLY Flushing YMCA, FREE Freedom Aquatics, GATE Gateway Swimmers, HDRO Hydro Aquatics, HES Hurricane Swimming, HS Harbor Seals/Bay Ridge, JCCT JCC Thunderbirds, KBM Kips Bay Mako's, LGAC LaGuardia Aquatic, LSA Lion Swim Academy, MAKO Manhattan Makos, MCBY McBurney Manta Rays, MPNY Match Point NYC, NCAC Nile Crocodile Aquatic Club, NFS Nu Finmen, NYCC New York City Aquatic Club, NYCP New York City Parks, QNS Queens Aquatic Club, RAC Richmond Aquatic Club, RED Riverbank Redtails, RIST Roosevelt Island Marlins, SBK Swim Brooklyn SHY Shorefront Y (Brooklyn Seals), SWAG Southern Westchester Aquatic Group, TSC Trident Swim Club, WAC Wagner Aquatic Club WEST Westchester Wolverines, WSA Watersign Aquatics

**2018 METRO BRONZE CHAMPIONSHIPS CENTRAL**

**Friday 23-Sunday 25, March 2018**

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 180306

**LOCATION:** Mark Twain Pool, Yonkers Montessori Academy, 160 Woodlawn Avenue, Yonkers NY 10704

**FACILITY:** 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing

 system.NO SMOKING ALLOWED IN THE BUILDING. Teams are expected to police and

 maintain their areas on the pool deck. Athletes, parents and children are restricted to the

 pool area and spectators stands and are not authorized to be in any other part of the

 building. The pool has been certified in accordance with Article 104.2.2C (4). 12 feet in

 deep end, 4 feet in shallow end.

**SESSIONS:** Session 1- 4:00 PM Warm-up 5:00 PM Start – March 23rd All Age Groups

 Session 2- 8:00 AM Warm-up 9:00 AM Start – March 24th 11-12 & 13-14

 Session 3- 3:15 PM Warm-up 4:15 PM Start – March 24th, 9-10 & 15-18

 Session 4- 8:00 AM Warm-up 9:00 AM Start – March 25th 11-12 & 13-14

 Session 5- 3:15 PM Warm-up 4:15 PM Start – March 25th, 9-10 & 15-18

**FORMAT:** All events are timed finals. Slow to fast standard This meet will be deck seeded with

 coaches checking in/scratching all swimmers.

**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

 “Deck Registrations” will be accepted Age on March 23rd, 2018 will determine age for the

 entire meet.

**DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you

 need special consideration. The athlete (or the athlete’s coach) is also responsible for

 notifying the meet referee of any disability prior to the competition.

**ENTRIES:** All Swimmers are limited to 4 events per session. 8 & Under are not permitted to swim in

 this meet. Entry times cannot be faster than BRONZE times as specified by Metropolitan

 swimming 2017-time standards. Swimmers must have swum the events once prior to this

 meet. Entry times must have been achieved between January 1, 2017 and the meet entry

 deadline- March 14th, 2018- Hy-Tek email entries will be accepted. An email confirmation

 will be sent back, if you do not receive the email confirmation within 2 days of your

 original email please contact the meet director to discuss the entry. Meet entries recon

 from SWIMS will be performed before the meet. NT’s are not allowed. Mail your

 payment to: NCAC 132-15 57Rd, Flushing NY 11355.

 Email Entries/Confirm Entry Receipt: magdyshokry@hotmail.com

 Please sign the waiver on the front.

**DEADLINE:**  Entries must be received by: March 14th, 2018 An email confirming receipt of entries if you

 provide an email contact. Please contact Meet Director if you do not receive such a report

 within 2 days of your original email.

**ENTRY FEE:** An entry fee of $5.00 per individual event plus $1.00-dollar Metro surcharges must

 accompany the entries. Make check payable to: NCAC

 Payment must be received by March 14th2018 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.

**WARM-UP:** General warm up with assigned lanes for the first 40 minutes. Sprint lanes and General

 Lanes will be available for the remaining 10 minutes. Lane assignments will be distributed

 along with the scratch sheet at each session.

**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 events 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:** Individual medals for 1st – 8th place, ribbons 9th – 16th place for swimmers below the

 silver minimum standard. Overachiever ribbons will be awarded to swimmers who swim

 Silver, JO qualifying times in an event for a first time at this meet.

**OFFICIALS:** Meet Referee: Frank A. Zarnitz, anssec180@gmail.com, (917) 284-0477

 Officials wishing to volunteer should contact Meet Referee by March 2nd, 2018

**ADMIN. OFFICIAL:**  Administrative Official Magdy Shokry, magdyshokry@hotmail.com (347) 466-0375

**MEET DIRECTOR:** Wendy Martinez, bellamiamour@usa.net (917) 392-9259

**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 Safety and Warm-up procedures will be in effect. Marshals will be present

 throughout warmups 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. 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”

**WATER DEPTH:** 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing

 System. The pool has been certified in accordance with Article 104.2.2C (4). 10 feet in

 deep end, 4 feet in shallow end.

**DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Mark Twain

 Pool, Yonkers Montessori Academy, Nile Crocodile Aquatic Club, Metropolitan Swimming

 Inc., & USA Swimming Inc., and their agents or representatives for any injury occurring as

 a result of the meet.

**AUDIO/ VISUAL:** Use of Audio or visual recording devices, including a cell phone, is not permitted in

 changing areas, rest rooms, behind the blocks or locker rooms.

**DRONES:** 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:** Adult $7.00 per person/session. Programs $3.00 per session Children under 12 are free

**MERCHANTS:** Vendors will be available on site for the purchase or suits, bags, towels, goggles and

 apparel. Hot & cold dishes, snacks, desserts, & beverages will be available

 **PARKING:** There is ample free parking available

**DIRECTIONS:** From the North (choose 1 from below) Taconic Parkway South to Sprain South to Bronx

 River Parkway South. After Cross County Parkway exits, take the Second Bronx River

 Road Exit. Make a right onto Bronx River Road and the immediate left onto Wakefield

 Avenue. Go approximately 5 blocks. Pool entrance is at the corner of Wakefield Avenue

 and Woodlawn Avenue. 87 South to Exit 4, Cross County Parkway. Stay on Service Road

 South to Yonkers Avenue. Make a left onto Yonkers Avenue. Continue for approximately

 0.25 mile and make a right onto Kimball Avenue. Bear left onto Sterling Avenue, Then

 Bear Left onto Woodlawn Avenue. Pool Entrance is at the corner of Wakefield Avenue

 and Woodlawn Avenue. DIRECTIONS: From Long Island Take 495 Long Island Expressway

 West towards Whitestone Bridge. Merge onto Cross Island Parkway North. Merge onto

 I295 North via Exit 33 Bronx/New England. Merge onto I695 /North Throgs Neck

 Expressway via Exit 10, I95 New Haven. I695 /North Throgs Neck becomes I95 North.

 Take the Baychester Avenue Exit 12 on the left. Turn slight right onto Baychester

 Avenue. Baychester Ave becomes East\ 241st street. East 241st becomes Wakefield

 Avenue. Turn right onto Woodlawn Ave. 160 Woodlawn Ave.is on the right.

**DIRECTIONS:** From NY City 87 North towards Albany. Take the East 233rd Street Exit 13. Stay Straight

 on East 233rd Street and make 1st left onto Van Courtland Park East. Van Courtland Park

 east becomes Kimball Avenue. Turn Right onto Wakefield Avenue. Turn Left onto

 Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

**BRONZE CHAMPIONSHIPS CENTRAL, MARCH 23-25, 2018**

**Session 1 (All age groups)**

**5:00PM Warm-up 6:00PM Start – Friday, March 23, 2018**

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| --- | --- | --- | --- | --- |
| **Bronze****Not faster than** | **Girls Events** | **Friday Central Events** | **Boys Events** | **Bronze****Not faster than** |
| 2:46.70 | 1 | 11-12 200 BK | 2 | 2:42.80 |
| 2:49.60 | 3 | 9-10 200 FR | 4 | 2:49.60 |
| 6:20.80 | 5 | 11-12 500 FR | 6 | 6:32.00 |
| 5:26.00 | 7 | 13-14 400 IM | 8 | 5:09.80 |
| 5:23.30 | 9 | 15-18 400 IM | 10 | 4:45.90 |
| 3:14.00 | 11 | 9-10 200 IM | 12 | 3:14.00 |
| 2:48.10 | 13 | 11-12 200 IM | 14 | 2:48.00 |
| 5:50.60 | 15 | 13-14 500 FR | 16 | 5:51.00 |
| 5:40.00 | 17 | 15-18 500 FR | 18 | 5:18.00 |

**Use best times from 1/1/17**

**Session 2**

**8:00 AM Warm-up 9:00 AM Start – Saturday, March 24, 2018**

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| **Bronze****Not faster than** | **Girls Events** | **Friday Central Events** | **Boys Events** | **Bronze****Not faster than** |
| 2:17.00 | 19 | 13-14 200 FR | 20 | 2:14.20 |
| 47.80 | 21 | 9-10 50 BR | 22 | 48.60 |
| 1:23.50 | 23 | 13-14 100 BR | 24 | 1:16.70 |
| 1:38.00 | 25 | 9-10 100 FL | 26 | 1:38.00 |
| 1:11.60 | 27 | 13-14 100 FL | 28 | 1:07.12 |
| 35.20 | 29 | 9-10 50 FR | 30 | 35.20 |
| 1:03.10 | 31 | 13-14 100 FR | 32 | 59.60 |
| 1:37.10 | 33 | 9-10 100 BK | 34 | 1:37.10 |
| 2:36.30 | 35 | 13-14 200 BK | 36  | 2:27.10 |

**Use best times from 1/1/17**

**Session 3**

**3:15 PM Warm-up 4:15 AM Start – Saturday, March 24, 2018**

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| --- | --- | --- | --- | --- |
| **Bronze****Not faster than** | **Girls Events** | **Friday Central Events** | **Boys Events** | **Bronze****Not faster than** |
| 2:25.90 | 37 | 11-12 200 FR | 38 | 2:26.00 |
| 2:10.60 | 39 | 15-18 200 FR | 40 | 1:58.00 |
| 1:19.50 | 41 | 11-12 100 BK | 42 | 1:17.50 |
| 1:10.10 | 43 | 15-18 100 BK | 44 | 1:03.90 |
| 31.00 | 45 | 11-12 50 FR | 46 | 30.70 |
| 1:10.10 | 47 | 15-18 100 FR | 48 | 54.50 |
| 1:28.70 | 49 | 11-12 100 BR | 50 | 1:26.50 |
| 2:51.00 | 51 | 15-18 200 BR | 52 | 2:36.80 |
| 34.60 | 53 | 11-12 50 FL | 54 | 34.70 |
| 2:34.00 | 55 | 15-18 200 FL | 56 | 2:25.00 |
| 2:49.40 | 57 | 11-12 200 FL | 58 | 2:45.40 |

**Use best times from 1/1/17**

 **Session 4**

**8:00 AM Warm-up 9:00 AM Start – Sunday, March 25, 2018**

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| **Bronze****Not faster than** | **Girls Events** | **Friday Central Events** | **Boys Events** | **Bronze****Not faster than** |
| 2:41.50 | 59 | 13-14 200 IM | 60 | 2:31.10 |
| 1:18.50 | 61 | 9-10 100 FR | 62 | 1:18.50 |
| 28.80 | 63 | 13-14 50 FR | 64 | 26.80 |
| 41.90 | 65 | 9-10 50 BK | 66 | 42.90 |
| 1:12.70 | 67 | 13-14 100 BK | 68 | 1:08.30 |
| 1:46.20 | 69 | 9-10 100 BR | 70 | 1:48.40 |
| 2:57.00 | 71 | 13-14 200 BR | 72 | 2:27.90 |
| 42.40 | 73 | 9-10 50 FL | 74 | 43.90 |
| 2:36.60 | 75 | 13-14 200 FL | 76 | 2:29.60 |
| 1:28.60 | 77 | 9-10 100 IM | 78 | 1:28.60 |

**Use best times from 1/1/17**

**Session 5**

**3:15 PM Warm-up 4:15 AM Start – Sunday, March 25, 2018**

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| **Bronze****Not faster than** | **Girls Events** | **Friday Central Events** | **Boys Events** | **Bronze****Not faster than** |
| 1:18.70 | 79 | 11-12 100 IM | 80 | 1:17.20 |
| 2:30.00 | 81 | 15-18 200 IM | 82 | 2:27.80 |
| 1:08.30 | 83 | 11-12 100 FR | 84 | 1:07.00 |
| 28.30 | 85 | 15-18 50 FR | 86 | 25.20 |
| 36.10 | 87 | 11-12 50 BK | 88 | 36.10 |
| 2:29.30 | 89 | 15-18 200 BK | 90 | 1:16.90 |
| 40.60 | 91 | 11-12 50 BR | 92 | 40.30 |
| 1:20.90 | 93 | 15-18 100 BR | 94 | 1:10.90 |
| 1:19.40 | 95 | 11-12 100 FL | 96 | 1:17.60 |
| 1:09.60 | 97 | 15-18 100 FL | 98 | 1:02.60 |
| 3:11.20 | 99 | 11-12 200 BR | 100 | 3:03.50 |

**Use best times from 1/1/17**