

# **METROPOLITAN SWIMMING**



## **15-18 TEAM CHALLENGE LONG ISLAND, NY**

**Hosted By:**



**March 13-15, 2015  
Friday, Saturday, Sunday**

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number -150302

Time Trial Number -150301-T

**General Chairman:**

**Meet Director:**

**Age Group Chairman:**

**Coach Representative:**

**Athlete Representative:**

**John McIlhargy**

**Alexis Skelos/Edgar Perez**

**Edgar Perez/John Yearwood**

**Amine Bousis**

**Frances Warren & Michael Zuppone**

**Meet Committee:**

**Age Group Rep.**

**Athlete Rep.**

**Meet Director**

# Metropolitan 15-18 Age Group Team Challenge

March 13<sup>th</sup>-15<sup>th</sup>, 2015

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., **Sanction #150302 -Time Trial #-150301T**
- LOCATION:** Nassau County Aquatic Center  
Eisenhower Park, East Meadow, NY 11554
- FACILITY:** 1 X 10 Lane by 25 yard competition pool w/ 2 meter min depth  
6 Lane by 25 meter warm up pool w/ 2 meter min depth  
Colorado Timing System, scoreboard readouts, Hy-Tek meet manager  
The pool has not been certified in accordance with Article 104.2.2C (4)
- FORMAT:** All individual and all relays are run as timed final.  
This will be a deck seeded event.
- 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 13, 2015** will determine age for the entire meet.
- DISABILITY SWIMMER:** 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:** Entry times must equal or better the qualifying standards. Short course yards time will be the conforming standard and can only be used for entries. Entry times may NOT be converted. Times must have been achieved between January 1, 2014 and the meet entry deadline. **SWIMS Time Recon will be performed before the meet and all un-provable times will be scratched from the meet.**
- A swimmer may enter any number of events, but may swim no more than three (3) individual events per day for a total of nine (9) individual events. If scratched from the 1650 because of two-heat limit, a 4<sup>th</sup> event may be selected.
- Teams may enter only two (2) relays per event. There are NO RELAY ONLY SWIMMERS in this meet. All swimmers must be listed on official entry form and included in Hy-Tek export file. No Relay Only Swimmers. Swimming exhibition or Deck entries will not be permitted.
- Emailed Hy-Tek entry file is preferred. If sending by mail, entries should be sent on disk. A Master Sheet must accompany all entries.
- U.S. Mail Entries/Payment to: **Long Island Aquatic Club**  
**750F Stewart Ave**  
**Garden City, NY 11530**
- Email Entries/Confirm Entry Receipt: [entries.liac@gmail.com](mailto:entries.liac@gmail.com)  
Sign Express Mail Waiver allowing delivery without signature.
- DEADLINE:** **Entries must be received by: March 3, 2015.** Entries received after the deadline will not be accepted. Swimmers achieving cuts after the deadline must email the entry by **Noon on Monday, March 9<sup>th</sup>.** **New cuts only.** **No time updates.**
- You must submit a working email address to receive an email confirming receipt of entries. Contact Karla at [entries.liac@gmail.com](mailto:entries.liac@gmail.com) if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** **\$4.00** per individual Timed Final Event / **\$8.00** per Relay Event  
**\$5.00** Metropolitan Swimming surcharge per swimmer

Make check payable to: **Long Island Swimming**

Payment must be received by **March 13, 2015** for email entries. Payment must be included with all mail

entries. Failure to pay entry fees by this deadline could result in the team being barred from the meet.

**TIME TRIALS:** If time permits. A separate sanction number will be used for time trial purposes. Swimmer must be entered in the meet to participate in time trials.

**Time Trials count as one of the 3 individual events limit per day.**

**Fee for time trials is \$5.00 per event, payable at sign-up.**

**Please note that there is a limit of two (2) time trials over the course of the weekend.**

**PROTESTS:** All competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protests will be handled at the time they are presented to the Meet Director, by the Meet Committee.

**WARM-UP:** Warm-up lanes and times will be assigned to each team. Following the general warm-up, the competition pool will be open to all teams for a 15 minute dive and pace session: lanes 3-8 will be open for one-way sprints; lanes 2 & 9 will be remain as general warm up and lanes 1 & 10 will be designated for pace. The diving pool will remain open for general warm-up. No diving will be permitted except in designated sprint lanes. All swimmers must be supervised by a coach. **If the 14&U meet is running late Warm-up for this event will begin in the diving pool. This event will start at the published time of 1:30pm.**

**SCRATCH:** **Scratches will be due no later than thirty (30) minutes after each published warm-up start time. Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.** Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the session. Coaches should inform their swimmers to leave plenty of time for traffic etc.

The coach of a swimmer that was seeded in an event, and is a **No-Show (NS)** in the event, must positively check the swimmer for the next days' events in order for that swimmer to be eligible to compete in the rest of the meet.

Athletes who miss a race in which they were seeded and did not properly deck scratch **will be barred from their next individual event of the day.** If they miss their last event of the day they will be barred from their first event of the next day.

**Failure to scratch a swimmer entered in more than three events in a day will result in that swimmer having to swim the first three events for which he/she is entered. No exceptions.**

A relay swimmer who fails to report will be barred from his/her first individual event of the next day. The other three will not be penalized provided they appeared.

Relay swimmers' names must be submitted **in the order in which they will swim.**

**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.

**SCORING:** Individual Events (1<sup>st</sup> – 16<sup>th</sup> Pl.) 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1  
Relay Events (1<sup>st</sup> – 8<sup>th</sup> Pl.) 40-34-32-30-28-26-24-22  
**Only two relays per club may score**

**AWARDS:** Individual Events: Medals for 1<sup>st</sup> through 8<sup>th</sup> places, Ribbons for 9<sup>th</sup> through 16<sup>th</sup> places.  
Relay Events: Medals for 1<sup>st</sup> through 3<sup>rd</sup> places, and ribbons for 4<sup>th</sup> through 8<sup>th</sup> places.  
Individual High Point Awards: 1<sup>st</sup> through 3<sup>rd</sup> for Men and Women  
Team Awards: Women, Men, Combined

**OFFICIALS:** **Meet Referee:** Rich Brown **Meet Admin:** Karla Leite  
Officials wishing to volunteer should contact Meet Referee by email at [RichBrown4@verizon.net](mailto:RichBrown4@verizon.net)

**MEET DIRECTOR:** Alexis Skelos, contact information phone: 516-378-8467,  
email [askelos@longislandswimming.com](mailto:askelos@longislandswimming.com), **only Metropolitan Swimming certified USA Swimming Coaches questions will be entertained. All parents are to speak with their individual team's coach regarding their specific needs.**

- 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.
- MEET DECORUM:** Each club is requested to handle its own team and discipline problems. Anyone found vandalizing county property; stealing or displacing disorderly conduct will be subject to disqualification, ejection from the meet and possible criminal prosecution.
- DISCLAIMER:** **DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against **Long Island Aquatic Club, Long Island Swimming, Nassau County**, 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**
- ADMISSION** Pre-sale admission tickets will be available on longislandswimming.com – once the facility is sold out no daily admission tickets will be sold.  
\$10.00 per 15-18 Challenge session  
\$24.00 all weekend pass for 15-18 Challenge  
Programs and heat sheets will be for sales on Meet Mobile.  
**The gate for this event will open no later than 20 minutes prior to the start of each session. The stands from the 14&U Junior Championships Must be CLEARED PRIOR TO ANYONE being permitted in the stands.**
- MERCHANT:** A concession stand is operated by the Nassau County Aquatic Center. No glass will be permitted on the deck.  
Hobieswim will be available with swimming merchandise throughout the meet.
- SAFETY:** **All swimmers must wear footwear upon leaving the pool area.**  
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”**
- DECK CHANGING:** **Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited**
- PARKING:** **There is ample free parking available in the park**
- DIRECTIONS:** **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 So.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.
- 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 Tpk.(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.

**2015 Metropolitan 15-18 Age Group Team Challenge**  
**sanction #150302**  
**Nassau County Aquatic Center**  
**March 13 - 15, 2015**

**Friday MARCH 13**

**Warm up 12:30pm Start 1:30pm**

**Session #1**

<b>EVENT #</b>	<b>QUAL.</b>	<b>EVENT</b>	<b>QUAL</b>	<b>EVENT#</b>
1	5:39.99	500 Freestyle	5:17.99	2
3	1:18.99	100 Breaststroke	1:09.99	4
5	27.49	50 Freestyle	24.79	6
7	2:26.99	200 Individual Medley	2:14.99	8
9	2:31.99	200 Butterfly	2:19.99	10
11		200 Medley Relay		12

**Saturday A.M. March 14**

**Warm up 12:30pm Start 1:30pm**

**Session #2**

<b>EVENT #</b>	<b>QUAL.</b>	<b>EVENT</b>	<b>QUAL</b>	<b>EVENT#</b>
13	5:13.99	400 Individual Medley	4:45.89	14
15	1:08.59	100 Butterfly	:59.99	16
17	2:24.99	200 Backstroke	2:13.99	18
19	2:09.19	200 Freestyle	1:57.99	20
21		400 Freestyle Relay		22

**Sunday A.M. March 15**

**Warm up 12:30pm Start 1:30pm**

**Session # 3**

<b>EVENT #</b>	<b>QUAL.</b>	<b>EVENT</b>	<b>QUAL</b>	<b>EVENT#</b>
23		200 Freestyle Relay		24
25	:58.89	100 Freestyle	53.49	26
27	2:46.99	200 Breaststroke	2:31.99	28
29	1:06.99	100 Backstroke	1:01.59	30
31*	11:09.99	1000 Freestyle		
		1650 Freestyle	18:03.49	32*
33		400 Medley Relay		34

**\*MAY BE LIMITED TO 2 female heats and 2 male heats**

Swimmers cut from the distance event may enter a 3<sup>rd</sup> event on that day providing they have a qualifying time in an additional event.

**2015 Metropolitan 15-18 Age Group Team Challenge**

**sanction #150302**

**Nassau County Aquatic Center**

**March 13 - 15, 2015**

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Coach's Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone # \_\_\_\_\_ Evening Phone # \_\_\_\_\_

E-Mail \_\_\_\_\_

**MEET ENTRY REPORT**

**Metropolitan Swimmer Surcharge (made payable to Metropolitan Swimming)**  
**(Including relay only swimmers)**

Females Entered \_\_\_\_\_ X \$5.00 = \_\_\_\_\_

Males Entered \_\_\_\_\_ X \$5.00 = \_\_\_\_\_

**Individual and Relay Entry**

Female Individual Timed Finals \_\_\_\_\_ X \$4.00 = \_\_\_\_\_

Male Individual Timed Final \_\_\_\_\_ X \$4.00 = \_\_\_\_\_

Female Relay Entries \_\_\_\_\_ X \$8.00 = \_\_\_\_\_

Male Relay Entries \_\_\_\_\_ X \$8.00 = \_\_\_\_\_

**Total Amount Entries (Made payable to Long Island Swimming) = \_\_\_\_\_**

Mail Check to: **Karla Leite**  
**750 F Stewart Ave.,**  
**Garden City, NY 11530**

Please sign Express Mail Waiver allowing delivery without signature -HY-Tek athlete entry report and Meet Entry Report must be included with payment. Hy-Tek disk not needed if entering by email