

2015 METRO BRONZE CHAMPIONSHIPS CENTRAL

FRIDAY, SATURDAY AND SUNDAY,
March 20-21-22, 2015

THE APEX AT LEHMAN COLLEGE SWIM CLUB

Hosted By: Lehman College
The City University of New York
The APEX Swim Club

Held at the Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468

Metropolitan Swimming Sanction # 150305
Time Trial - #150352-T

Apex, Asphalt Green, Brooklyn Otters, Badger Swim Club, Brooklyn Stingrays, CAS Stingrays, Central Queens YM&YWH, Cross Island YMCA, Flushing YMCA, GAEL Aquatic Club, Gateway Swimmers, Harbor Seals/Bay Ridge, Hurricane Swimming, Hydro Aquatics, JCC Thunderbirds, Kips Bay Makos, LaGuardia Aquatics, Manhattan Makos, Mc Burney Manta Rays YMCA, Match Point NYC, New York City Aquatic Club, Nile Crocodile, Nu-Finmen Swimming, New York City Parks, Richmond Aquatic Club, Riverbank Redtails, Roosevelt Island Marlins, Shorefront Y Brooklyn Seals, Swim Brooklyn, Trident Swim Club, Wagner Aquatic Club, Westchester Wolverines, Water Sign Aquatics, 92nd Street Flying Dolphins.

2015 METROPOLITAN SWIMMING BRONZE CHAMPIONSHIP CENTRAL – Hosted by APEX SWIM CLUB

Friday, Saturday and Sunday –March 20, 21 and 22, 2015

METRO CENTRAL TEAMS:

Apex, Asphalt Green, Brooklyn Otters, Badger Swim Club, Brooklyn Stingrays, CAS Stingrays, Central Queens YM&YWHA, Cross Island YMCA, Flushing YMCA, GAEL Aquatic Club, Gateway Swimmers, Harbor Seals/Bay Ridge, Hurricane Swimming, Hydro Aquatics, JCC Thunderbirds, Kips Bay Makos, LaGuardia Aquatics, Manhattan Makos, Mc Burney Manta Rays YMCA, Match Point NYC, New York City Aquatic Club, Nile Crocodile, Nu-Finmen Swimming, New York City Parks, Richmond Aquatic Club, Riverbank Redtails, Roosevelt Island Marlins, Shorefront Y Brooklyn Seals, Swim Brooklyn, Trident Swim Club, Wagner Aquatic Club, Westchester Wolverines, Water Sign Aquatics, 92nd Street Flying Dolphins.

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # **TBA # TBA-T**

LOCATION: Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468

FACILITY: The competitive course is 7-13 feet deep. Two-30 yard warm-up/warm-down lanes will be available in the shallow end of the pool throughout the meet. (Coaches must monitor their swimmers in the warm-up lanes).
The pool has been certified in accordance with Article 104.2.2C (4)

SESSIONS:	Session 1:	Friday PM:	4:00 PM Warm Up	5:00 PM Start
	Session 2:	Saturday AM	7:30 AM Warm Up	8:30 AM Start
	Session 3:	Saturday PM	1:30 PM Warm Up	2:30 PM Start
	Session 4:	Sunday AM	7:30 AM Warm Up	8:30 AM Start
	Session 5:	Sunday PM	1:30 PM Warm Up	2:30 PM Start

**** afternoon sessions warm-up and start times may be adjusted after the meet entries deadline. All teams will be notified.**

FORMAT: **This is a timed final meet.**
This meet will be deck seeded with coaches checking in/scratching swimmers. Scratch sheets are due back 30 min. prior to the end of the warm-ups.
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 4 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 CENTRAL REGION.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on **March 22, 2015** 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 athletes are limited to enter a maximum of 4 events per session.**
8 & Under swimmers are not permitted to compete in this meet.
Entry times cannot be faster than BRONZE times as specified by Metropolitan Swimming 2015 time standards. NT's entries are not permitted. Events must have been swum at least once before. Entry times must have been achieved between January 1, 2014 and the meet entry deadline, March 10, 2015.

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. Times cannot be converted times. Entry Times not in the SWIMS database will be removed.
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.

Team Manager Entry file must be emailed to Peter Kiernan. A confirmation report will be emailed back as receipt of entry.

U.S. Mail Entries/Payment to: **Peter Kiernan – Lehman College APEX Aquatic Center**
250 Bedford Park Boulevard West
Bronx, New York 10468

Email Entries/Confirm Entry Receipt: ApexSwim@usa.net

ENTRIES: **Sign Express Mail Waiver allowing delivery without signature**

DEADLINE: 1: This is a Metro Championship Meet (**Metro Central Teams Only**)
2: The final entry deadline for this meet is **March 10, 2015**

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: **APEX Swim Club**
Payment must be received by **March 10, 2015** for email 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.
The first 40 minutes will be general warm-up. The last 20 minutes: lanes 2 & 7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Lanes 3 & 6 may be assigned as necessary. Warm-up lanes may be assigned for teams if necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.

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.

Metropolitan Scratch Procedure will be in effect for the entire meet

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 through 8th place, ribbons 9th through 16th 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 the first time at this meet. Awards must be picked up at the end of the meet.

OFFICIALS: **Meet Referee: Kris Sawicz** krzysztofs0711@aol.com
Officials wishing to volunteer should contact Meet Referee by **March 10, 2015**.

ADMIN OFFICIALS: *Wendy Martinez*
Peter Kiernan

MEET DIRECTOR: *Wendy Martinez and/or Peter Kiernan*
Email: apexswim@usa.net

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”

DISCLAIMER: DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Lehman College , The City University of New York, the Lehman College APEX Aquatic Center, and APEX 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: **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: The Metro Swim Shop will provide swimming apparel and related items for sale opposite the Balcony entrance to the pool. Refreshments will be available for purchase in the lower lobby throughout the meet. Please eat outside the pool area and place trash in the proper receptacles. No Food or Drinks Will Be Allowed On The Pool Deck. Plastic Water Bottles however, are acceptable. Coaches are expected to monitor your team area.

PARKING: **Parking: \$5.00** all-day parking at College Supervised Lot, (100 yards from APEX).

DIRECTIONS: **By Train**
IRT No. 4 or the IND "D" line to Bedford Park Boulevard. The campus is a three-minute walk to the west. For more information about subway service to the Lehman campus, call the New York City Transit Authority at (718) 330-1234. Metro North's Harlem line has a local stop at the Botanical Gardens station. The campus is about 12 blocks due west on Bedford Park Boulevard. Call Metro North for information about fares and schedules (212) 532-4900.

By Bus

Nine Bronx buses including the 2, 10, 22, and 28 have stops at Lehman College. Liberty Lines BXM4 express buses from Manhattan stop near the campus, at Bedford Park Boulevard and the Grand Concourse. Good connections are available on Westchester 20 or 20X buses from White Plains, Hartsdale, Scarsdale, and Yonkers via Central Park Avenue. The No. 4 from Yonkers also stops near the campus. For more information about taking a bus to the Lehman campus, call (718) 330-1234 (Bronx buses) or (718) 652-8400 (Liberty Lines) or (914) 682-2020 (Westchester buses).

By Car

From Manhattan - East Side

Via East River Drive to Willis Avenue Bridge (or Triborough Bridge - Bronx spur) to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

From Manhattan - West Side

Via West Side Highway north (it becomes Henry Hudson Parkway) to Mosholu Parkway exit. Follow directions from the Henry Hudson Parkway.

From Westchester

- Via New York State Thruway (I-87) south (it becomes Major Deegan Expressway) to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.
- Via **Saw Mill River Parkway south** (it becomes Henry Hudson Parkway) to Mosholu Parkway exit. Follow directions from the Henry Hudson Parkway.
- Via **Bronx River Parkway south** to Gun Hill Road exit. Make a right from exit ramp and take Gun Hill Road West to Jerome Avenue. Turn left onto Jerome, following the elevated subway

line above to W. 205 Street. Turn right, and proceed two short blocks to Goulden Avenue. Make a left onto Goulden Avenue and proceed one block. Campus is on the left.

From Queens and Eastern Long Island

- Via Grand Central Parkway to Triborough Bridge - Bronx spur to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.
- Via Throgs Neck Bridge or Whitestone Bridge to Cross Bronx Expressway west to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

From New Jersey

Via George Washington Bridge to Major Deegan Expressway (I-87) north to Van Cortlandt Park South exit. Follow directions from the Major Deegan Expressway.

From the Major Deegan Expressway

Exit at Van Cortlandt Park South. From the south, bear left along the fork of the exit ramp and make a left at the traffic light. From the north, make a left at the traffic light. Proceed up the winding hill for 4 traffic lights. Immediately after 4th traffic light, make a quick right onto Goulden Avenue. Proceed two long blocks to Bedford Park Boulevard West, where the campus begins. The parking lots are on your right.

From the Henry Hudson Parkway

Exit at Mosholu Parkway. Proceed on long exit ramp. At the second traffic light, before subway underpass, turn right onto Paul Avenue for two long blocks. At Bedford Park Boulevard, turn right and then left onto Goulden Avenue. The parking lots are on your right.

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IMPORTANT! IN CASE OF EMERGENCY:

Pool Office: 718-960-7123 Meet Desk: 718-960-1134

Bronze Championship Central March 20-22, 2015

Session 1 (All age groups)

Friday PM – 4:00 PM warm-up / 5:00 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
1	2:56.00	11-12 200 Back	2:58.00	2
3	2:49.60	9-10 200 Free	2:49.60	4
5	6:20.80	11-12 500 Free	6:32.00	6
7	5:26.00	13-14 400 IM	4:09.80	8
9	5:23.30	15-18 400 IM	4:45.90	10
11	3:14.00	9 10 200 IM	3:14.00	12
13	2:48.10	11-12 200 IM	2:55.10	14
15	5:50.60	13-14 500 Free	5:51.00	16
17	5:40.00	15-18 500 Free	5:18.00	18

Session 2 (9-10 and 13-14)

Saturday AM – 7:30 AM warm-up / 8:30 AM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
19	2:17.00	13 14 200 Free	2:18.10	20
21	48.60	9-10 50 Breast	48.60	22
23	1:23.80	13-14 100 Breast	1:21.50	24
25	35.20	9 10 50 Free	35.20	26
27	1:03.10	13-14 100 Free	59.60	28
29	1:37.10	9-10 100 Back	1:37.10	30
31	2:43.00	13-14 200 Back	2:35.50	32
33	1:38.00	9-10 100 Fly	1:38.00	34
35	1:11.60	13-14 100 Fly	1:12.00	36

Session 3 (11-12 and 15-18)

Saturday PM – 1:30 PM warm-up / 2:30 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
37	2:25.90	11-12 200 Free	2:28.90	38
39	2:10.60	15-18 200 Free	1:58.00	40
41	1:22.00	11-12 100 Back	1:28.00	42
43	1:10.10	15-18 100 Back	1:03.90	44
45	31.00	11-12 50 Free	31.50	46
47	1:10.10	15-18 100 Free	54.50	48
49	1:31.60	11-12 100 Breast	1:29.90	50
51	2:51.00	15-18 200 Breast	2:36.80	52
53	35.70	11-12 50 Fly	38.70	54
55	2:34.00	15-18 200 Fly	2:25.00	56
57	2:56.00	11-12 200 Fly	2:58.00	58

Bronze Championship Central March 20-22, 2015

Session 4 (9-10 and 13-14)

Sunday AM – 7:30 AM warm-up / 8:30 AM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
59	2:41.80	13-14 200 IM	2:33.00	60
61	1:18.50	9-10 100 Free	1:18.50	62
63	28.80	13-14 50 Free	26.80	64
65	42.90	9-10 50 Back	42.90	66
67	1:15.30	13-14 100 Back	1:16.50	68
69	1:48.40	9 10 100 Breast	1:48.40	70
71	2:57.00	13-14 200 Breast	2:54.00	72
73	43.90	9 10 50 Fly	43.90	74
75	2:36.60	13-14 200 Fly	2:32.60	76
77	1:28.60	9-10 100 IM	1:28.60	78

Session 5 (11-12 and 15-18)

Sunday PM – 1:30 PM warm-up / 2:30 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
79	1:18.70	11-12 100 IM	1:20.60	80
81	2:30.00	15-18 200 IM	2:27.80	82
83	1:08.40	11-12 100 Free	1:09.60	84
85	28.30	15-18 50 Free	25.20	86
87	38.00	11-12 50 Back	41.20	88
89	2:29.30	15-18 200 Back	2:16.90	90
91	42.80	11-12 50 Breast	42.80	92
93	1:20.90	15-18 100 Breast	1:10.90	94
95	1:26.20	11-12 100 Fly	1:27.00	96
97	1:09.60	15-18 100 Fly	1:02.60	98
99	3:16.00	11-12 200 Breast	3:18.00	100

Metropolitan Swimming, Inc. & APEX Swim Club 'Bronze Championships Central' 2015

Friday, Saturday, and Sunday, March 20, 21 & 22, 2015

*****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, Lehman College, APEX Swim Club, Metropolitan Swimming, Inc., and the APEX SWIM CLUB 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.

Team Name _____ Team Code _____

Coach's Name _____

Day Phone # _____ Evening Phone # _____

Address _____

City _____ State _____ Zip _____

Club/Coach email address _____

MEET ENTRY REPORT

Female Individual Entries _____ x \$4.00 = _____

Male Individual Entries _____ x \$4.00 = _____

Metro Surcharge: Girls Entered _____ x \$1.00 = _____

Metro Surcharge: Boys Entered _____ x \$1.00 = _____

Amount Entries (Make Check payable to APEX Swim Club) = _____

apexswim@usa.net

List All Unattached Swimmers:

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____