



2015 Senior Metropolitan SCY Winter Championships

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.
Sanction Number **150202** - Time Trials Sanction Number **150252-T**
Sponsored by Metropolitan Swimming, Inc.

To be held at:
LEHMAN COLLEGE APEX
BRONX, NEW YORK

February 19-22, 2015

Important notice!

**The 2015 Winter 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 January 1 & February 9, 2015

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 Directors:	Monique Grayson and/or Brian Hansbury
Meet Referee:	Bob Fitzsimmons
Administrative Official:	Monique Grayson and/or Mary Lange or Laurie Lawson
Meet Jury:	Dave Ferris or John Collins, Metro LSC Senior Chairmen A Metro Athlete A Metro Coach Meet Referee Meet Director/Metro Board member (5 people min. – different each day)

2015 SENIOR METROPOLITAN SCY WINTER CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

February 19-22, 2015

PLEASE READ CAREFULLY AND COMPLETELY!

<u>SANCTION:</u>	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # 150202 Time Trials Sanction # 150252-T
<u>LOCATION:</u>	Lehman College APEX Aquatic Center 250 Bedford Park Boulevard West Bronx, New York, 10468
<u>FACILITY:</u>	<p>The competitive course is 7-13 feet deep. The shallow end of the pool will be available for warm-up, warm-down, throughout the meet. (Coaches must monitor their swimmers in the warm-up lanes).</p> <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 Lehman College APEX lockers. No shaving on premises is permitted. No access to faculty locker rooms 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.• <u>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>
<u>MEET DIRECTORS:</u>	Meet Director - Monique Grayson – monique.grayson@metroswimming.org J. Brian Hansbury - brian.hansbury@metroswimming.org
<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: Bob Fitzsimmons - e-mail: rfitzsimmons@highroadcap.com Meet Evaluation Process: Steven Kessler – e-mail: stevenkessler@msn.com Officials wishing to volunteer should contact the Meet Referee no later than February 9, 2015. Volunteers are encouraged to contact the Meet Referee regarding what sessions they will be attending.

<u>SENIOR CHAIR:</u>	John Collins – john.collins@metroswimming.org Dave Ferris – dave.ferris@metroswimming.org
<u>SAFETY CHAIR:</u>	J. Brian Hansbury - brian.hansbury@metroswimming.org
<u>EMERGENCY #:</u>	Pool Office: 718-960-7123 Pool Desk: 718-960-1134
<u>SESSIONS:</u>	<p>Thursday: Timed Finals – 1000 free: Warm-up 4:30 p.m. Meet Start: 5:30 p.m.</p> <p>Friday, Saturday, and Sunday</p> <p> Prelims: Warm-up 7:30 a.m. Meet Start: 9:00 a.m.</p> <p> Timed Finals – 1650 free: Warm-up TBA p.m. Meet Start: TBA p.m.</p> <p> Finals: Warm-up 5:00 p.m. Meet Start: 6:00 p.m.</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>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.
<u>DISTANCE EVENTS:</u>	The 1000 yd Freestyle may be limited to 40 Women and 40 Men. The 1650 yd Freestyle may be limited to 32 Women and 32 Men. Swimmers entered in these events must confirm their intention to swim (POSITIVE CHECKING) or they will not be seeded.
<u>FORMAT:</u>	<ol style="list-style-type: none"> Coaches and swimmers shall have the responsibility to familiarize themselves with the current U.S.A. Swimming Rules and Regulations. There will be preliminary heats and finals in all individual events except the 1000 Yard and 1650 Yard 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. All Relays are timed finals with the Top 16 relays swimming at Finals. The event order for the evening sessions will be: D Final – 8 swimmers (for 50 free, 100 free, 100 back, 100 breast and 100 fly - limited to swimmers 18 & under) 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. Consolation and Championship finals will score. D Finals and Bonus Final is a non-scoring

	<p>heats limited to swimmers 18 & under.</p> <p>6. All participating teams will be expected to time lanes, during the meet.</p>
<u>FINALS:</u>	<p>Thursday: All heats of 1000 Yard 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 Yd Freestyle Relay</p> <p>Saturday: Same order as the Prelims and the fastest 2 heats of the 400 Yd Medley Relay.</p> <p>Sunday: Heats of the 1650 Yard 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 1650 will be adjusted and announced after positive check-in. The evening session will begin with the fastest heats of the 1650 Yard Freestyle, Women and Men; then the remaining individual events in the same order as prelims; and the fastest 2 heats of the 400 Yard Freestyle Relay.</p>
<u>ELIGIBILITY:</u>	<ol style="list-style-type: none"> 1. All swimmers must be registered for 2015 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 <u>individual events</u> in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals Championships while registered with and representing Metropolitan Swimming, Inc.) <u>since February 24, 2014</u>. 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. Short course yard (SCY) times will be the conforming standard and will be seeded faster than LCM and SCM times. Entry times may NOT be converted. 4. <u>Times must have been achieved between January 1, 2014 and the meet entry deadline.</u> 5. All times must be provable in the SWIMS Database. 6. Swimmers entered with un-provable times will not be allowed to swim their events! 7. Relay may be entered with composite times.
<u>ENTRIES:</u>	<ol style="list-style-type: none"> 1. 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. 2. If a swimmer exceeds his/her maximum daily or meet allowance of events, and is not properly scratched – then the first events listed for that swimmer are the events that he/she will be seeded in and he/she will be scratched from the remainder events. 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 <u>seeded</u> 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 <u>USA Swimming OME System</u> (no exceptions) between January 1st and February 9, 2015. This is the only accepted way to enter this meet. 6. Relay only Swimmers must be entered through the OME System to be eligible to swim. 7. <i>Reminder – please wait until your athletes have exhausted all of their chances to</i>

	<p><i>qualify or improve seed times before finalizing your entry and “check-out”. The OME System does not allow for swimmers to change or delete after closing on February 9, 2015</i></p> <p>8. Entries’ Report must be printed directly from OME after check out as a confirmation of entries. Screen shots or emails will not be accepted as proof of entries!</p> <p>9. Email questions to: Monique G. Grayson - 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 if you need special consideration.</p> <p>The athlete (or the athlete’s coach) is also responsible for notifying the meet referee of any disability prior to the competition.</p>
<u>DEADLINE:</u>	<p>Entries <u>must</u> be submitted through the <u>USA Swimming OME System</u> between January 1st and February 9, 2015. This entry date allows any swims achieved through Sunday, February 9th to be submitted prior to the deadline. The OME System will close at 11:59pm on February 9, 2015. Entries will no longer be accepted on OME after the deadline.</p> <p>For swimmers qualifying for the first time between February 9 and February 15 , coaches must send an email with information on <u>new entries only</u> no later than Monday, February 16th to Monique.grayson@metroswimming.org</p>
<u>ENTRY FEE:</u>	<p>\$5.00 per individual entry, \$10.00 per relay entered, \$10.00 per swimmer for Metro Surcharge (<u>including relay only swimmers</u>). Credit Card only at OME checkout.</p> <p>“NEW QUALIFIERS or ADDITIONAL ENTRIES” – all fees for entries achieved after the published deadline MUST have payment received by the start of Prelims on Friday, February 20th, or swimmers will be scratched (cash, check or credit card)</p>
<u>CORRECTIONS:</u>	<p>The psych sheets will be posted on the metroswimming.org web site.</p> <p>Clubs will be given until 9:00pm on Tuesday, February 17, 2015 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 (lcm or scm to scy). Corrections will be accepted by email only. \$5 may be assessed for each correction. 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 1000 Yard Freestyle MUST be made in person at the pool desk of Lehman College between 4pm and 5pm on Thursday, February 19, 2015. The 1000 free will be seeded promptly at 5pm. Scratches for Friday, Saturday and Sunday will be due no later than 8:15am each day. Scratch forms will be provided at the meet desk. POSITIVE CHECKING for the 1650 Yard Freestyle will be available during the whole meet. The scratch deadline will be at 6:30pm on Saturday, February 21st – one half hour after the start of finals. This to ensure that the meet director can get the heat sheets for the 1650’s out before the end of Saturday night finals.

	<p>4. 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 to the close of scratches for that day's events.</p> <p>5. Heat sheets for same day finals will be posted within 30 minutes of the conclusion of each morning session.</p> <p>6. 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 Rules 207.11.6.A-F. 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.</p> <p>7. 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.</p> <p>8. 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.</p>
<u>COACHES:</u>	<p>All coaches must present a valid USA Swimming coach card to the Meet Director prior to the commencement of any sanctioned swim meet, and must display this card while on deck. Coaches will be required to check-in at the pool deck in order to be on deck. 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. Deck Pass certification is acceptable.</p> <p>Coaches who do not possess these credentials will be required to leave the deck area.</p>
<u>AWARDS:</u>	<p>Medals for the first 8 places in individual events and first 3 places in relays. Top Women, Men, and Combined Teams Awards will be presented. Female and Male Individual High Point Awards will be presented.</p>
<u>SCORING:</u>	<p>All events will be scored to 16 places. Points for Individual events are:</p> <ul style="list-style-type: none"> • D Final - no score • 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>
<u>OFFICIALS:</u>	<p>Meet Referees: Bob Fitzsimmons: rfitzsimmons@highroadcap.com</p>

	<p>Officials wishing to volunteer should contact the Meet Referee by February 9, 2015.</p> <ul style="list-style-type: none"> • The Meet is open to all Officials within the Region who wish to, and are eligible to be evaluated for advancement and re-certification. Officials from other LSC's are encouraged to apply. • It is our intent to have this meet approved as an Officials' Qualifying Meet for National certification evaluation. • Officials must apply to be evaluated. Send applications directly to Steve Kessler at stevenkessler@msn.com. • Volunteers are encouraged to contact the Meet Referee using the application posted on the Officials site at http://www.metroswimming.org/Officials/Officials.html. • To request an evaluation for National certification, please complete the Request for Evaluation Sr. Mets application on the Officials site posted above and forward as directed and email it to stevenkessler@msn.com.
<u>RULES:</u>	<p>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.</p>
<u>SAFETY:</u>	<p>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.</p> <p>"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"</p>
<u>WATER DEPTH:</u>	<p>USA 2011 - 202.3.7 "The meet announcement shall include information about water depth measured for a distance of 3 feet 3½ inches (1.0 meter) to 16 feet 5 inches (5.0 meters) from both end walls." The competitive course is 7-13 feet deep.</p>
<u>DISCLAIMER:</u>	<p>Upon acceptance of his/her entries, the participant waives all claims against Lehman College, Lehman College Apex Aquatic Center, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.</p>
<u>AUDIO/VISUAL STATEMENT:</u>	<p>Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms</p>
<u>DECK CHANGING:</u>	<p>Changing into or out of swimsuits other than in locker rooms or other designated areas is not appropriate and is prohibited. <u>Failure to comply will result in expulsion from the meet.</u></p>
<u>ADMISSION:</u>	<p><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, and officials will be allowed on deck.</p>
<u>PROGRAMS:</u>	<p>Psych Sheets and Finals Programs: \$3.00 per session</p>

<u>MERCHANTS:</u>	The Metro Swim Shop 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>	Parking: \$5.00 all-day parking at College Supervised Lot, (100 yards from APEX).
<u>TIME TRIALS:</u>	Time trials will be held after prelims, <u>as time permits</u>. They will cost \$5.00 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. Fee for Relay Time Trials will be \$20 <u>Time trials are counted toward the three individual events allowed per swimmer per day.</u>
<u>DIRECTIONS:</u>	<p>By Train</p> <p>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.</p> <p>By Bus</p> <p>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).</p> <p>By Car</p> <p>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.</p> <p>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.</p> <p>From Westchester</p> <ul style="list-style-type: none"> • 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.

IMPORTANT! IN CASE OF EMERGENCY:

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

**2015 SENIOR METROPOLITAN SCY WINTER CHAMPIONSHIPS
FEBRUARY 19-22, 2015**

Thursday, February 19, 2015

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
9:45.79	9:30.79	10:55.99	1	1000	Free	2	10:19.99	8:57.79	9:16.09

Friday, February 20, 2015

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
1:21.49	1:19.79	1:11.69	3	100	Breast	4	1:04.49	1:11.59	1:15.39
2:17.29	2:13.09	1:59.99	5	200	Free	6	1:49.99	2:01.99	2:07.19
1:10.69	1:08.79	1:01.99	7	100	Fly	8	55.19	1:01.19	1:03.59
5:28.19	5:19.29	4:47.49	9	400	IM	10	4:25.99	4:55.29	5:07.49
9:47.59	9:37.19	8:39.99	11	800 yd	Free Relay	12	7:59.99	8:52.49	9:07.49

Saturday, February 21, 2015

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
2:36.89	2:30.99	2:15.99	13	200	IM	14	2:03.99	2:17.59	2:24.69
29.49	28.49	25.69	15	50	Free	16	23.09	25.89	26.59
1:10.69	1:08.59	1:01.69	17	100	Back	18	56.99	1:03.19	1:08.29
4:43.29	4:33.99	5:14.99	19	500	Free	20	4:56.99	4:18.29	4:28.79
5:07.59	5:00.89	4:30.99	21	400 yd	Med Relay	22	3:59.99	4:26.29	4:34.79

Sunday, February 22, 2015

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
18:49.99	18:18.79	18:32.99	23	1650	Free	24	17:39.99	17:26.39	18:07.19
2:32.29	2:28.39	2:13.49	25	200	Back	26	2:03.99	2:17.59	2:26.09
2:57.69	2:53.29	2:35.99	27	200	Breast	28	2:22.99	2:38.79	2:46.69
1:03.99	1:01.99	55.89	29	100	Free	30	50.19	55.69	58.19
2:37.79	2:34.29	2:18.99	31	200	Fly	32	2:05.99	2:19.79	2:25.49
4:32.69	4:26.29	3:59.99	33	400 yd	Free Relay	34	3:35.99	3:59.49	4:08.19