



**Badger December 9, 2012 and Open Knockout Sprint Championship
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#121212

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SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #121212

LOCATION: Lehman College
APEX Aquatic Center
250 Bedford Park Blvd
West Bronx, NY 10468

FACILITY: 8 lanes x 25 yards competition course with Daktronics timing system and scoreboard.

The pool has not been certified in accordance with Article 104.2.2C (4)

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. Offenders will be ejected from the facility.

SESSIONS: Session I – 6s, 8s & 10s – 8:00 am warmup, 9:00 am start

Session II – 11 & Over – 1:00 pm warmup, 2:00 pm start

- FORMAT:**
1. Coaches and swimmers shall have the responsibility to familiarize themselves with the current U.S.A. Swimming Rules and Regulations.
 2. Session I will be Timed Finals
 3. Session II – the 500 Free will be limited to a maximum of five heats per event.
 4. Session II – Knockout Sprint Rules: The top 8 swimmers in the 50 Freestyle (#31-32) will compete in “Knockout” final after event 46 finishes. The top 6 swimmers in the semis of the 50 will then have 3 minutes to return to the blocks and compete again the final 4 and then the remaining two swimmers in the Final. Awards will be given to the open sprint champions.

Deck Seeding

ELIGIBILITY: Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on **12/9/12** 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: **Session I - 5 events**

Session II – 4 events

Entries **MUST** be sent via email or on a **Hy-Tek** disk. Be sure to enclose a Master Entry Sheet or Hy-Tek Spreadsheet. Entries received after the deadline will not be accepted. Deck entries will not be permitted.

U.S. Mail Entries/Payment to:

Badger Swim Club
119 Rockland Avenue
Larchmont, NY 10538

Email Entries/Confirm Entry Receipt: **badgermeetentries@gmail.com**

- DEADLINE:**
- 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by **November 26, 2012**.
 - 2: The final entry deadline for this meet is **December 2, 2012**
 - 3: Metro entries received between **November 26** and **December 2, 2012** and all entries from other LSC's will be entered in the order they were received, as space allows.
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 **\$4.00** per individual event must accompany the entries.
An entry fee of **\$8.00** per relay event must accompany the entries.
Make check payable to: **Badger Swim Club**.
Payment must be received by **December 2, 2012** 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:**
- First 45 minutes will be general warm-up. Lane assignments will be given at meet. Last 15 minutes: lanes 3 thru 6 will be open for one-way sprint. Lanes 1 and 8 will be general warm- up. Lanes 2 and 7 will be designated pace lanes.
- 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:**
- Awards will be given for 1st through 8th places.** Special awards will be given to the 50 Freestyle Sprint Champions.
- OFFICIALS:**
- Meet Referee: Phil Johanson**
Philip.a.johanson@citi.com
Officials wishing to volunteer should contact Meet Referee by **12/02/12**.
- MEET DIRECTOR:**
- Lucy Johanson**
badgermeetentries@gmail.com
914-834-1084
- 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 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. 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:**

Water depth from end of pool in shallow end is: 13 feet at 1 meter / 12 feet at 5 meters

Water depth from end of pool in deep end is: 7 feet at 1 meter / 7 feet at 5 meters

DISCLAIMER:

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Lehman College and Badger Swim 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 or locker rooms

ADMISSION:

Adults \$5.00 Children \$2.00 per session Session Programs: \$3.00 The stands must be cleared after each session

MERCHANTS:

TBA

PARKING:

Parking: Free Parking for Coaches with USA Swimming Credentials

\$5.00 fee all-day parking at College Supervised Lot, (100 yards from APEX).

DIRECTIONS:

DIRECTIONS TO LEHMAN COLLEGE APEX! Bedford Park Boulevard between Goulden and Paul Aves.!**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 BUS: FROM WESTCHESTER:** (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West. **BY CAR:** Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right. **Via Saw Mill River Parkway South** (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right. **IMPORTANT! IN CASE OF EMERGENCY:!**Pool Office: 718- 960-7123 Meet Desk: 718-960-1134

SESSION 1 - 8:00am WU 9:00am Start

1. Girls 8 & Under 100 Medley Relay
2. Boys 8 & Under 100 Medley Relay
3. Girls 10 & Under 200 Medley Relay
4. Boys 10 & Under 200 Medley Relay
5. Girls 8 & Under 50 Freestyle
6. Boys 8 & Under 50 Freestyle
7. Girls 10 & Under 200 Freestyle
8. Boys 10 & Under 200 Freestyle
9. Girls 8 & Under 25 Breaststroke
10. Boys 8 & Under 25 Breaststroke
11. Girls 10 & Under 50 Breaststroke
12. Boys 10 & Under 50 Breaststroke
13. Girls 8 & Under 50 Backstroke
14. Boys 8 & Under 50 Backstroke
15. Girls 10 & Under 100 Backstroke
16. Boys 10 & Under 100 Backstroke
17. Girls 8 & Under 25 Butterfly
18. Boys 8 & Under 25 Butterfly
19. Girls 10 & Under 50 Butterfly
20. Boys 10 & Under 50 Butterfly
21. Girls 8 & Under 100 IM
22. Boys 8 & Under 100 IM
23. Girls 10 & Under 200 IM
24. Boys 10 & Under 200 IM
25. Girls 8 & Under 100 Freestyle Relay
26. Boys 8 & Under 100 Freestyle Relay
27. Girls 10 & Under 200 Freestyle Relay

28. Boys 10 & Under 200 Freestyle Relay

SESSION 2 - 1:00pm WU 2:00pm Start

29. Girls 11-12 200 Medley Relay

30. Boys 11-12 200 Medley Relay

31. Girls 50 Freestyle

32. Boys 50 Freestyle

33. Girls 11-12 500 Freestyle

34. Boys 11-12 500 Freestyle

35. Girls 200 Backstroke

36. Boys 200 Backstroke

37. Girls 11-12 200 Breaststroke

38. Boys 11-12 200 Breaststroke

39. Girls 100 Butterfly

40. Boys 100 Butterfly

41. Girls 11-12 200 Butterfly

42. Boys 11-12 200 Butterfly

43. Girls 200 IM

44. Boys 200 IM

45. Girls 11-12 200 Backstroke

46. Boys 11-12 200 Backstroke

47. Girls 11-12 200 Freestyle Relay

48. Boys 11-12 200 Freestyle Relay