



# 2019 Senior Metropolitan SC Winter Championships

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number **#190213** Time Trials Sanction Number **#190257T**

Sponsored by Metropolitan Swimming, Inc.

To be held at: **Lehman College**

**BRONX, NEW YORK**

## February 15-18, 2019

**Important notice – Please read every page!**

**ALL TIME LINES ARE SUBJECT TO ADJUSTMENT**

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

**The 2019 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 Jan. 10 – Feb. 4 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:           | John McIlhargy  |
| Meet Directors:          | Brian Hansbury, Mary Fleckenstein, Eric Fisher  |
| Meet Referee:            | Mark Amodio   |
| Administrative Official: | Brian Hansbury, Mary Fleckenstein, Eric Fisher  |
| Meet Jury:               | John Alamo or Jim Wargo Metro LSC Senior Chairmen A Metro Athlete, Metro Coach<br>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 SC WINTER CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

LEHMAN COLLEGE

Feb. 15-18, 2019

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

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

Sanction# - **#190213**

Time Trial# - **#190257T**

LOCATION: Lehman College, Apex Aquatic Center

FACILITY: 8 x 50 meter lanes – minimum depth 2 meters. Daktronics Timing System, with 8 lane scoreboard. The pool has been certified in accordance with Article 104.2.2C (4)

**Upon arrival on Friday Coaches will be handed a packet, in each packet will include a copy of the meet announcement, full meet psyche sheet, individual session scratch sheets that will be used for your scratches throughout the meet. Scratches will be due no later than 6:30pm each day for the following days competition.**

- 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 APEX 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: Mark Amodio e-mail: [amodio@vassar.edu](mailto:amodio@vassar.edu)

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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 found on Metro Site to officiate.

Requests for evaluation received before February 8, 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:** Edgar Perez – [Edgar.Perez@metroswimming.org](mailto:Edgar.Perez@metroswimming.org)

**ATHLETE REPS:** Mark Owens – [Mark.Owens@metroswimming.org](mailto:Mark.Owens@metroswimming.org)

Jocelyn Fisher - [jocelyn.fisher@metroswimming.org](mailto:jocelyn.fisher@metroswimming.org)

### **COACHES MEETING:**

A brief coaches' meeting will be held Saturday for both the prelims sessions at a time designated by the meet referee and as necessary on Sunday and Monday. Meeting time will be announced Saturday morning.

### **SESSIONS:**

**Friday:** Timed Finals – 1000 Free / 800 Fr Relay: Warm-up 4:00 p.m. Meet Start: 5:30 p.m.

1000 Free will be swam Fastest to Slowest Alternating Women and Men / 800 Free Fastest to Slowest Alternating Women and Men with the possibility of a combined W/M Heat

### **Saturday, Sunday and Monday**

#### **PRELIMS:**

Women's Sessions: Warm-up 6:45 a.m. Meet Start: 8:15 a.m.

Men's Sessions: Warm-up 10:00 a.m. Meet Start: 11:30 a.m.

#### **FINALS:**

Saturday and Sunday Warm-up 4:30 p.m. Meet Start: 6:00 p.m.

Finals: Monday Warm-up 5:00 p.m. Meet Start: 6:00 p.m.

Monday: Timed Finals – 1650 Free: Warm-up and start TBA (between prelims & finals)

**\*ALL WARMUP AND START TIMES SUBJECT TO CHANGE DUE TO ENTRY SIZE \***

### **DISTANCE EVENTS:**

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 CHECK-IN) or they will not be seeded.

**\*\*Deadline for CHECK-IN is 4:45 pm for the 1000 Free on Friday. \*\***

**\*\*\*Deadline for CHECK-IN for the 1650 is Sunday 6:30 pm.\*\*\***

### **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.

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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 end of the pool.

### **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 1000 YD and 1650 YD 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 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)
- 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.

5. **SESSIONS FORMAT – In each Preliminary Session there will be a 10 Minute Break after Each Event.**

### **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.

Meet Directors will be looking at Team sizes for each session W/M and Finals to Fairly allocate assignments.

All assignments must be manned and filled for the entire length 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, cash or check only.

Teams who begin an assignment but fail to complete the assignment for the duration of the session will be fined a monetary penalty of \$250 per situation that also must be paid prior to the start of the next session or swimmers will not be seeded.

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**FINALS:**

**Friday:** All heats of 1000 YD Freestyle to be swum fastest to slowest alternating Women and Men. The 800 Free Relay will be swum fastest to Slowest

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

**Sunday:** Heats of the 1650 YD 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 1650 will be adjusted and announced after positive check-in. The evening session will begin with the fastest heats of the 1650 Freestyle, Women and Men; then the remaining individual events in the same order as prelims; and the fastest 2 heats of the 400 Fr/Relay.

**\*\*MONDAY RELAYS\*\***

**Teams will have the option to choose to compete at the end of the morning session or at the end of finals on Monday. Teams will be asked to declare intentions by 6:30 pm Sunday 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, 2018 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 Yards (SCY) times will be the conforming standard and will be seeded faster than LCM and SCM 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.

**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 the remainder events.
3. A swimmer may not swim more than three (3) individual events at prelims on any one day. Time Trial 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 January 10, 2018 – February 4, 2019. This is the only accepted way to enter this meet.

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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 finalizing your entry and “check-out”. The OME System does not allow for swimmers to change or delete after closing on February 4th
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

### **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 between January 10, 2019 through Meet Deadline. This entry date allows any swims achieved through Monday, February 4th to be submitted prior to the deadline.

The OME System will close at 11:59pm on February 4th.

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

For swimmers qualifying for the first time between February 4th and February 10th coaches must submit information on new entries only, (no times updates will be accepted) no later than 12:00pm (noon) on February 12th to ENTRIES@metroswimming.org

### **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 Saturday February 16, 2019 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 February 9th.

All Corrections and New Entries must be submitted no later than Noon on February 12th by email to ENTRIES@metroswimming.org (corrections include missed or miss-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 improvement’s due to changes in course (LCM to SCY or SCM to SCY).

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**WARM- UP :**

First 60 minutes will be general warm-up. Last 30 minutes: 2 or more lanes will be open for one-way sprint. Lanes 1 and 8 will be exclusively for PACE the last 30 minutes  
All other lanes will remain open for general warm-up.

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

1. POSITIVE CHECK-IN for the 1000 YD Freestyle MUST be made in person at the pool desk of Lehman College Apex Aquatic Center between 4pm and 4:45pm on Friday February 15, 2019. The 1000 Free will be seeded promptly at 5:00pm.
2. Scratches for Saturday, Sunday and Monday will be due no later than 6:30pm 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 Monday's distance events will be due no later than 6:30pm on Sunday February 17th. Heats for Monday Distance will be posted at the pool and on Metro Website by end of Sunday Finals.
4. In all Timed Final Events (all relays, 1000 and 1650 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 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.
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. Heat sheets for same day finals will be posted within 30 minutes of the conclusion of each morning session.
8. 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.

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**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 30 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 a valid proof of valid USA Swimming Coach Membership to the Meet Director prior to the commencement of any sanctioned swim meet, and must display this card while on deck. 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.**

**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.

**OFFICIALS:**

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

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

Officials wishing to volunteer should contact the Meet Referee by February 4th, 2018.

- The Meet is open to all Officials within Metro who wish to and are eligible to be evaluated for advancement and re-certification. Officials from other LSCs are encouraged to apply.

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- This meet has been approved as an Officials' Qualifying Meet for National certification evaluation.
- Those seeking evaluations must use this link found on the metro site to sign up for the meet and request an evaluation, and they must also fill out and send to the Meet Referee the request for national evaluation form that can be found at <https://usaswimming.org/utility/landing-pages/officials/national-certification-and-evaluation>
- Email applications directly to Mark Amodio – e-mail: [amodio@vassar.edu](mailto:amodio@vassar.edu)
- Please send 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”

### **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.”

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**ADMISSION:**

**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**

Friday: No fees for admission

Saturday, Sunday, Monday: Fee per session: (Separate Women's and Men's Sessions)

Adult Admission: \$10.00 per person

Child Admission: \$3.00 per person

All Women's Pass: \$35.00 – **Includes Finals**

All Men's Pass: \$35.00 – **Includes Finals**

**TICKET LINK:**

[https://metromeets.ticketleap.com/2019-metropolitan-winter-senior-mets/dates/Feb-15-2019\\_at\\_0800AM](https://metromeets.ticketleap.com/2019-metropolitan-winter-senior-mets/dates/Feb-15-2019_at_0800AM)

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.

**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 NO CONCESSIONS AVAILABLE DURING THE MEET

Vendors will be available with swimming merchandise throughout the meet.

**PARKING:**

Parking is available on the street and in the area (be aware of all parking signs and rules).

Parking in the lot is available for a 10.00 Charge Coaches and Official please show your Deck Pass for FREE PARKING.

**TIME TRIALS:**

Time Trials may be offered at the discretion of the meet referee and based off the meet timelines. Time Trials will be conducted at the end of Finals each night including Fridays Timed Finals Session (Signup will open at the start of the session Friday and be open for 30 minutes). Signup for the Time Trials will be offered during each prelim session and a time trials session will not run more than 30 minutes.

Time trials will be limited to 30 minutes; They will cost \$15.00 per swim.

Time Trials of the 1000/ 1650 during the 1650 on Monday ....and space limited to available open lanes.

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.

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**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 M5) 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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## 2019 Senior Metropolitan Winter Championships

### Time Standards

| SCY      | LCM      | SCM      | #  | Event            | #  | SCM      | LCM      | SCY      |
|----------|----------|----------|----|------------------|----|----------|----------|----------|
| 10:44.99 | 9:35.69  | 9:22.89  | 1  | 1000 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 IM           | 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 IM           | 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 | 1650 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  |

**2019 Senior Metropolitan Winter Championships, Sanction #: #190213 #190257TT****Lehman College Feb 15-18 2019****Session Report**

Session: 1 Friday - 1000 free and 800 free relay

Day of Meet: 1 Starts at 05:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

| Round  | Event                        | Entries | Heats | Starts at | Actual    |
|--------|------------------------------|---------|-------|-----------|-----------|
| Finals | 1 Women 1000 Freestyle       | 0       | 0     | 05:30 PM  | e05:30 PM |
| Finals | 2 Men 1000 Freestyle         | 0       | 0     | 05:30 PM  | e05:30 PM |
|        | Break: 10 Minutes:           |         |       |           |           |
| Finals | 11 Women 800 Freestyle Relay | 0       | 0     | 05:40 PM  | e05:40 PM |
| Finals | 12 Men 800 Freestyle Relay   | 0       | 0     | 05:40 PM  | e05:40 PM |
|        | Finish Time                  |         |       | 05:40 PM  | e05:40 PM |
|        | Finish Time                  |         |       | 07:45 PM  | e07:45 PM |

Session: 2 Saturday Womens Prelims Session

Day of Meet: 2 Starts at 08:15 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round   | Event                    | Entries | Heats | Starts at | Actual    |
|---------|--------------------------|---------|-------|-----------|-----------|
| Prelims | 3 Women 100 Breaststroke | 0       | 0     | 08:15 AM  | e08:15 AM |
|         | Break: 10 Minutes:       |         |       |           |           |
| Prelims | 5 Women 200 Freestyle    | 0       | 0     | 08:25 AM  | e08:25 AM |
|         | Break: 10 Minutes:       |         |       |           |           |
| Prelims | 7 Women 100 Butterfly    | 0       | 0     | 08:35 AM  | e08:35 AM |
|         | Break: 10 Minutes:       |         |       |           |           |
| Prelims | 9 Women 400 IM           | 0       | 0     | 08:45 AM  | e08:45 AM |
|         | Break: 10 Minutes:       |         |       |           |           |
|         | Finish Time              |         |       | 08:55 AM  | e08:55 AM |

Session: 2A Saturday Mens Prelims Session

Day of Meet: 2 Starts at 11:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round   | Event                  | Entries | Heats | Starts at | Actual    |
|---------|------------------------|---------|-------|-----------|-----------|
| Prelims | 4 Men 100 Breaststroke | 0       | 0     | 11:30 AM  | e11:30 AM |
|         | Break: 10 Minutes:     |         |       |           |           |
| Prelims | 6 Men 200 Freestyle    | 0       | 0     | 11:40 AM  | e11:40 AM |
|         | Break: 10 Minutes:     |         |       |           |           |
| Prelims | 8 Men 100 Butterfly    | 0       | 0     | 11:50 AM  | e11:50 AM |
|         | Break: 10 Minutes:     |         |       |           |           |
| Prelims | 10 Men 400 IM          | 0       | 0     | 12:00 PM  | e12:00 PM |
|         | Break: 10 Minutes:     |         |       |           |           |
|         | Finish Time            |         |       | 12:10 PM  | e12:10 PM |

**2019 Senior Metropolitan Winter Championships, Sanction #: #190213 #190257TT****Lehman College Feb 15-18 2019****Session Report**

Session: 3 Saturday Finals

Day of Meet: 2 Starts at 06:00 PM Heat Interval: 65 Seconds / Back +15 Seconds

| Round  | Event                    | Entries | Heats | Starts at | Actual    |
|--------|--------------------------|---------|-------|-----------|-----------|
| Finals | 3 Women 100 Breaststroke | 0       | 4 u   | 06:00 PM  | e06:00 PM |
| Finals | 4 Men 100 Breaststroke   | 0       | 4 u   | 06:11 PM  | e06:11 PM |
| Finals | 5 Women 200 Freestyle    | 0       | 3 u   | 06:21 PM  | e06:21 PM |
| Finals | 6 Men 200 Freestyle      | 0       | 3 u   | 06:33 PM  | e06:33 PM |
| Finals | 7 Women 100 Butterfly    | 0       | 4 u   | 06:44 PM  | e06:44 PM |
| Finals | 8 Men 100 Butterfly      | 0       | 4 u   | 06:54 PM  | e06:54 PM |
| Finals | 9 Women 400 IM           | 0       | 3 u   | 07:04 PM  | e07:04 PM |
| Finals | 10 Men 400 IM            | 0       | 3 u   | 07:25 PM  | e07:25 PM |
|        | Entry / Heat Totals:     | 0       | 28    |           |           |
|        | Finish Time              |         |       | 07:47 PM  | e07:47 PM |
|        | Finish Time              |         |       | 07:52 PM  | e07:52 PM |

Session: 4 Sunday Womens Prelims Session

Day of Meet: 3 Starts at 08:15 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round    | Event                     | Entries | Heats | Starts at | Actual    |
|----------|---------------------------|---------|-------|-----------|-----------|
| Prelims  | 13 Women 200 IM           | 0       | 0     | 08:15 AM  | e08:15 AM |
|          | Break: 10 Minutes:        |         |       |           |           |
| Prelims  | 15 Women 50 Freestyle     | 0       | 0     | 08:25 AM  | e08:25 AM |
|          | Break: 10 Minutes:        |         |       |           |           |
| Prelims  | 17 Women 100 Backstroke   | 0       | 0     | 08:35 AM  | e08:35 AM |
|          | Break: 10 Minutes:        |         |       |           |           |
| Prelims  | 19 Women 500 Freestyle    | 0       | 0     | 08:45 AM  | e08:45 AM |
|          | Break: 10 Minutes:        |         |       |           |           |
| Finals-S | 21 Women 400 Medley Relay | 0       | 0     | 08:55 AM  | e08:55 AM |
|          | Finish Time               |         |       | 08:55 AM  | e08:55 AM |

Session: 4A Sunday Mens Prelims Session

Day of Meet: 3 Starts at 11:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round    | Event                   | Entries | Heats | Starts at | Actual    |
|----------|-------------------------|---------|-------|-----------|-----------|
| Prelims  | 14 Men 200 IM           | 0       | 0     | 11:30 AM  | e11:30 AM |
|          | Break: 10 Minutes:      |         |       |           |           |
| Prelims  | 16 Men 50 Freestyle     | 0       | 0     | 11:40 AM  | e11:40 AM |
|          | Break: 10 Minutes:      |         |       |           |           |
| Prelims  | 18 Men 100 Backstroke   | 0       | 0     | 11:50 AM  | e11:50 AM |
|          | Break: 10 Minutes:      |         |       |           |           |
| Prelims  | 20 Men 500 Freestyle    | 0       | 0     | 12:00 PM  | e12:00 PM |
|          | Break: 10 Minutes:      |         |       |           |           |
| Finals-S | 22 Men 400 Medley Relay | 0       | 0     | 12:10 PM  | e12:10 PM |
|          | Break: 10 Minutes:      |         |       |           |           |
|          | Finish Time             |         |       | 12:20 PM  | e12:20 PM |

**2019 Senior Metropolitan Winter Championships, Sanction #: #190213 #190257TT****Lehman College Feb 15-18 2019****Session Report**

Session: 5 Sunday Finals

Day of Meet: 3 Starts at 06:00 PM Heat Interval: 65 Seconds / Back +15 Seconds

| Round    | Event                     | Entries | Heats | Starts at | Actual    |
|----------|---------------------------|---------|-------|-----------|-----------|
| Finals   | 13 Women 200 IM           | 0       | 3 u   | 06:00 PM  | e06:00 PM |
| Finals   | 14 Men 200 IM             | 0       | 3 u   | 06:13 PM  | e06:13 PM |
| Finals   | 15 Women 50 Freestyle     | 0       | 4 u   | 06:25 PM  | e06:25 PM |
| Finals   | 16 Men 50 Freestyle       | 0       | 4 u   | 06:32 PM  | e06:32 PM |
| Finals   | 17 Women 100 Backstroke   | 0       | 4 u   | 06:39 PM  | e06:39 PM |
| Finals   | 18 Men 100 Backstroke     | 0       | 4 u   | 06:50 PM  | e06:50 PM |
| Finals   | 19 Women 500 Freestyle    | 0       | 3 u   | 07:01 PM  | e07:01 PM |
| Finals   | 20 Men 500 Freestyle      | 0       | 3 u   | 07:28 PM  | e07:28 PM |
| Finals-2 | 21 Women 400 Medley Relay | 0       | 0     | 07:55 PM  | e07:55 PM |
| Finals-2 | 22 Men 400 Medley Relay   | 0       | 0     | 07:55 PM  | e07:55 PM |
|          | Entry / Heat Totals:      | 0       | 28    |           |           |
|          | Finish Time               |         |       | 07:55 PM  | e07:55 PM |
|          | Finish Time               |         |       | 08:00 PM  | e08:00 PM |

Session: 6 Monday Womens Prelims Session

Day of Meet: 4 Starts at 08:15 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round    | Event                        | Entries | Heats | Starts at | Actual    |
|----------|------------------------------|---------|-------|-----------|-----------|
| Prelims  | 25 Women 200 Backstroke      | 0       | 0     | 08:15 AM  | e08:15 AM |
|          | Break: 10 Minutes:           |         |       |           |           |
| Prelims  | 27 Women 200 Breaststroke    | 0       | 0     | 08:25 AM  | e08:25 AM |
|          | Break: 10 Minutes:           |         |       |           |           |
| Prelims  | 29 Women 100 Freestyle       | 0       | 0     | 08:35 AM  | e08:35 AM |
|          | Break: 10 Minutes:           |         |       |           |           |
| Prelims  | 31 Women 200 Butterfly       | 0       | 0     | 08:45 AM  | e08:45 AM |
|          | Break: 10 Minutes:           |         |       |           |           |
| Finals-S | 33 Women 400 Freestyle Relay | 0       | 0     | 08:55 AM  | e08:55 AM |
|          | Finish Time                  |         |       | 08:55 AM  | e08:55 AM |

Session: 6A Monday Mens Prelims Session

Day of Meet: 4 Starts at 11:30 AM Heat Interval: 15 Seconds / Back +15 Seconds

| Round    | Event                      | Entries | Heats | Starts at | Actual    |
|----------|----------------------------|---------|-------|-----------|-----------|
| Prelims  | 26 Men 200 Backstroke      | 0       | 0     | 11:30 AM  | e11:30 AM |
|          | Break: 10 Minutes:         |         |       |           |           |
| Prelims  | 28 Men 200 Breaststroke    | 0       | 0     | 11:40 AM  | e11:40 AM |
|          | Break: 10 Minutes:         |         |       |           |           |
| Prelims  | 30 Men 100 Freestyle       | 0       | 0     | 11:50 AM  | e11:50 AM |
|          | Break: 10 Minutes:         |         |       |           |           |
| Prelims  | 32 Men 200 Butterfly       | 0       | 0     | 12:00 PM  | e12:00 PM |
|          | Break: 10 Minutes:         |         |       |           |           |
| Finals-S | 34 Men 400 Freestyle Relay | 0       | 0     | 12:10 PM  | e12:10 PM |
|          | Finish Time                |         |       | 12:10 PM  | e12:10 PM |

**2019 Senior Metropolitan Winter Championships, Sanction #: #190213 #190257TT****Lehman College Feb 15-18 2019****Session Report**

Session: 7 Monday 1650 free

Day of Meet: 4 Starts at 02:45 PM Heat Interval: 60 Seconds / Back +15 Seconds

| Round    | Event                   | Entries | Heats | Starts at | Actual    |
|----------|-------------------------|---------|-------|-----------|-----------|
| Finals-S | 23 Women 1650 Freestyle | 0       | 0     | 02:45 PM  | e02:45 PM |
| Finals-S | 24 Men 1650 Freestyle   | 0       | 0     | 02:45 PM  | e02:45 PM |
|          | Finish Time             |         |       | 02:45 PM  | e02:45 PM |

Session: 8 Monday Finals

Day of Meet: 4 Starts at 06:00 PM Heat Interval: 65 Seconds / Back +15 Seconds

| Round    | Event                        | Entries | Heats | Starts at | Actual    |
|----------|------------------------------|---------|-------|-----------|-----------|
| Finals-1 | 23 Women 1650 Freestyle      | 0       | 0     | 06:00 PM  | e06:00 PM |
| Finals-1 | 24 Men 1650 Freestyle        | 0       | 0     | 06:00 PM  | e06:00 PM |
| Finals   | 25 Women 200 Backstroke      | 0       | 3 u   | 06:00 PM  | e06:00 PM |
| Finals   | 26 Men 200 Backstroke        | 0       | 3 u   | 06:13 PM  | e06:13 PM |
| Finals   | 27 Women 200 Breaststroke    | 0       | 3 u   | 06:26 PM  | e06:26 PM |
| Finals   | 28 Men 200 Breaststroke      | 0       | 3 u   | 06:40 PM  | e06:40 PM |
| Finals   | 29 Women 100 Freestyle       | 0       | 4 u   | 06:53 PM  | e06:53 PM |
| Finals   | 30 Men 100 Freestyle         | 0       | 4 u   | 07:03 PM  | e07:03 PM |
| Finals   | 31 Women 200 Butterfly       | 0       | 3 u   | 07:13 PM  | e07:13 PM |
| Finals   | 32 Men 200 Butterfly         | 0       | 3 u   | 07:25 PM  | e07:25 PM |
|          | Break: 10 Minutes:           |         |       |           |           |
| Finals-2 | 33 Women 400 Freestyle Relay | 0       | 0     | 07:47 PM  | e07:47 PM |
| Finals-2 | 34 Men 400 Freestyle Relay   | 0       | 0     | 07:47 PM  | e07:47 PM |
|          | Entry / Heat Totals:         | 0       | 26    |           |           |
|          | Finish Time                  |         |       | 07:47 PM  | e07:47 PM |
|          | Finish Time                  |         |       | 08:00 PM  | e08:00 PM |



**2019 SENIOR METROPOLITAN SC WINTER CHAMPIONSHIPS**  
**February 15-18 2019**



As of 05/18/16

**All Metropolitan Teams need to include this in the meet information packet as well as file this form with Safety in Sport Coordinator, prior to the start of the meet.**

**Policy:** Any photographer or videographer, who intends to take pictures at a Metropolitan Swimming sanctioned meet, must complete and submit a Photographer Registration Form to the Meet Director before commencing activity. Forms are available on the Metropolitan Swimming website as well as from the Meet Director.

Swimmer's families, taking photos of their children from the spectator area, are not subject to this policy.

**Notes:** The above policy will be published in meet announcements and programs.

It is the Meet Director's responsibility to have forms available at the meet.

The Meet Director should check the actual ID against entry on form, and keep a file of submitted forms.

The intent is to promote accountability and to give Meet Directors and Referees a tool for managing concerns about photographers. Teams should consider providing a lanyard indicating that the photographer is registered.

See form, below.



## Metropolitan Swimming Photographer Registration Form

This form must be completed by any photographer (video or still) who intends to take pictures at an Metropolitan Swimming sanctioned meet, and is taking those pictures of anyone other than his or her own child, from any location on deck. Submit the form to the Meet Director prior to commencing activity.

**THERE WILL BE NO FLASH PHOTOGRAPHY PERMITTED AT THE START.**

Name \_\_\_\_\_

Phone Number \_\_\_\_\_

Government ID (driver's license preferred) or USA Swimming Registration Card:

Type of ID \_\_\_\_\_ #

Taking photos of \_\_\_\_\_ On behalf of \_\_\_\_\_

Purpose \_\_\_\_\_

Professional photographers/videographers will be allowed on deck at the discretion of the Meet Director and Meet Referee, and must adhere to the following guidelines:

Do not stand on the starting end of the pool, or in the starter's box; use of the bulkhead is at the discretion of the Meet Director and Meet Referee.

Do not stand on the edge of the pool (leave approximately two feet for officials and coaches).

Leave the deck when not actively photographing.

Respond immediately to direction from the Meet Referee.

Signature \_\_\_\_\_ today's Date \_\_\_\_\_

Meet \_\_\_\_\_ Location \_\_\_\_\_

Date(s) of meet \_\_\_\_\_