

Bronze Championship North

March 20, 21 & 22, 2015



Hosted by **Minisink Valley Aquatics & Devilfish Aquatics**

Bronze 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, 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.

Bronze Championship Sanction #150306

Bronze Championship North

March 20,21,22 2015

SANCTION: #150306 Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,

LOCATION: Minisink High School Pool, Route 6, Slate Hill, NY 10973

FACILITY: 8 lane, 25 yard pool with non-turbulent lane lines.
Daktronic electronic timing system and an 8-line scoreboard display.
Spectator seating available.

The pool has not been certified in accordance with Article 104.2.2C (4).

Pool Depths: Start End ... 1 meter 12', 5 meters 11' Turn End ... 1 meter 4', 5 meters 5'

SESSIONS:

Session 1: Friday, March 21 Warm-ups 3:30 PM Session Starts at 4:30 PM

Session 2: Saturday, March 22 Warm-ups 8:30 AM Session Starts at 9:30 AM

Session 3: Saturday, March 22 Warm-ups 2:30 PM Session Starts at 3:30 PM

Session 4: Sunday, March 23 Warm-ups 8:30 AM Session Starts at 9:30 AM

Session 5: Sunday, March 23 Warm-ups 2:30 PM Session Starts at 3:30 PM

FORMAT: This is a Timed Final Event

The meet will be Gym Seeded, unless space is available on deck to deck seed. All scratch sheets are due back 30 minutes prior to the end of warm-ups.

ELIGIBILITY: Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers (Metro North Region Only).

All swimmers participating in this meet must be registered by the first day of the meet. Age on **March 20, 2015** will determine age for the entire meet.

DISABILITY: Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration or accommodations. 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 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. Meet entries recon from SWIMS will be performed before the meet.

Entry times must have been achieved between January 1, 2014 and the meet entry deadline, March 13, 2015.

Hy-Tek Email entries will be accepted. An Entry Summary, Hy-Tek file, and payment must be received by our office for entries to be considered accepted by March 13, 2015.

U.S. Mail Entries/Payment to: **Minisink Valley Aquatics, PO Box 2, Slate Hill, NY 10973** Email Entries/Confirm Entry Receipt: info@minisinkvalleyaquatics.com

DEADLINE: 1: The Metro LSC North teams are eligible to attend.

2: The final entry deadline for this meet is **March 13, 2014**

if you do not receive email confirmation of your entries within 2 days contact the Meet Director

ENTRY FEE: \$4:00 Per Event plus \$1 Per Swimmer Metro Championship Surcharge.

Make check payable to: **Minisink Aquatics.**

Payment must be received by **March 14, 2014** for all entries. Failure to pay entry fees by this deadline could result in teams being barred from the meet.

WARM-UP: Warm up lane assignments and instructions will be posted and provided to each team. 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 must clearly indicate individual events scratches and which swimmers will not be participating in the session. **Metropolitan Scratch Procedure In Effect.**

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. Special awards 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. No awards will be mailed.

OFFICIALS: Meet Referee: Michael Natale @ mfnn45@optonline.net. Officials wishing to volunteer should contact Meet Referee by email.

MEET DIRECTOR: Julie Coache @ info@minisinkvalleyaquatics.com. 845-467-0622 or Mike Reineke @ diggadiver@yahoo.com , 845-913-8742

ADMIN OFF. Julie Coache @ info@minisinkvalleyaquatics.com

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 safety & facility 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.

AUDIO VISUAL: Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms.

DECK: Changing into or out of swimsuits, other than in locker rooms or other designated areas, is not appropriate and prohibited.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **Minisink Valley Central School District, Minisink Aquatics Inc, Devilfish Aquatics Inc. Swim Teams,** Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.

ADMISSION: \$6.00 Adult / Session includes program.

PARKING: There is ample on-site parking next to the pool. Please park in the school lots to avoid ticketing or towing.

DIRECTIONS: From the NYS Thruway North take Exit 16 to Route 17 West. Follow Route 17 West to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. The Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field.

From the NYS Thruway South exit at Route 84 West. Follow Route 84 West to Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the Football field.

From Route 84 take Exit 3W to Route 17M Middletown. From Route 17M turn left on Route 6. Follow Route 6 for four miles through Slate Hill. Minisink Valley High School is just past Slate Hill on your left. Turn left into the Main District facility and follow entrance road down to the High School which is on the left. Once in the parking lot the pool is located to the far left, next to the football field.

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Session 1

Friday PM- 3:30pm warm-up/ 4:30pm Start

Girl's Event #	No Faster Than	Event	No Faster Than	Boy's 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	5:09.80	8
9	5:23.30	15-18 400IM	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	5:40.0	15-18 500 Free	5:18.00	18

Session 2 (9-10 and 13-14)

Saturday AM – 8:30 warm-up / 9:30 AM Start

Girl's Event #	No Faster Than	Event	No Faster Than	Boy's Event #
19	2:17.00	13-14 200 Free	2:18.0	20
21	48:60	9-10 50 Breast	48.6	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 – 2:30 PM warm-up / 3:30 PM Start

Girl's Event #	No Faster Than	Event	No Faster Than	Boy's Event #
37	2:59.90	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	1:23.80	42
43	1:10.10	15-18 100 Back	1:03.90	44
45	31.00	11-12 50 Free	31.50	46
47	1:01.10	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

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Session 4 (9-10 and 13-14)

Sunday AM – 8:30 AM warm-up / 9:30 AM Start

Girl's Event #	No Faster Than	Event	No Faster Than	Boy's Event #
59	2:41.00	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 – 2:30 PM warm-up / 3:30 PM Start

Girl's Event #	No Faster Than	Event	No Faster Than	Boy's 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