



# 2019 Senior Metropolitan LC Summer Championships

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number # **190710** Time Trials Sanction Number #**190754-T**

Sponsored by Metropolitan Swimming, Inc.

To be held at: **Eisenhower Park, Nassau County Aquatic Center**

## July 18-21, 2019

**Important notice – P l e a s e read every page!**

**PLEASE MAKE SURE TO CHECK METRO WEBSITE AND WITH COACHES FOR UPDATES.**

**The 2019 Summer 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 Jun 01, – Jul. 8, 2019**

The MM events file is available on the Metro Web site for swimmer's eligibility purposes only.

**Exported Entries from Team Manager - or any other program - WILL NOT BE ACCEPTED**

Questions - email: [Entries@metroswimming.org](mailto:Entries@metroswimming.org)

General Chair: Eric Fisher  
 Meet Directors: Brian Hansbury, Mary Fleckenstein, Eric Fisher  
 Meet Referee: Sandy Graham  
 Administrative Official: Brian Hansbury, Mary Fleckenstein, Eric Fisher  
 Meet Jury: John Alamo or Jim Wargo Metro LSC Senior Chairmen A Metro Athlete, Metro Coach  
 Meet Referee, Meet Director/Metro Board member (5 people min. – different each day)

All Admissions must be bought online, and proof of purchase will be needed to be allowed into the spectator Stands.  
**YOU WILL NOT BE ABLE TO PURCHASE TICKETS AT THE DOOR.**  
**FAILURE TO BUY ONLINE WILL RESULT IN DENIED ENTRY INTO THE STANDS!**

## 2019 SENIOR METROPOLITAN LC SUMMER CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

NCAC

July 18-21, 2019

### **PLEASE READ CAREFULLY AND COMPLETELY!**

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,  
**Sanction# - #190710**  
**Time Trial# - #190754T**  
**LOCATION:** Eisenhower Park - Nassau County Aquatic Center (NCAC)  
**FACILITY:** 10 x 50 meter lanes – minimum depth 2 meters. Colorado Timing System, with 10 lane scoreboard. The pool has been certified in accordance with Article 104.2.2C (4)

Upon arrival on Thursday Coaches will be handed a packet, in each packet will include a copy of the meet announcement, full meet psych sheet, individual session scratch sheets that will be used for your scratches throughout the meet. Scratches due Thursday 7/18 at 6:30 pm are for Friday events. Scratches due Friday 7/19 by 6:30 pm are for Saturday events. Scratches due Saturday 7/20 by 6:30 pm are for Sunday events.

**\*\*COACHES WILL BE ASKED FOR HEAD COACH CELL CONTACT FOR SCRATCH PURPOSES\*\***

- 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 NCAC lockers. Shaving is not permitted on the premises.
- 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.
- Photography and video recording behind the blocks is NOT permitted
- Deck Changes are prohibited.

**MEET DIRECTORS:** Mary Fleckenstein – [metro.office@metroswimming.org](mailto:metro.office@metroswimming.org)  
 Eric Fisher – [eric.fisher@metroswimming.org](mailto:eric.fisher@metroswimming.org)  
 Brian Hansbury – [brian.hansbury@metroswimming.org](mailto:brian.hansbury@metroswimming.org)

**QUESTIONS:** E-mail all questions: [Entries@metroswimming.org](mailto:Entries@metroswimming.org)

**WEBSITE:** Metro Swimming LSC: <http://www.metroswimming.org>

**OME:** Online Meet Entry System: <http://www.usaswimming.org>

**OFFICIALS:** Meet Referee: Sandy Graham e-mail: [sandy1graham@earthlink.net](mailto:sandy1graham@earthlink.net)

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The Senior Metropolitan Championship is a USA Swimming OQM. To sign up for the meet and to request an evaluation, please use this link. → [Application to Officiate and Request for Evaluation](#)

Requests for evaluation received before July 08, 2019 will be given priority. For questions regarding evaluations, contact Mark Amodio: [amodio@vassar.edu](mailto:amodio@vassar.edu).

**SENIOR CHAIR:** Jim Wargo – [Jim.Wargo@metroswimming.org](mailto:Jim.Wargo@metroswimming.org)  
 John Alamo - [John.Alamo@metroswimming.org](mailto:John.Alamo@metroswimming.org)  
**SAFETY CHAIR:** John McIlhargy – [John.Mcilhargy@metroswimming.org](mailto:John.Mcilhargy@metroswimming.org)  
**ATHLETE REPS:** Mark Owens – [Mark.Owens@metroswimming.org](mailto:Mark.Owens@metroswimming.org)  
 Sydney Boals - [Sydney.Boals@metroswimming.org](mailto:Sydney.Boals@metroswimming.org)

### **COACHES' MEETING:**

A brief coaches' meeting will be held Friday to cover the meet and answer all questions. Further meetings will be at the discretion of the meet referee and meet staff and will be announced as needed.

### **SESSIONS:**

**Thursday:** Timed Finals – 800 M Free / 800 M Fr Relay: Warm-up 4:00 p.m. Meet Start: 5:30 p.m.  
 800 Free will be swum Fastest to Slowest Alternating Women and Men / 800 Free Relays will be swum Fastest to Slowest Alternating Women and Men with the possibility of a combined W/M Heat

#### **Friday, Saturday and Sunday**

**PRELIMS:** Prelim Sessions: Warm-up 7:30 a.m. Meet Start: 9:00 a.m.  
**FINALS:** Friday and Saturday Warm-up 4:30 p.m. Meet Start: 6:00 p.m.  
 Sunday Warm-up 5:00 p.m. Meet Start: 6:00 p.m.  
 Sunday: Timed Finals – 1500 M Free: Warm-up and start TBA (between prelims & finals)

### **DISTANCE EVENTS:**

The 800 M Freestyle may be limited to 40 Women and 40 Men.

The 1500 M Freestyle may be limited to 32 Women and 32 Men.

Swimmers entered in these events must confirm their intention to swim (POSITIVE CHECK-IN) or they will not be seeded. The Meet Desk will NOT hunt down Coaches for swimmers declaration. Swimmers not checked in or scratched will be scratched from the event.

**\*\*Deadline for CHECK-IN is 4:45 pm for the 800 Free on Thursday. \*\***

**\*\*\*Deadline for CHECK-IN for the 1500 is Saturday 6:30 pm.\*\*\***

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**WARM- UP:**

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. Only swimmers entered in this meet may use the warm-up lanes.

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.

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.

Sprint and Pace Designated Lanes will open the last 30 Minutes of General Warmup. Entry into pool is feet-first from the start end of the pool.

**EQUIPMENT**

Swimmers may use equipment during the first hour of each warmup session (30 minutes of Sunday Finals Warmup) excluding hand paddles, stretch cords, snorkels and fins. No equipment may be used during the last 30 minutes of each warm-up. Violations may result in disqualification from next individual event or expulsion from the meet.

**FORMAT:**

1. Coaches and swimmers shall have the responsibility to familiarize themselves with the current U.S.A. Swimming Rules and Regulations.
2. There will be preliminary heats and finals in all individual events except the 800 M and 1500 M Freestyle. These events and all relays will be Timed Finals.

During prelims, a break before the relays will be held at the discretion of the Meet Referee and or Meet Director.

3. 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 (limited to swimmers 18 & under - in 50's and 100's only)

C Bonus Final—8 swimmers

(Limited to swimmers 18 & under for all events 200 and above/ 100 Open to all)

Consolation Final—8 swimmers

Championship Final—8 swimmers

There will be a 10 minute break before the relays in all finals sessions.

4. All participating teams will be expected to time lanes during the meet. Teams should be ready to time at ANY session regardless of participation numbers.

**Timing and Work Assignments**

All teams will be given at least one timing and or work assignment regardless of number of entries. Additional assignments will be allocated based of the size of your entry.

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Meet Directors will be looking at Team sizes for each session to fairly allocate assignments.

All assignments must be manned and filled for the entirety of the session. Teams that fail to fulfill work assignments will face a monetary penalty of \$500 per instance that must be paid prior to the next session or said team's swimmers will not be seeded. Payment by cash or check only.

Teams who begin an assignment but fail to complete the assignment for the duration of the session will be fined \$250 per situation. The fine must be paid prior to the start of the next session or swimmers will not be seeded. Payment by cash or check only.

### **FINALS:**

**Thursday:** All heats of 800 Meter Freestyle to be swum fastest to slowest alternating Women and Men. The 800 Free Relay will be swum fastest to slowest.

**Friday:** Same order as the Prelims

**Saturday:** Same order as the Prelims and the fastest 2 heats of the 400 Medley Relay.

**Sunday:** Heats of the 1500 Meter Freestyle will run to finish approximately 10-15 minutes before the start of warm-up for finals. They will be run alternating women and men, slowest to fastest. Warm-up for the 1500 Meter Freestyle will be adjusted and announced after positive check-in. The evening session will begin with the fastest heats of the 1500 Meter Freestyle, Women and Men, followed by the remaining individual events in the same order as prelims; and the fastest 2 heats of the Women's and Men's 400 Free Relay.

### **\*\*SUNDAY RELAYS\*\***

**Teams will have the option to choose to compete at the end of the morning session or at the end of finals on Sunday. Teams must declare intentions by 6:30 pm Saturday Night.**

### **ELIGIBILITY:**

1. All swimmers must be registered for 2019 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 individual events in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets (or Regional or Nationals Championships while registered with and representing Metropolitan Swimming, Inc.) since January 1, 2019. 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. Long Course Meters (LCM) times will be the conforming standard and will be seeded faster than SCM and SCY times.  
**Entry times may NOT be converted.**
4. Times must have been achieved between January 1, 2018 and the meet entry deadline.
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. Relays may be entered with composite times.

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8. **All applicable adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Prevention Policy (“MAAPP”), and that they understand that compliance with the MAAPP policy is a condition of participation in the conduct of this competition.**
9. Only swimmers, coaches with current USA Swimming certification credentials, and officials will be allowed on deck. Coaches will be required to wear an identification bracelet at all times and must be able to produce said identification.

#### **ENTRIES:**

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 all remaining events.
3. A swimmer may not swim more than three (3) individual events at prelims on any one day. Time Trials count towards an athlete’s daily max of 3 events per day. Once a swimmer is seeded 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, must be submitted through the USA Swimming OME System (no exceptions) between June 01, 2019 – July 08, 2019 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. Reminder – please wait until your athletes have exhausted all of their chances to qualify or improve seed times before you finalize your entry and “check-out”. The OME System does not allow for swimmers to change or delete after closing on July 08, 2019.
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!
9. Email all questions: **[ENTRIES@metroswimming.org](mailto:ENTRIES@metroswimming.org)**

#### **DISABILITY SWIMMERS:**

Swimmers with disabilities that qualify for Disability National Championships are encouraged to enter. 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.

#### **DEADLINE:**

Entries must be submitted through the USA Swimming OME System starting June 01, 2019 through Meet Deadline. This entry date allows any swims achieved through Monday, July 8th to be submitted prior to the deadline.

The OME System will close at 11:59pm on July 08, 2019

Entries will no longer be accepted on OME after the deadline.

For swimmers qualifying for the first time between July 9th and July 14th coaches must submit information on new entries only, (no times updates will be accepted) no later than 12:00pm (noon) on July 15th to

**[ENTRIES@metroswimming.org](mailto:ENTRIES@metroswimming.org)**

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**ENTRY FEE:****INDIVIDUAL ENTRY:** \$6.50 per Entry**RELAY ENTRY:** \$10.50 per Relay Entered**SWIMMER SURCHARGE:** \$10.00 per swimmer for Metro Surcharge (including relay-only swimmers).**Credit Card only at OME checkout.****“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 July 19, 2019 (If not before) or swimmers will be scratched (cash, check or credit card) Teams should see the Meet Director upon arrival to the meet to settle all invoices.

**CORRECTIONS:** Psych sheets will be posted on the Metro Website on July 9th.

All Corrections and New Entries must be submitted no later than Noon on July 15th by email to

**ENTRIES@metroswimming.org** (corrections include missed or mis-entered events).

**\$10 WILL be assessed for each correction. Metro Swimming is not responsible for entry errors based on incorrect meet files, computer/servers' errors, software bugs, etc.**

No exceptions will be made to this deadline. No improvements in seed time will be accepted, including improvements due to changes in course (SCY to LCM or SCM to LCM).

**SCRATCHES:****RULES AND PROCEDURES: PLEASE READ VERY CAREFULLY!!**

1. POSITIVE CHECK-IN for the 800 Meter Freestyle MUST be made in person at the pool desk of NCAC between 4pm and 4:45 pm on Thursday July 18, 2019. The 800 Free will be seeded promptly at 5:00 pm.
2. Scratches for Friday, Saturday and Sunday will be due no later than 6:30 pm the day before the day of completion. i.e. - Scratches for Saturday due Friday by 6:30 pm. Scratches can be made in person and/or by email. [Entries@metroswimming.org](mailto:Entries@metroswimming.org)
3. Positive check-in for Sundays distance events will be due no later than 6:30 pm on Saturday July 20, 2019. Heats for Sunday's distance will be posted at the pool and on Metro website by end of Saturday Finals.
4. In all Timed Final Events (all relays, 800 and 1500 free) and in all Prelim-Final events, after the events have been either positively checked or 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.

5. Any swimmer qualifying for a D, C, B, or A final race in an individual event who fails to compete in said final shall be barred from further competition for the remainder of the meet, except as noted in paragraph as noted in 207.11.6 (E). A declared false start under 101.1.3E or deliberate delay of meet under 101.1.5 is not permitted and will be regarded as a failure to compete.

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6. **IT IS THE COACHES' RESPONSIBILITY TO CHECK AND MAKE SURE THEIR ATHLETES ARE PROPERLY SCRATCHED OUT OF FINALS AND THAT THEY ARE NOT MOVED INTO THE FINALS SESSION.** Please make sure to listen and to check all events scratch sheets prior to the event closing to make sure your athletes are properly scratched. Coaches should not leave the competition deck until events are closed that contain their swimmers.
7. **\*\*NEW\*\*** Head Coaches will be asked to provide a **SINGLE** cell number for contact in the situation when a swimmer scratches into finals once the event is closed. It is the coaches' responsibility to monitor their athletes' standings' regardless while the event is still open.
8. Heat sheets for same day finals will be posted within 30 minutes of the conclusion of each morning session.
9. 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 to F. In addition, if a swimmer fails to follow this procedure for the last session of the meet, his/her club will be fined \$150.00 for each instance.

#### **RELAY SCRATCH RULES:**

The relay scratch rules 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.

It is the responsibility of the Swimmers and the Coaches to make sure that swimmers have not moved up into the top 32 by the close of the prelims session.

Reminder – C & D Bonus finals are non-scoring finals and are limited to swimmers 18 and under – swimmers 19 and older will be automatically scratched from the Bonus finals unless they move up to the Consolation final due to scratches.

#### **COACHES:**

All coaches must present proof of valid USA Swimming Coach Membership to the Meet Director prior to the commencement of any sanctioned swim meet. All coaches (and/or assistant coaches) will be required to check-in at the pool deck in order to be on deck. Wristbands given out to signify compliance with US Membership must be worn at all times of the competition.

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. Live Deck Pass certification is acceptable. **Coaches who do not possess these credentials will be required to leave the deck area.**

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**AWARDS:**

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.

**SCORING:**

**All events will be scored to 16 places. Points for Individual events are:**

- Bonus "D" Final – for 50 free and 100 events only - non-scoring
- Bonus "C" Final – non-scoring
- Consolation "B" Final – 9, 7, 6, 5, 4, 3, 2, 1
- Championship Final – 20, 17, 16, 15, 14, 13, 12, 11

Points will be doubled for relays. Only two relay teams per club may score.

**TIME TRIALS:**

Time Trials may be offered at the discretion of the meet referee if time permits. Time Trials will be conducted at the end of Prelims each day including Thursdays Timed Finals Session (sign-up will open at the start of the session Thursday and be open for 30 minutes). Sign-up for the Time Trials will be offered during each prelim session.

Time trials will be limited to 30 minutes; they will cost \$15.00 per swim. Distance Events 800/1500 will cost \$20.00 per swim.

**800/1500 Time Trials**

Time Trials for the 800 will be offered at the end of Thursday Session Limited to TWO (2) Heats Mixed Max Sign-up is first come till space is filled. Sign-up starts 5:00 pm and closes at 5:30 pm

Time Trials for the 1500 will be slotted into open lanes during the 1500 on Sunday ...and space limited to available open lanes. Sign-up is First come starting at Saturday as Positive check in closes for the event.

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. Time trial swims count towards an athlete's daily max of 3 events per day. Fee for Relay Time Trials will be \$20.

**OFFICIALS:**

Meet Referee: Sandy Graham e-mail: [sandygraham@earthlink.net](mailto:sandygraham@earthlink.net)

Meet Evaluation Process: Mark Amodio – e-mail: [amodio@vassar.edu](mailto:amodio@vassar.edu)

Officials wishing to volunteer should contact the Meet Referee by July 02, 2019.

- The Meet is open to all certified officials within Metro. Certified officials from other LSCs are encouraged to apply.
- This meet has been approved as an Officials' Qualifying Meet for National certification evaluation.

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- Those seeking evaluations must use the following link to sign up for the meet: [LINK](#)
- Officials requesting a national evaluation must also fill out and submit the request for national evaluation form that can be found at [LINK](#)
- Email completed requests for evaluation to Mark Amodio at [amodio@vassar.edu](mailto:amodio@vassar.edu)

### **RULES:**

The 2019 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.

**\*\*NEW\*\*** 05/08/17

For 400m/400y/500y, 800m/1000y and 1500m/1650y events, the last two heats of an event shall be seeded in accordance with 102.5.1A(2).

### **DECK CHANGING:      **DECK CHANGES ARE PROHIBITED****

### **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”

Only swimmers, coaches with current USA Swimming certification credentials, and officials will be allowed on deck. Coaches will be required to wear an identification bracelet at all times and be able to produce said identification upon request.

### **DISCLAIMER:**

Upon acceptance of his/her entries, the participant waives all claims against Nassau County Aquatic Center, 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, locker rooms or behind the starting blocks.

Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.”

### **ADMISSION:**

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**ALL ADMISSIONS MUST BE BOUGHT ONLINE, AND PROOF OF PURCHASE WILL BE NEEDED TO BE ALLOWED INTO THE SPECTATOR STANDS.**

**YOU WILL NOT BE ABLE TO BUY TICKETS AT THE DOOR. FAILURE TO BUY ONLINE WILL RESULT IN NO ENTRY TO THE MEET**

**Thursday Distance:** \$1.00 per session

**Friday, Saturday, Sunday:** Fee per session:

**Adult Admission:** \$10.00 per person

**Child Admission:** \$3.00 per person

**Sunday Distance Session:** \$3.00 per person

**All Sessions Pass:** \$50.00 – Includes Finals and Heat Sheet

TICKET LINK:

<https://metromeets.ticketleap.com/2019lcmets/details>

#### **PROGRAMS:**

Psych Sheets and Finals Programs: \$3.00 per session

Purchasing an All Session Pass will include Meet program for Prelims and a Finals Heat Sheet

#### **MERCHANTS:**

THERE WILL BE CONCESSIONS AVAILABLE DURING THE MEET

Vendors will be available with swimming merchandise throughout the meet.

#### **PARKING:**

Parking is ample parking available. Patrons must not park in areas sectioned off for NCAC Staff.

#### **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 Parkway East to Meadowbrook Parkway (northbound) to NY-24

Hempstead Turnpike (exit M\$) 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 Parkway to Meadowbrook Parkway southbound (Jones Beach). Get off Meadowbrook Parkway at NY-24 Hempstead Turnpike. (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.

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**Session Information:****Session: 1 Thursday Distance  
Day of Meet: 1 Starts at 05:30 PM**

Finals	1 Women 800 Freestyle
Finals	2 Men 800 Freestyle
Finals	3 Women 800 Freestyle Relay
Finals	4 Men 800 Freestyle Relay

**Session: 2 Friday Prelims  
Day of Meet: 2 Starts at 09:00 AM**

Prelims	5 Women 100 Breaststroke
Prelims	6 Men 100 Breaststroke
Prelims	7 Women 200 Freestyle
Prelims	8 Men 200 Freestyle
Prelims	9 Women 100 Butterfly
Prelims	10 Men 100 Butterfly
Prelims	11 Women 400 IM
Prelims	12 Men 400 IM

**Session: 3 Friday Finals  
Day of Meet: 2 Starts at 06:00 PM**

Finals	5 Women 100 Breaststroke
Finals	6 Men 100 Breaststroke
Finals	7 Women 200 Freestyle
Finals	8 Men 200 Freestyle
Finals	9 Women 100 Butterfly
Finals	10 Men 100 Butterfly
Finals	11 Women 400 IM
Finals	12 Men 400 IM

**Session: 4 Saturday Prelims  
Day of Meet: 3 Starts at 09:00 AM**

Prelims	13 Women 200 IM
Prelims	14 Men 200 IM
Prelims	15 Women 50 Freestyle
Prelims	16 Men 50 Freestyle
Prelims	17 Women 100 Backstroke
Prelims	18 Men 100 Backstroke
Prelims	19 Women 400 Freestyle
Prelims	20 Men 400 Freestyle

All Admissions must be bought online, and proof of purchase will be needed to be allowed into the spectator Stands.  
**YOU WILL NOT BE ABLE TO PURCHASE TICKETS AT THE DOOR.**  
**FAILURE TO BUY ONLINE WILL RESULT IN DENIED ENTRY INTO THE STANDS!**

**Session: 5 Saturday Finals****Day of Meet: 3 Starts at 06:00 PM**

Finals	13	Women 200 IM
Finals	14	Men 200 IM
Finals	15	Women 50 Freestyle
Finals	16	Men 50 Freestyle
Finals	17	Women 100 Backstroke
Finals	18	Men 100 Backstroke
Finals	19	Women 400 Freestyle
Finals	20	Men 400 Freestyle
Finals	21	Women 400 Medley Relay
Finals	22	Men 400 Medley Relay

**Session: 6 Sunday Prelims****Day of Meet: 4 Starts at 09:00 AM**

Prelims	25	Women 200 Backstroke
Prelims	26	Men 200 Backstroke
Prelims	27	Women 200 Breaststroke
Prelims	28	Men 200 Breaststroke
Prelims	29	Women 100 Freestyle
Prelims	30	Men 100 Freestyle
Prelims	31	Women 200 Butterfly
Prelims	32	Men 200 Butterfly

**Session: 7 Sunday Distance****Day of Meet: 4 Starts at 01:30 PM**

Finals	23	Women 1500 Freestyle
Finals	24	Men 1500 Freestyle

**Session: 8 Sunday Finals****Day of Meet: 4 Starts at 09:00 PM**

Finals	25	Women 200 Backstroke
Finals	26	Men 200 Backstroke
Finals	27	Women 200 Breaststroke
Finals	28	Men 200 Breaststroke
Finals	29	Women 100 Freestyle
Finals	30	Men 100 Freestyle
Finals	31	Women 200 Butterfly
Finals	32	Men 200 Butterfly
	:	
Finals	33	Women 400 Freestyle Relay
Finals	34	Men 400 Freestyle Relay

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## 2019 Senior Metropolitan Summer Championships

WOMEN'S				Time Standards	MEN'S			
SCY	LCM	SCM	#	Event	#	SCM	LCM	SCY
10:44.99	9:35.69	9:22.89	1	800 Free	2	8:51.69	9:04.49	10:09.99
1:10.29	1:20.09	1:18.09	3	100 Breast	4	1:10.49	1:12.49	1:03.49
1:58.29	2:14.49	2:11.29	5	200 Free	6	2:00.69	2:03.89	1:48.69
1:00.19	1:07.89	1:06.79	7	100 Fly	8	1:01.09	1:02.49	54.99
4:41.99	5:21.89	5:12.99	9	400 TM	10	4:40.79	4:57.19	4:21.99
8:05.39	9:11.59	8:58.79	11	800 Free Relay	12	8:11.09	8:23.89	7:22.39
2:11.99	2:30.49	2:26.49	13	200 TM	14	2:14.79	2:17.99	2:01.39
25.19	28.79	27.99	15	50 Free	16	25.39	26.19	22.79
1:00.69	1:08.59	1:07.39	17	100 Back	18	1:02.19	1:03.39	55.99
5:10.99	4:37.59	4:31.19	19	500 Free	20	4:16.79	4:22.79	4:52.99
4:12.29	4:46.49	4:40.09	21	400 Medley Relay	22	4:11.99	4:18.39	3:46.99
18:12.99	18:34.89	18:10.89	23	1500 Free	24	17:16.79	17:40.79	17:19.99
2:11.49	2:28.39	2:25.99	25	200 Back	26	2:15.39	2:17.79	2:01.99
2:31.99	2:52.69	2:48.69	27	200 Breast	28	2:35.39	2:39.39	2:19.99
54.69	1:02.29	1:00.79	29	100 Free	30	55.19	56.79	49.69
2:15.99	2:33.79	2:30.99	31	200 Fly	32	2:17.69	2:20.49	2:03.99
3:45.79	4:17.29	4:11.69	33	400 Free Relay	34	3:44.19	3:50.59	3:21.89

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