



2013 METRO SILVER CHAMPIONSHIPS NORTH

**At Felix Festa Middle School, Hosted by
The New York Sharks**

**FRIDAY, SATURDAY AND SUNDAY,
March 1, 2 and 3, 2013**

**Metropolitan Swimming Sanction #130304,
Time Trial Sanction #130352-T**

2013 METROPOLITAN SWIMMING SILVER CHAMPIONSHIPS NORTH – Hosted by New York Sharks

Friday, Saturday and Sunday – March 1, 2 and 3, 2013

METRO NORTH TEAMS: Aqua Gems, BGC-N Westchester Marlins, Club Fit Briarcliff, Club Fit Jefferson Valley, Condors Swim Club, Cornwall Sea Dragons, Devilfish Aquatics, Empire Swimming, Fairview Swim Team, Gael Aquatics, Hudson Valley Dolphins, Minisink Valley Aquatics, Monroe Woodbury Marlins, New York Sharks, Newburgh Sharks, Northern Dutchess Aquatic Club, Ossining Spartans, Patriots, Pine Bush Aquatic Club, Rivertown Aquatic Club, Red Fox Aquatic Club, Rye YMCA, Saw Mill Ace Aquatics, Silver Streaks, Suffern Sea Lions, Team Rockland, Viking Aquatic Club, Washingtonville Seahawks, White Plains Middies and YMCA of Middletown.

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #130304 TT #130352-T

LOCATION: FELIX FESTA MIDDLE SCHOOL, 30 PARROTT ROAD, WEST NYACK, NY 10994

FACILITY: Felix Festa is an 8 lane 50 meter pool with a bulkhead. The meet will be run in the deep end of the pool and the shallow end will be used for continuous warm up and warm downs. Colorado electronic timing system and an 8-line scoreboard.
The pool has been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session 1: Friday PM: 4:30 PM Warm Up – 5:15 PM Start
Session 2: Saturday AM: 7:30 AM Warm Up – 8:30 AM Start
Session 3: Saturday PM: 2:30 PM Warm-Up – 3:30 PM Start
Session 4: Sunday AM: 7:30 AM Warm Up – 8:30 AM Start
Session 5: Sunday PM: 2:30 PM Warm-Up – 3:30 PM Start
WARM UP AND START TIMES FOR SESSIONS 3 & 5 MAY BE ADJUSTED AFTER THE MEET ENTRY DEADLINE. ALL TEAMS WILL BE NOTIFIED.

FORMAT: This is a timed final meet.
This meet will be deck seeded with coaches checking in/scratching all swimmers.
Time Trials will ONLY be run if time allows at the discretion of the Meet Referee and Meet Director
There will be no more than two (2) time trials per swimmer over the 5 sessions and will count towards the 5 events per day/per swimmer. The cost for time trials is \$5.00 per Time Trial and must be paid in cash at the desk

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 **March 1, 2013** 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: Swimmers may compete up to **5 individual** events per day
Entry times must have been achieved between **January 1, 2012 and the entry deadline, February 17, 2013.**
A **SWIMS Times Recon** will be done at least one week prior to the meet. Times must have been achieved within the qualifying time period and must be in the SWIMS database. Entry times not found in SWIMS will be scratched. Times cannot be converted times, NT's will not be accepted.

A hard copy of the entries with "**proof of times**" must be emails or (mailed) at the time entries are sent.
(Just check the box "include proof of times" in the Team Manager Entry Report.
All swimmers must be member of USA Swimming to enter and compete in this meet.
There will be 10 and Under, 11-12, 13-14 and 15-18 Events.
Age for this meet is March 1, 2013

U.S. Mail Entries/Payment to: **NY Sharks Aquatics, Inc.**
c/o Denise Byrne
32 Fitzgerald Court
Monroe, NY 10950

Email Entries/Confirm Entry Receipt: nysharksoffice@gmail.com
Sign Express Mail Waiver allowing delivery without signature

- DEADLINE:** 1: This is a Metro Championship Meet (**Metro North Teams Only**)
2: The final entry deadline for this meet is **February 17, 2013**
3: Only new Silver cuts achieved between **February 18, 2013 through February 27, 2013** will be added.
No updates of times.
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 and **\$1.00** per swimmer Metropolitan Swimming Surcharge must accompany the entries.
Make check payable to: **NY Sharks Aquatics, Inc.**
Payment must be received by **February 17, 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:** Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm up lanes and sprint lanes.
One Way Sprint lanes must be monitored by the swimmers' coach that is using that sprint lane.
All swimmers must enter the pool from the starting end of the pool. One Way sprint lanes will start 20 minutes before the end of the warm ups at the competition end of the pool.
- 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:** **Medals for Individual Events for 1st through 8th places for all Silver Times in the 10 & Under, 11-12, 13-14 and 15 – 18 age groups will be presented. All swimmers that qualify for Junior Olympics are Non-Awards.**
- OFFICIALS:** **Meet Referee: Mark Amodio , email: amodio@vassar.edu, Cell # (914) 456-6791**
Officials wishing to volunteer should contact Meet Referee by February 17, 2013.
- MEET DIRECTOR:** **Denise Byrne, Mary Lange, Kathleen Cullinan – Meet Directors**
Email: nysharksoffice@gmail.com – (845) 548-4772
- 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 **WILL BE USED** for this meet.
- 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 6 inches, 5 meters = 13 feet

- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **"Clarkstown Central School District, New Sharks Aquatics, Inc., NYSAquatics, Inc., 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 prohibited.**
- ADMISSION:** **\$5.00 Adults/Session
\$3.00 Program/Session**
- MERCHANTS:** **Metro Swim Shop**
- PARKING:** **There is free unlimited parking at Felix Festa Middle School. Cars parking on Parrott Road will be ticketed and towed. All cars must be parked in designated parking spaces or they will be ticketed by the Clarkstown Police Department.**
- DIRECTIONS:** **From Rockland County: NYS Thruway South to Exit 13N for Palisades Parkway North. Take Exit 10 from Palisades Parkway. Turn right at the end of ramp at light onto Germonds Road. Go straight to Parrott Road. Felix Festa Middle School is on the left. Pool entrance and parking is in the back of the school by the Tennis Courts and parking.**
- From Westchester County: Take Tappan Zee Bridge to the Palisades North (Exit 13N). Follow the directions above.**
- From New York City: Take George Washington Bridge to Palisades Parkway North to Exit 10. Follow the directions above.**

FRIDAY 10&U, 11-12, 13-14, and 15-18 FRIDAY EVENING SESSION
Friday, March 1st, 2013

SESSION #1 – Fri. Evening 10&U, 11-12, 13-14, 15-18 Distance Events: Warm Up: 4:30 p.m. Start Time: 5:15 p.m.

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 4:20 p.m.) before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 1 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#1	6:45.00	7:04:99	10 & Under – 500 yd. Freestyle	6:45.00	7:05.99	#2
#3	6:02.00	6:20.79	11-12 – 500 yd. Freestyle	6:02.00	6:31.99	#4
#5	5:36.00	5:50:59	13-14 – 500 yd. Freestyle	5:22.00	5:50:99	#6
#7	5:31.00	5:39:99	15-18 – 500 yd. Freestyle	5:11:00	5:14:99	#8
#9	5:28.00	5:50.99	11-12 – 400 yd. Ind. Medley	5:28.00	5:55.99	#10
#11	5:07.00	5:25.99	13-14 – 400 yd. Ind. Medley	4:46:00	5:09:79	#12
#13	5:05.00	5:23.29	15-18 – 400 yd. Ind. Medley	4:42:00	4:45.89	#14

SATURDAY 10 & Under and 13-14 MORNING SESSION
Saturday, March 2nd, 2013

SESSION #2 – Saturday Morning 10 & Under and 13-14 Events: Warm Up: 7:30 a.m. Session Start Time: 8:30 p.m.

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 8:10 a.m.) before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 2 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#15	1:11.00	1:18:49	10 & Under - 100 yd. Freestyle	1:11.60	1:18.49	#16
#17	:58.00	1:03.09	13-14 - 100 yd. Freestyle	:54.00	59.59	#18
#19	:36.00	:43.89	10 & Under – 50 yd. Butterfly	:36.00	:43.89	#20
#21	1:05.70	1:11.59	13-14 - 100 yd. Butterfly	1:01.60	1:11.99	#22
#23	1:33.00	1:48.39	10 & Under – 100 yd. Breaststroke	1:34:60	1:48.39	#24
#25	2:43.00	2:56.99	13-14 - 200 yd. Breaststroke	2:35:20	2:53.99	#26
#27	:37.50	:42.89	10 & Under – 50 yd. Backstroke	:37:50	:42.89	#28
#29	2:22.60	2:42.99	13-14 - 200 yd. Backstroke	2:17.00	2:35.49	#30
#31	2:52.00	3:13.99	10 & Under – 200 yd. Ind. Medley	2:52.00	3:13.99	#32
#33	2:23.50	2:41.79	13-14 - 200 yd. Ind. Medley	2:14.00	2:32.99	#34

SATURDAY 11 & 12 and 15 -18 AFTERNOON SESSION
Saturday, March 2nd, 2013

SESSION #3 – Saturday Afternoon 11-12 & 15-18 Events: Warm Up: 2:30 p.m. Session Start Time: 330 PM

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 3 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#35	1:01.80	1:08.39	11-12 – 100 yd. Freestyle	1:01.80	1:09.59	#36
#37	:57.80	1:01.09	15-18 – 100 yd. Freestyle	:52.00	:54.49	#38
#39	2:40.00	2:55.99	11-12 – 200 yd. Butterfly	2:40.00	2:57.99	#40
#41	1:05:00	1:09.59	15-18 – 100 yd. Butterfly	:58.00	1:02.59	#42
#43	:33.00	:37.99	11-12 – 50 yd. Backstroke	:33.30	:41.19	#44
#45	2:21.00	2:29.29	15-18 – 200 yd. Backstroke	2:11.00	2:16.89	#46
#47	:37.20	:42.79	11-12 – 50 yd. Breaststroke	:37.60	:42.79	#48
#49	2:33.00	2:55.99	11-12 – 200 yd. Backstroke	2:38.00	2:57.99	#50
#51	2:43.00	2:50.99	15-18 – 200 yd. Breaststroke	2:30.10	2:36.79	#52
#53	1:20.50	1:31.59	11-12 – 100 yd. Breaststroke	1:21.60	1:29.89	#54
#55	2:20:00	2:37.09	15-18 – 200 yd. Ind. Medley	2:08.00	2:27.79	#56
#57	2:30.50	2:48.09	11-12 – 200 yd. Ind. Medley	2:30.60	2:55.09	#58

SUNDAY 10 & Under and 13-14 MORNING SESSION
Sunday, March 3rd, 2013

SESSION #4 – Saturday Morning 10 & Under and 13-14 Events: Warm Up: 7:30 a.m. Session Start Time: 8:30 p.m.

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes (at 8:10 a.m.) before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 4 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#59	2:32.00	2:49.59	10 & Under - 200 yd. Freestyle	2:32:00	2:49.59	#60
#61	2:07.00	2:16.99	13-14 - 200 yd. Freestyle	2:00:00	2:18.09	#62
#63	1:21.00	1:28.59	10 & Under – 100 yd. Ind. Medley	1:22.00	1:28.59	#64
#65	1:16.50	1:23.79	13-14 - 100 yd. Breaststroke	1:11.00	1:21.49	#66
#67	:43.00	:48.59	10 & Under – 50 yd. Breaststroke	:43:50	:48.59	#68
#69	1:06.60	1:15.29	13-14 - 100 yd. Backstroke	1:03.00	1:16.49	#70
#71	1:21.00	1:37.09	10 & Under – 100 yd. Backstroke	1:22.20	1:37.09	#72
#73	:26.70	:28.79	13-14 - 50 yd. Freestyle	:25.00	:26.79	#74
#75	:32.10	:35.19	10 & Under – 50 yd. Freestyle	:32.00	:35:19	#76
#77	2:31.00	2:36.59	13-14 - 200 yd. Butterfly	2:24.00	2:32.59	#78
#79	1:26.00	1:37.99	10 & Under – 100 yd. Butterfly	1:27:10	1:37.99	#80

SUNDAY 11 & 12 and 15 & OVER AFTERNOON SESSION
Sunday, March 3rd, 2013

SESSION #5 – Saturday Afternoon 11-12 & 15-18 Events: Warm Up: 2:30 pm Session Start Time: 3:30 pm

Warm-ups: Warm-ups will be a general warm-up in both ends of the pool. There will be one way sprint lanes that will start 20 minutes before the end of the warm-ups at the competition end of the pool.

Girls Event #	Qualifying Times		SESSION 5 EVENTS	Qualifying Times		Boys Event #
	Slower Than or Equal To:	Faster Than or Equal To:		Slower Than or Equal To:	Faster Than or Equal To:	
#81	1:12.10	1:26.19	11-12 – 100 yd. Butterfly	1:12.60	1:26.99	#82
#83	2:04.50	2:10.59	15-18 – 200 yd. Freestyle	1:54.00	1:55.89	#84
#85	:28.50	:30.99	11-12 – 50 yd. Freestyle	:28.30	:31.49	#86
#87	1:05.50	1:10.09	15-18 – 100 yd. Backstroke	1:00.00	1:03.89	#88
#89	1:10.50	1:21.99	11-12 – 100 yd. Backstroke	1:11.60	1:23.79	#90
#91	1:15.20	1:20.89	15-18 – 100 yd. Breaststroke	1:06.50	1:10.89	#92
#93	2:56.00	3:15.99	11-12 – 200 yd. Breaststroke	3:00.00	3:17.99	#94
#95	:31.60	:35.69	11-12 – 50 yd. Butterfly	:31.60	:38.69	#96
#97	:26.60	:26.99	15-18 – 50 yd. Freestyle	:23.80	:25:19	#98
#99	1:11.30	1:18.69	11-12 – 100 yd. Ind. Medley	1:12.00	1:20.59	#100
#101	2:30.00	2:33.99	15-18 – 200 yd. Butterfly	2:12:50	2:24.99	#102
#103	2:14.00	2:25.89	11-12 – 200 yd. Freestyle	2:15.00	2:28.89	#104

Metropolitan Swimming, Inc. & NY Sharks 'Silver Championships North' Swim Meet 2013

Friday, Saturday, and Sunday, March 1st- 3rd, 2013

*****WAIVER*****

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against **USA-Swimming, Clarkstown Central School District, Felix Festa Middle School, Metropolitan Swimming, Inc., and the NEW YORK SHARKS AQUATIC TEAM and their Staff** for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

NAME OF CLUB: _____

USS CLUB ABBREVIATION: _____

SIGNATURE OF CLUB OFFICIAL, COACH, AND/OR PARENT OR GUARDIAN:

_____ (Print Name)

_____ (Signature)

_____ (Address)

_____ (Telephone)

NAME(S) OR COACH: _____

LOCATION OF CLUB: _____ (City) _____ (State)

NAME/PHONE #/E-MAIL ADDRESS of person to contact regarding this entry:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO CONTACT REGARDING TIMERS/OFFICIALS:

NAME/PHONE #/E-MAIL ADDRESS OF PERSON TO RECEIVE FINAL RESULTS:

ENTRY _____ Individual Event Entries @ **\$4.00** = \$ _____

FEE SUMMARY: _____ Individual Swimmer Surcharge @ **\$1.00** = \$ _____

TOTAL ENTRY FEES = \$ _____

MAKE CHECKS PAYABLE TO: NYSAQUATICS

List All Unattached Swimmers:

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____