



2013 Senior Metropolitan LCM Summer Championships

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number **130706**

Time Trials Sanction Number **130752-T**

Sponsored by Metropolitan Swimming, Inc.

To be held at:

NASSAU COUNTY AQUATIC CENTER

EISENHOWER PARK, EAST MEADOW, NEW YORK

July 18-21, 2013

Important notice!

**The 2013 LC Senior Mets must be entered through the USA Swimming
OME (on-line meet entry) system only.**

Entries will be accepted online at USA-S OME between June 1 & July 9, 2013

The MM events file is available on the Metro Web site for swimmers eligibility purposes only.

Exported Entries from Team Manager - or any other program - will not be accepted.

General Chair:	John McIlhargy
Meet Director:	Denise Byrne, Mary Lange
Meet Jury:	Don Wagner, Metro LSC Senior Chairman Corinne Cody, Meet Referee A Metro Athlete A Metro Coach Meet Director or other Metro Board Member (minimum 5 people – different each day)

2013 SENIOR METROPOLITAN LCM SUMMER CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

July 18-21, 2013

PLEASE READ CAREFULLY AND COMPLETELY!

<u>SANCTION:</u>	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 130706 Time Trials Sanction # 130752-T
<u>LOCATION:</u>	Nassau County Aquatic Center Eisenhower Park East Meadow, New York, 11554
<u>FACILITY:</u>	10-50 meter lanes – minimum depth 2 meters. Colorado Timing System, with 10 lane scoreboard. The pool Has Not been certified in accordance with Article 104.2.2C (4) <ul style="list-style-type: none">• 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.• No locks may be left on NCAC lockers. No shaving on premises is permitted.• No electronic audio or visual recording devices, including cell phones, are permitted in changing areas, rest rooms, or locker rooms. Failure to comply may result in expulsion from the meet.• 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. Failure to comply may result in expulsion from the meet.
<u>MEET DIRECTORS:</u>	Co-Meet Directors – Denise Byrne – denise.byrne@metroswimming.org Mary Lange – thelangez@hotmail.com
<u>QUESTIONS:</u>	E-mail questions to Monique Grayson – monique.grayson@metroswimming.org
<u>WEBSITE:</u>	Metro Swimming LSC: http://www.metroswimming.org OME - Online Meet Entry System: Http://www.usaswimming.org
<u>OFFICIALS:</u>	Meet Referee Team: Corinne Cody - e-mail: Corinne.cody@metroswimming.org Phil Paspalas – e-mail: Paspalas@optonline.net Officials wishing to volunteer should contact the Meet Referee no later than July 8, 2013. Volunteers are encouraged to contact the Meet Referee regarding what sessions they will be attending.

<u>SENIOR CHAIR:</u>	Don Wagner – don.wagner@metroswimming.org
<u>SAFETY CHAIR:</u>	Brian Hansbury – brian.hansbury@metroswimming.org
<u>SESSIONS:</u>	<p>Thursday: Timed Finals – 800 free: Warm-up 4:30 p.m. Meet Start: 5:30 p.m.</p> <p>Friday, Saturday, and Sunday</p> <p style="padding-left: 40px;">Prelims: Warm-up 7:30 a.m. Meet Start: 9:00 a.m.</p> <p style="padding-left: 40px;">Finals: Warm-up 4:30 p.m. Meet Start: 5:30 p.m.</p> <p>Sunday: Timed Finals – 1500 free: Warm-up and start TBA (between prelims & finals)</p>
<u>WARM-UP:</u>	<p>All clubs must warm-up under the supervision of a coach. Coaches should register at the pool desk when they arrive in order for their clubs to begin warm-up.</p> <p>Only swimmers entered in this meet may use the warm-up lanes.</p> <p>All athletes must have a coach in attendance. Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for coach coverage. Please notify the Meet Director of any different coaching assignments.</p> <p>Lane assignments are open on a first come first served basis. Clubs may share lanes with other clubs. No diving will be permitted, except in sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches. Entry into pool is feet-first from the end of the pool.</p>
<u>FORMAT:</u>	<ol style="list-style-type: none"> 1. Coaches and swimmers shall have the responsibility to familiarize themselves with the current U.S.A. Swimming Rules and Regulations. 2. There will be preliminary heats and finals in all individual events except the 800 Meter and 1500 Meter Freestyle. These events and all relays will be Timed Finals. A “prelims” break before the relays will be held at the discretion of the meet director. 3. All Relays are timed finals with the Top 16 relays swimming at Finals. Only 2 relays per team will be accepted (A & B relays only). 4. The event order for the evening sessions will be: Bonus Final—8 swimmers (limited to swimmers 18 & under), Consolation Final—8 swimmers, Championship Final—8 swimmers. There will be a 10 minute break before the relays in all finals sessions. 5. Consolation and Championship finals will score. Bonus Final is a non-scoring heat limited to swimmers 18 & under. 6. All participating teams will be expected to provide timers to time lanes, during the meet.
<u>DISTANCE EVENTS:</u>	The 800 Meter Freestyle may be limited to 40 Women and 40 Men. The 1500 Meter Freestyle may be limited to 32 Women and 32 Men. Swimmers entered in these events must confirm their intention to swim (POSITIVE CHECKING) or <u>they will not be seeded.</u>
<u>COACHES’ MEETING:</u>	A brief coaches’ meeting will be held on Friday morning at a time designated by the meet referee and as necessary on Saturday and Sunday. Meeting time will be announced Friday morning.

<p><u>FINALS:</u></p>	<p>Thursday: All heats of 800 Meter Freestyle to be swum fastest to slowest alternating women and men.</p> <p>Friday: Same order as the Prelims and the fastest 2 heats of the 800 Meter Freestyle Relay</p> <p>Saturday: Same order as the Prelims and the fastest 2 heats of the 400 Meter Medley Relay.</p> <p>Sunday: Heats of the 1500 Meter Freestyle will run to finish approximately 10-15 minutes before the start of warm-up for finals. They will be run alternating men and women, slowest to fastest. Warm-up for the 1500 Meter Freestyle will be adjusted and announced after positive check-in. The evening session will begin with the fastest heats of the 1500 Meter Freestyle, Women and Men; then the remaining individual events in the same order as prelims; and the fastest 2 heats of the 400 Meter Freestyle Relay.</p>
<p><u>DISTANCE EVENTS:</u></p>	<p>The 800 Meter Freestyle may be limited to 40 Women and 40 Men. The 1500 Meter Freestyle may be limited to 32 Women and 32 Men. Swimmers entered in these events must confirm their intention to swim (POSITIVE CHECKING) or <u>they will not be seeded.</u></p>
<p><u>ELIGIBILITY:</u></p>	<ol style="list-style-type: none"> 1. All swimmers must be registered for 2013 with Metropolitan Swimming, Inc. as of the entry deadline. Any swimmer, who is entered and is unregistered, will be scratched from the meet. Registrations will not be processed at the meet. 2. In addition, to be eligible to swim in this meet, swimmers must have competed in individual events in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals while registered with Metropolitan Swimming, Inc.) since July 23, 2012. Attendance at a meet as a relay only swimmer will not count as one of the 3 Metro Meets requirement. 3. Entry times must equal or better the qualifying standards. Long course meter (LCM) times will be the conforming standard and will be seeded faster than SCY and SCM times. Entry times may NOT be converted. 4. <u>Times must have been achieved between May 1, 2012 and the meet entry deadline.</u> 5. All times must be provable in the SWIMS Database. 6. Relay may be entered with composite times.
<p><u>ENTRIES:</u></p>	<ol style="list-style-type: none"> 1. \$6.00 per individual entry, \$10.00 per relay entered, \$10.00 per swimmer for Metro Surcharge (<u>including relay only swimmers</u>). 2. A swimmer may enter any event for which he/she has met the qualifying standard, but may participate in only six (6) individual events over the course of the weekend. 3. A swimmer may not swim more than three (3) individual events at prelims on any one-day. This rule INCLUDES ANY TIME TRIALS HELD AFTER THE PRELIM SESSION. Once a swimmer is seeded in a prelims event, it counts as an event for that day. 4. A swimmer may swim in any number of relay events during the meet. 5. All entries, individual and relay, <u>must</u> be submitted through the USA Swimming OME System between June 1st and July 9, 2013. Relay only Swimmers must be entered through the OME System to be eligible to swim. 6. Email questions to: Monique G. Grayson - monique.grayson@metroswimming.org 7. Entries Report should be printed after checking out as a confirmation of entries.

<u>DEADLINE:</u>	<p>Entries <u>must</u> be submitted through the <u>USA Swimming OME System</u> between June 1st and July 9, 2013. This entry date allows any swims achieved through Sunday, July 8th to be submitted prior to the deadline. The OME System will close at 11:59pm on July 9, 2013. Entries will no longer be accepted on OME after the deadline.</p> <p>For swimmers qualifying for the first time between July 9th and July 14th, coaches must send an email with information on <u>new entries only</u> no later than Tuesday, July 16th.</p> <p><u>After July 9 -email new entries to</u> Monique Grayson at Monique.grayson@metroswimming.org</p>
<u>DISABILITY SWIMMERS:</u>	<p>Swimmers with disabilities that qualify for Disability National Championships are encouraged to enter. Contact the Meet Director or Meet Referee 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.</p>
<u>ENTRY FEE:</u>	<p>\$6.00 per individual entry, \$10.00 per relay entered, \$10.00 per swimmer for Metro surcharge (including relay only swimmers).</p> <p>Entry fees MUST be received no later than July 16, 2013.</p> <p>Make one check payable to Metropolitan Swimming. NO REFUNDS.</p> <p>Mail checks to: Metropolitan Swimming (SMLC2013) 99 Sheep Pasture Rd – Port Jefferson, NY 11777</p>
<u>CORRECTIONS:</u>	<p>The preliminary psych sheets will be posted on the Metro Swimming Web site after the OME entries deadline. Clubs will be given until 9:00pm on Monday, July 15, 2013 to email corrections to Monique.grayson@metroswimming.org. No exceptions will be made to this deadline. No improvements in seed time will be accepted, including improvements due to changes in course. Corrections will be accepted by email only. Metro Swimming is not responsible for entry errors based on incorrect meet files, computer/servers' errors, software bugs, etc.</p>
<u>WARM-UP:</u>	<p>First 60 minutes will be general warm-up. Last 30 minutes: 2 or more lanes will be open for one-way sprint. All other lanes will remain open for general warm-up.</p>
<u>SCRATCHES:</u>	<p><u>RULES AND PROCEDURES: PLEASE READ VERY CAREFULLY!!</u></p> <ol style="list-style-type: none"> POSITIVE CHECKING for the 800 Meter Freestyle MUST be made in person at the pool desk of Nassau County Aquatic Center between 4pm and 5pm on Thursday, July 18, 2013. The 800 free will be seeded promptly at 5pm. Scratches for all subsequent days' individual and relay events, <u>and</u> confirmation of intent to swim the 1500 Meter Freestyle, shall be made every morning during warm-up and no later than 8:20am each day (Friday, Saturday, Sunday). Scratch forms will be provided. In all prelim-final events, after the prelims have been seeded, any swimmer who fails to compete in an individual event heat in which he/she is entered, and from which he/she has not been scratched, will be barred from all further individual and relay events of that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares his/her intent to swim prior

	<p>to the close of scratches for that day's events.</p> <ol style="list-style-type: none"> 4. Heat sheets for same day finals will be posted within 30 minutes of the conclusion of each morning session. 5. A swimmer qualifying for any finals swim based upon the results of the prelims must notify the Clerk of Course within 30 minutes after announcement of the qualifiers for that event that he/she may not intend to compete, and further must declare his/her final intention within 30 minutes following his/her last preliminary event. If a swimmer fails to follow this procedure, he/she will be barred from further competition for the remainder of the meet, except as noted in Rule 207.11.6 E1 and E3. In addition, if a swimmer fails to follow this procedure for the last session of the meet, his/her club will be fined \$50.00 for each instance. 6. The relay scratch rule will be as follows: Any relay team entered in a relay event and not properly scratched must swim the event. Failure to do so will result in each member of the relay team being barred from the next relay event in which they may otherwise be eligible to compete. A relay team member failing to appear ready to swim for a relay event will be barred from his/her next individual event. Relay members who do appear ready to swim shall not be penalized. 7. It is the responsibility of the Swimmers and the Coaches to make sure that swimmers have not moved up into the top 24 by the close of the prelims session. 8. Reminder – Bonus final is limited to swimmers 18 and under – swimmers 19 and older will be automatically scratched from the Bonus finals unless they move up to the Consolation final due to scratches.
<p><u>COACHES:</u></p>	<p>All coaches must present a valid USA Swimming ID card to both the Meet Director and the Meet Referee prior to the commencement of any sanctioned swim meet, and must display this card while on deck.</p> <p>Coaches will be required to check-in at the pool deck in order to be on deck.</p> <p>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.</p> <p>Coaches who do not possess these credentials will be required to leave the deck area.</p>
<p><u>SCORING:</u></p>	<p>All events will be scored to 16 places. Points for Individual events are:</p> <ul style="list-style-type: none"> • Bonus Final – no score • Consolation Final – 9, 7, 6, 5, 4, 3, 2, 1. • Championship Final – 20, 17, 16, 15, 14, 13, 12, 11 <p>Points will be double for relays. Only two relay teams per club may score.</p>
<p><u>AWARDS:</u></p>	<p>Medals for the first 8 places in individual events and first 3 places in relays.</p> <p>Top Women, Men, and Combined Teams Awards will be presented.</p> <p>Female and Male Individual High Point Awards will be presented.</p>
<p><u>RULES:</u></p>	<p>The current USA Swimming Rules and Regulations will apply.</p> <p>The USA Swimming Code of Conduct is in effect for the duration of the meet.</p> <p>The overhead start procedure may be used at the discretion of the meet Referee.</p>

<u>SAFETY:</u>	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”
<u>WATER DEPTH:</u>	The competitive course is 7-13 feet deep. The pool has Not been certified in accordance with Article 104.2.2C (4)
<u>DISCLAIMER:</u>	Upon acceptance of his/her entries, the participant waives all claims against Nassau County, Nassau County Aquatic Center, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
<u>AUDIO/VISUAL STATEMENT:</u>	Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms
<u>DECK CHANGING:</u>	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.
<u>ADMISSION:</u>	<u>Adult Admission:</u> \$5.00 per person <u>Child Admission:</u> \$2.00 per person Only swimmers, coaches with current USA Swimming certification credentials, officials, timers and meet marshals, will be allowed on deck.
<u>PROGRAMS:</u>	Prelims and Finals Programs: \$3.00 per session
<u>TIMERS:</u>	Timers and/or Meet Marshals will be required from each club and will be assigned based on a percentage of entries at each session. Assignments will be posted on the website with the psych sheets. Meet Marshals MUST be available at least 15 minutes before the start of warm-up. <u>PLEASE COOPERATE.</u> Any timer that has not reported, from a club assigned to time, will result in the disqualification of that club’s swimmers until that timer reports. <u>Swimmers entered in the 800/1500 m Freestyle must provide their own timer and counter.</u>
<u>TIME TRIALS:</u>	Time trials will be held after prelims, as time permits. They will cost \$5.00 cash per swim. Time trials will be open only to swimmers who are entered in individual events in the meet. Swimmers are allowed a maximum of two (2) time trials over the course of the weekend. <u>Time trials are counted toward the three individual events allowed per swimmer per day.</u>
<u>MERCHANTS:</u>	A merchant will be in attendance at the meet. Food will be available in designated area only – Food and glass bottles will not be allowed on deck or in the locker rooms.

<u>PARKING:</u>	There is ample free parking available in the park								
<u>DIRECTIONS:</u>	<p>FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT: Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take Southern State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.</p> <p>FROM WHITESTONE AND THROGS NECK BRIDGES Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead Turnpike.(exit M4). On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At first traffic light make a right. This is the entrance to the pool.</p>								
<u>HOTELS:</u>	<p><u>Hotel Information</u></p> <table border="0"> <tr> <td data-bbox="337 869 669 1014"> Long Island Marriott 101 Doolittle Blvd. Uniondale, NY 1533-3637 (516) 794-3800 </td> <td data-bbox="1101 869 1396 1014"> Wingate Inn Stewart Ave. Garden City, NY 11530 (516) 705-9000 </td> </tr> <tr> <td data-bbox="337 1056 604 1201"> Hilton Garden Inn 1575 Privado Road Westbury, NY 11590 (516) 683-8200 </td> <td data-bbox="1101 1056 1474 1201"> Howard Johnson – Westbury 120 Jericho Tpke. Westbury, NY 11793 (516)333-9700 </td> </tr> <tr> <td data-bbox="337 1243 896 1388"> Best Western Hotel and Convention Center 80 Clinton Street Hempstead, NY 11550 (516) 486-4100 </td> <td data-bbox="1101 1243 1360 1388"> Econo Lodge 429 Duffy Ave. Hicksville, NY 11801 (516) 433-3900 </td> </tr> <tr> <td data-bbox="337 1430 652 1575"> Coliseum Motor Inn Hempstead Tpke. East Meadow, NY 11554 (516) 794-2100 </td> <td></td> </tr> </table>	Long Island Marriott 101 Doolittle Blvd. Uniondale, NY 1533-3637 (516) 794-3800	Wingate Inn Stewart Ave. Garden City, NY 11530 (516) 705-9000	Hilton Garden Inn 1575 Privado Road Westbury, NY 11590 (516) 683-8200	Howard Johnson – Westbury 120 Jericho Tpke. Westbury, NY 11793 (516)333-9700	Best Western Hotel and Convention Center 80 Clinton Street Hempstead, NY 11550 (516) 486-4100	Econo Lodge 429 Duffy Ave. Hicksville, NY 11801 (516) 433-3900	Coliseum Motor Inn Hempstead Tpke. East Meadow, NY 11554 (516) 794-2100	
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**2013 SENIOR METROPOLITAN LCM SUMMER CHAMPIONSHIPS
JULY 18-21, 2013**

Thursday, July 19, 2012

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
10:12.99	9:30.79	10:55.99	1	800	Free	2	10:22.99	9:01.89	9:49.99

Friday, July 20, 2012

Female			Event				Male		
LCM	SCM	SCY					SCY	SCM	LCM
1:24.99	1:20.09	1:12.09	3	100	Breast	4	1:04.49	1:11.59	1:16.99
2:18.99	2:13.09	1:59.99	5	200	Free	6	1:49.99	2:01.89	2:09.49
1:11.99	1:08.79	1:01.99	7	100	Fly	8	55.19	1:01.19	1:04.49
5:35.99	5:19.29	4:47.49	9	400	IM	10	4:25.99	4:55.29	5:12.99
NCT	NCT	NCT	11	800	Free Relay	12	NCT	NCT	NCT

Saturday, July 20, 2013

Female			Event				Male		
LCM	SCM	SCY					SCY	SCM	LCM
2:37.29	2:30.99	2:15.99	13	200	IM	14	2:03.99	2:17.59	2:25.49
29.99	28.49	25.69	15	50	Free	16	23.29	25.79	27.19
1:13.99	1:09.09	1:02.19	17	100	Back	18	56.99	1:03.19	1:07.99
4:49.99	4:33.99	5:14.99	19	400	Free	20	4:56.99	4:18.29	4:31.99
NCT	NCT	NCT	21	400	Med Relay	22	NCT	NCT	NCT

Sunday, July 21, 2013

Female			Event				Male		
LCM	SCM	SCY					SCY	SCM	LCM
19:47.99	18:31.89	18:39.99	23	1500	Free	24	17:49.99	17:41.99	18:40.99
2:38.99	2:29.99	2:15.09	25	200	Back	26	2:03.99	2:17.59	2:27.99
3:04.99	2:53.29	2:35.99	27	200	Breast	28	2:22.99	2:38.79	2:49.99
1:04.49	1:01.99	55.89	29	100	Free	30	50.19	55.69	59.19
2:43.99	2:34.29	2:18.99	31	200	Fly	32	2:05.99	2:19.79	2:28.99
NCT	NCT	NCT	33	400	Free Relay	34	NCT	NCT	NCT

JULY 18-21, 2013

SENIOR METROPOLITAN LCM SUMMER CHAMPIONSHIPS

Team Name _____ Team Code _____

Coach's Name _____

Phone # Day _____ Cell _____

Address _____

Email: _____

ENTRY SUMMARY

Women Entered	_____	x \$10.00 =	\$ _____
Men Entered	_____	x \$10.00 =	\$ _____
Women's Individual Entries	_____	x \$ 6.00 =	\$ _____
Men's Individual Entries	_____	x \$ 6.00 =	\$ _____
Women's Relay Entries	_____	x \$ 10.00 =	\$ _____
Men's Relay Entries	_____	x \$ 10.00 =	\$ _____
Total Amount Enclosed =			\$ _____

Make check payable to Metropolitan Swimming, Inc.

Mail to: Metropolitan Swimming, Inc

99 Sheep Pasture Rd

Port Jefferson, NY 11777

Alternate form of Payment – Cash or Credit Card:

Credit Card # _____

Name on Card _____

Expiration Date _____ Code _____

Check this box to use the Credit Card on file at the Metro Office