



Metro Bronze Championships South
March 22nd-24th 2013
Sanction#130309

Invited Teams: Bethpage, Connectquot, East Hampton, Farmingdale, Hauppauge, HYB, IA, Lindenhurst, LIAC, LBA, Sachem, Team Suffolk, TVSC, WISC

2013 Metro Bronze Championship South

March 22nd -24th 2013

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 130309

LOCATION: Sachem East and North Pools

FACILITY: Colorado Electronic Timing System & 6-Lane electronic scoreboard. 25 yards 6 lane pool
The pool **not** certified in accordance with Article 104.2.2C (4)

SESSIONS: **Session 1 (9-10,11-12) – EAST 4:00pm warm up 4:30pm Start – March 22nd**
Session 1 (13-14,,15-18) - EAST 7:00pm warm up 7:30 pm Start – March 22nd
Session 2 (9-10,13-14) North & East 8:00am Warm-up 9:00am Start – March 23rd
Session 3 (11-12, 15-18) North & East 1:30pm Warm-up 2:30pm Start – March 23rd
Session 4 (9-10 & 13-14) North & East 8:00am Warm-up 9:00am Start March 24th
Session 5 (11-12 & 15-18) North & East 1:30pm Warm-up 2:30pm Start March 24th
****Session times may be adjusted based on time line and will be finalized 1 week before the start of the meet**
**** Events 5 & 6 11-12 200 Fly and 59 & 60 200 Breast will be heat limited events no more than 4 heats in each gender for each event.**

All teams are at East Friday night. Team break down per school for Sat/Sunday is listed below

Teams at Sachem North Sat & Sun

Bethpage, IA, Lindy, LBA, LIAC & SSC

Teams at Sachem East Sat & Sun

CSC, FA, HAA, TS, TVSC, WISC & SSC

Sachem Swimmers only will split the pools

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.
Age on **March 22nd** 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 2013 time standards. Swimmers must have swam the events once prior to this meet. Entry times must have been achieved between January 1, 2012 and the meet entry deadline, March 15th, 2013
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

U.S. Mail Entries/Payment to: **Sachem Swim Club P.O Box 381 , Lake Grove NY 11755**
Email Entries/Confirm Entry Receipt: **efisher@me.com**
If sending express mail, please sign the waiver on the front.

DEADLINE: Entries must be received by : **Tuesday March 15, 2013**

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 plus **\$1.00** per swimmer Metro surcharge must accompany the entries.

Make check payable to: **Sachem Swim Club**

Payment must be received by **Thursday March 20, 2013** 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.**

Friday General warm up with assigned lanes for the first 20 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. Friday night scratches are due 15 minutes prior to the start of 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 – 6th place, ribbons 7th – 12th place for swimmers below the silver minimum standard. Overachiever ribbons will be awarded to swimmers who swim Silver, JO and Zone qualifying times in an event for a first time at this meet. Awards will be mailed after results from both pools are combined.**

OFFICIALS: **Meet Referee: Jacky Spierer Email-musi0939@aol.com Phone# 631-374-3240**
Officials wishing to volunteer should contact Meet Referee by **March 13, 2013**

MEET DIRECTOR: **Eric Fisher efisher@me.com (631) 807-3525**

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: USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls."
1.0 Meter = 4 feet, 5 Meters = 14 feet

DISCLAIMER: **DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against "[Sachem School District & Sachem 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

DECK CHANGING: Except where venue facilities require otherwise, changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is strongly discouraged.

ADMISSION: Admission – \$5.00 Programs 3.00

MERCHANTS: Vendors will be available on site for the purchase of suits, bags, towels, goggles and apparel. Hot & cold dishes, snacks, desserts, & beverages will be available

PARKING: There is ample free parking available

DIRECTIONS: Long Island Expressway to Exit 63. Head North on North Ocean Avenue, until you reach Granny Road. Make a right on Granny road and Sachem east is on the left about ½ mile down the road. The school is set back way off the road. It is your second right after passing the elementary school.

Sachem North- Long Island Expressway to exit 60, take the service road to Hawkins Ave make a left, continue on Hawkins Ave until you reach the 5 corners intersection, make a right onto Smith St school is on the right.

Session 1

Friday Afternoon 4pm Warm-up - 4:30pm start (12 & U)

Not faster than:	Event #		Event #	Not Faster than:
2:49.60	1	9-10 200 Free	2	2:49.60
2:25.90	3	11-12 200 Free	4	2:28.90
2:56.00	5	11-12 200 Fly	6	2:58.00

Session 1

Friday Afternoon 7pm Warm-up - 7:30pm start (13 & O)

5:26.00	7	13-14 400 IM	8	5:09.80
5:23.30	9	15-18 400 IM	10	4:45.90
5:50.60	11	13-14 500 Free	12	5:51.00
5:40.00	13	15-18 500 Free	14	5:15.00

Session 2

Sat AM 8am Warm-up - 9:00pm start (9-10 & 13-14)

2:17.00	15	13-14 200 Free	16	2:18.10
48.60	17	9-10 50 Breast	18	48.60
1:23.80	19	13-14 100Breast	20	1:21.50
35.20	21	9-10 50 Free	22	35.20
28.80	23	13-14 50 Free	24	26.80
1:37.10	25	9-10 100 Back	26	1:37.10
1:15.30	27	13-14 100 Back	28	1:16.50
43.90	29	9-10 50	30	43.90
1:11.60	31	13-14 100 Fly	32	1:12.00
3:14.00	33	9-10 200 IM	34	3:14.00
2:41.80	35	13-14 200 IM	36	2:33.00

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Session 3

Sat PM 1:30pm Warm-up - 2:30pm start (11-12 15-18)

2:10.60	37	15-18 200 Free	38	1:55.90
42.80	39	11-12 50 Breast	40	48.60
1:20.90	41	15-18 100 Breast	42	1:10.90
31.00	43	11-12 50 Free	44	31.50
27.00	45	15-18 50 Free	46	25.20
1:22.00	47	11-12 100 Back	48	1:23.80
1:10.10	49	15-18 100 Back	50	1:03.90
43.90	51	11-12 50 fly	52	38.70
1:09.60	53	15-18 100 Fly	54	1:20.60
2:48.10	55	11-12 200 IM	56	2:55.10
2:37.10	57	15-18 200 IM	58	2:27.80
3:16.00	59	11-12 200 Breast	60	3:18.00

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Session 4

Sun AM 8:00am Warm-up - 9:00am start (9-10 13-14)

1:38.00	61	9-10 100 Fly	62	1:38.00
1:03.10	63	13-14 100 Free	64	59.60
1:18.50	65	9-10 100 Free	66	1:18.50
2:43.00	67	13-14 200 Back	68	2:58.00
42:90	69	9-10 50 Back	70	42:90
2:57.00	71	13-14 200 Breast	72	2:54.00
1:48.40	73	9-10 100 Breast	74	1:48.40
2:36.60	75	13-14 200 Fly	76	2:32.60
1:28.60	77	9-10 100 IM	78	1:28.60

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Session5

Sun PM 1:30pm Warm-up - 2:30pm start (11-12, 15-18)

1:26.20	79	11-12 100 Fly	80	1:27.00
1:01.10	81	15-18 100 Free	82	54.50
1:08.40	83	11-12 100 Free	84	1:09.60
2:29.30	85	15-18 200 Back	86	2:16.90
38.00	87	11-12 50 Back	88	41.20
2:51.00	89	15-18 200 Breast	90	2:36.80
1:31.60	91	11-12 100 Breast	92	1:29.90
2:34.00	93	15-18 200 Fly	94	2:25.00
1:18.70	95	11-12 100 IM	96	1:20.60
6:20.80	97	11-12 500 Free	98	6:32.00