



Badger Season Starter and 11 & Over Knockout Sprint Championship
October 20, 2013

~~#131000~~

#131014

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- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., ~~##131000~~ #131014
- 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 and 400IM 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 (#29-32) will compete in “Knockout” final after event 36 finishes. The top 4 swimmers in the semis of the 50 will then have 3 minutes to return to the blocks and compete in the Final. Awards will be given to the 11-12 and 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.
No “Deck Registrations” will be accepted
- Age on **10/20/13** 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 **September 25, 2013**.
 - 2: The final entry deadline for this meet is **October 7, 2013**
 - 3: Metro entries received between **September 25** and **October 7, 2013** 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 even must accompany the entries.
Make check payable to: **Badger Swim Club**.
Payment must be received by **October 13, 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:** First 45 minutes will be general warm-up. Lane assignments will be given at meet. Last 15 minutes: lanes 3 through 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. Photocopies and pictures on phones will NOT be accepted as a substitute for officially issued credentials
- AWARDS:** **Awards will be given for 1st through 8th places for 12 & Under Swimmers..**
- OFFICIALS:** **Meet Referee: Phil Johanson**
Philip.a.johanson@citi.com
Officials wishing to volunteer should contact Meet Referee by **10/04/13**.
- 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:** USA 2011 - 202.3.7
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. There is also no flash photography at the start of races.**
- 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. Deck changing at Lehman College is Prohibited and if witnessed, may result in disqualification from the meet by the Referee/Official.**
- 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 I – 8:00AM Warm Up

1. Girls 6 & Under 25 Freestyle
2. Boys 6 & Under 25 Freestyle
3. Girls 8 & Under 25 Freestyle
4. Boys 8 & Under 25 Freestyle
5. Girls 10 & Under 50 Freestyle
6. Boys 10 & Under 50 Freestyle
7. Girls 6 & Under 25 Backstroke
8. Boys 6 & Under 25 Backstroke
9. Girls 8 & Under 25 Backstroke
10. Boys 8 & Under 25 Backstroke
11. Girls 10 & Under 50 Backstroke
12. Boys 10 & Under 50 Backstroke
13. Girls 8 & Under 25 Breaststroke
14. Boys 8 & Under 25 Breaststroke
15. Girls 10 & Under 50 Breaststroke
16. Boys 10 & Under 50 Breaststroke
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 100 IM
24. Boys 10 & Under 100 IM

Session II 1:00 Warm Up

25. Girls 11-12 200 IM
26. Boys 11-12 200 IM
27. Girls 400 IM
28. Boys 400 IM
29. Girls 11-12 50 Freestyle
30. Boys 11-12 50 Freestyle
31. Girls 50 Freestyle
32. Boys 50 Freestyle
33. Girls 11-12 50 Back
34. Boys 11-12 50 Back
35. Girls 500 Freestyle
36. Boys 500 Freestyle
37. Girls 11-12 200 Freestyle
38. Boys 11-12 200 Freestyle