



# 2022 TYR Senior Metropolitan Winter Championships

Sanctioned by USA Swimming Inc. & Metropolitan Swimming, Inc.

Sanction # - 220201

Time Trial Sanction # - 220254-T

Sponsored by Metropolitan Swimming, Inc.

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

## February 17-20, 2022

**METRO RESERVES THE RIGHT TO ADJUST THE MEET INFORMATION AND FORMAT  
PLEASE MAKE SURE TO CHECK METRO WEBSITE AND WITH COACHES FOR UPDATES.**

**Entries must be submitted via USA Swimming OME (online meet entry) system only.**

**Entries will be accepted online at USA-S OME until Monday, February 2<sup>nd</sup>**

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 – <a href="mailto:eric.fisher@metroswimming.org">eric.fisher@metroswimming.org</a>
Meet Director:	Allen Wone – <a href="mailto:allen.wone@metroswimming.org">allen.wone@metroswimming.org</a>
Meet Referee:	Darryl Strabuk – <a href="mailto:dstrabuk@yahoo.com">dstrabuk@yahoo.com</a> -
Admin Referee:	Annette Mackrel <a href="mailto:annettemackrel.com">annettemackrel.com</a>
Senior Chair:	Don Wagner - <a href="mailto:don.wagner@metroswimming.org">don.wagner@metroswimming.org</a> Zac Hojnacki - <a href="mailto:zac.hojnacki@metroswimming.org">zac.hojnacki@metroswimming.org</a>
Safety Chair:	John McIlhargy – <a href="mailto:john.mcilhargy@metroswimming.org">john.mcilhargy@metroswimming.org</a>
Athlete Reps:	Thomas Cho (Senior Rep)- <a href="mailto:thomas.cho@metroswimming.org">thomas.cho@metroswimming.org</a> Francis Andersen (Junior Rep) - <a href="mailto:francis.andersen@metroswimming.org">francis.andersen@metroswimming.org</a>

# 2022 TYR SENIOR METROPOLITAN SUMMER CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

NCAC

February 17-20, 2022

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc.,  
Sanction # - 220201  
Time Trial Sanction # - 220254-T

**LOCATION:** Eisenhower Park - Nassau County Aquatic Center (NCAC), East Meadow, NY

**FACILITY:** 10 x 25 yards 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. Each packet will include a copy of the meet announcement, a full meet psych sheet, and individual session scratch sheets that will be used for scratches throughout the meet. Positive check in for the 1000 free will also be required on Thursday.**

Scratches due Thursday 2/17 at 6:30 pm for Friday events.  
Scratches due Friday 2/18 by 6:30 pm for Saturday events.  
Scratches due Saturday 2/19 by 6:30 pm for Sunday events.

## **MEET DIRECTOR**

Allen Wone - [allen.wone@metroswimming.org](mailto:allen.wone@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: Link  
**OFFICIALS:** Meet Referee – Darryl Strabuk: [dstrabuk@yahoo.com](mailto:dstrabuk@yahoo.com)  
Admin Referee – Annette Mackrel: [annette@annettemackrel.com](mailto:annette@annettemackrel.com)

Officials wishing to volunteer should contact the Meet Referee by February 10, 2022

- The Meet is open to all USA Swimming certified officials.
- This meet has been approved as an Officials' Qualifying Meet for national certification evaluation
- 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 <https://www.usaswimming.org/officials/national-certification-evaluation>.
- Completed requests for evaluation should be emailed to Mark Amodio at [mark.amodio@metroswimming.org](mailto:mark.amodio@metroswimming.org).
- Priority will be given to requests received by valuation must be received by February 4, 2022. Contact Mark Amodio with any questions regarding evaluations.

## **TECHNICAL MEETING:**

The technical meeting for all coaches will be held via Zoom at 7 PM, on Wednesday, February 16. The meeting will be recorded. Coaches are encouraged to attend the meeting in order to clarify questions before the meet. (Officials are invited to attend, too.) Additional meetings may be scheduled at the discretion of the Meet Referee and meet staff.

## **SESSIONS:**

### **Thursday:**

**Distance – Timed Finals - Warm-up at 4:00 pm, Meet Start at 5:30 pm**

1000 Free – may be limited to 40 Men & 40 Women swimmers  
Women and Men 800 Free Relays

**Positive check-in required for the 1000.** Swimmers entered in these events must confirm their intention to swim or they will not be seeded. The check-in sheet will be at the Admin Table.

**\*\*\*Deadline for POSITIVE CHECK-IN is Thursday 4:45 pm\*\*\***

Thursday events will be swum **fastest to slowest, alternating Women and Men.** Swimmers and relay teams must provide their own timers and distance swimmers must provide lap counters.

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

**Prelims:** Friday, Saturday, and Sunday: Warm-up at 7:30 am - Meet Start at 9:00 am

**Finals:** Friday and Saturday: Warm-up at 4:30 pm - Meet Start at 5:30 pm

Sunday: Warm-up at 4:30 pm - Meet Start at 5:30 pm

**Sunday Distance - Timed Finals - Warm-up and Start TBA** between prelims and finals  
1650 – may be limited to 32 Men & 32 Women swimmers

**Positive check-in required for the 1650.** Swimmers entered in these events must confirm their intention to swim or they will not be seeded. The check-in sheet will be at the Admin Table.

**\*\*\*Deadline for CHECK-IN for Sunday Distance is Saturday 6:30 pm\*\*\***

Sunday's Distance events will be swum **slowest to fastest, alternating Women and Men.** The fastest heats of the Women and of the Men will swim at Finals.

## **WARM-UPS:**

All athlete members must be under the supervision of a USA Swimming member coach during warm-ups, competition and warm-downs. Coaches must register at the check-in desk when they arrive in order for their clubs to gain deck access and begin warm-ups. Only athletes entered in this meet may use the warm-up lanes.

Athletes participating in the meet without a coach must make prior arrangements with a club participating in the meet and ask for supervision. Coaches must 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 designated sprint lanes. Pace lanes will be reserved for swimmers who are being timed by their coaches.

Designated sprint and pace Lanes will open the last 30 minutes of general warm-up. Entry into pool in pace lanes is feet first from the start end of the pool.

## **NO EQUIPMENT WILL BE ALLOWED IN THE POOL DURING WARM-UPS**

### **FORMAT**

- Coaches and swimmers shall have the responsibility to familiarize themselves with the current USA Swimming Rules and Regulations.
- All participating teams are required to time lanes during the meet. Teams should be ready to time at ANY session regardless of participation numbers.
- There will be Prelims and Finals in all Individual Events except the 1000 Free and 1650 Free. These events are Timed Finals.
- All Relays are Timed Finals. The top 16 relays will swim at Finals, with the exception of the 800 Free Relay on Thursday.
- Sunday Relays  
Teams will have the option to choose to compete at the end of the morning session in lieu of competing at finals on Sunday. Teams must declare intentions by 6:30 pm Saturday for seeding.
- The event order for the Final sessions will be:
  - D- Bonus Final – 8 swimmers - limited to swimmers 18 & under (offered for 50's & 100's only)
  - C- Bonus Final – 8 swimmers - limited to swimmers 18 & under
  - B- Consolation Final – 8 swimmers
  - A- Championship Final – 8 swimmers

### **COACHES:**

All coaches must present proof of valid USA Swimming Coach Membership to the Meet Director to be allowed on deck. All coaches are required to check-in at the admin table in order to be on deck. Wristbands will be given out to signify compliance with USA Swimming membership and up-to-date registration and must be worn visibly 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 up-to-date credentials will be required to leave the deck area.**

### **WORK ASSIGNMENTS:**

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

Meet Directors will consider team sizes for each session to fairly allocate assignments.

All assignments must be filled for the entirety of the session. Teams that fail to fulfill work assignments will face a monetary penalty of \$500 per instance.

Teams that begin an assignment but fail to remain in their assignment for the duration of the session will be fined \$125 per situation.

**Payment of fines will be invoiced from the Metro Office!**

### **ELIGIBILITY:**

1. All swimmers must be registered for 2022 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.) As of January 1,

2019, attendance at a meet as a relay-only swimmer does 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. Times must have been achieved between January 1, 2021 and the meet entry deadline.
4. All times must be provable in the SWIMS database.
5. Relays may be entered with composite times.
6. Relay-only Swimmers must be entered through the OME System to be eligible to swim.
7. Swimmers entered with unprovable times will not be seeded.
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. The full policy can be found here: **Minor-Athlete-Abuse-Prevention-Policy**
9. Only swimmers, coaches with current USA Swimming certification credentials, volunteers, timers, and officials will be allowed on deck. Coaches will be required to wear an identification bracelet at all times.
10. In compliance with USA Swimming regulations, all adult athletes (those who are 18 or older) participating in the meet must have up-to-date Athlete Protection Training in order to compete.

### **ENTRIES:**

1. A swimmer may enter any event for which they have met the qualifying standard but may participate in no more than six (6) individual events during the meet.
2. If a swimmer exceeds their maximum daily or meet allowance of events and is not properly scratched, then the first (6) events listed for that swimmer are the events that they will be seeded in and they will be scratched from all remaining events.
3. A swimmer may not swim more than three (3) individual events on any one day. Time Trials count towards an athlete's number of individual events. Once a swimmer is seeded in an event, it counts as an event for that day.
4. A swimmer may swim in any number of relays events during the meet, and relay swims will not count towards their individual event total.
5. All entries must be submitted through the USA Swimming OME System (no exceptions) by **February 2, 2022**. This is the only accepted way to enter this meet.
6. 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 be changed or deleted after closing on **February 2, 2022**.
7. The Entries' Report must be printed directly from the OME after check-out as a confirmation of entries. Screen shots or emails will not be accepted as proof of entries!
8. **Email all questions to [entries@metroswimming.org](mailto:entries@metroswimming.org)**

### **PROOF OF TIME:**

- Verification of times for all events is required.
- Times submitted through OME will be automatically verified through the USA Swimming SWIMS database unless a custom time is used.
- Coaches entering with custom times (those not in the SWIMS database) must be prepared to provide the meet results for the unproven times. **EMAIL MEET RESULTS TO:** [entries@metroswimming.org](mailto:entries@metroswimming.org)
- Any proof of time must be submitted prior to the Scratch Deadline for the session in which the event is being swum.
- The Proof of Times must include the name and USA-Swimming ID of the athlete as well as the meet, event, and time swum.

- High School, College, YMCA and similar non-USA Swimming meets swims must be officially authorized by USA Swimming.

**Warning:**

Any club that enters an unregistered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them, will be fined the sum of \$500.00, and no further entries will be accepted from the club until the fine is paid. All swimmers, coaches, and officials must be properly registered with USA Swimming for 2022.

**DISABILITY SWIMMERS:**

Swimmers with disabilities are encouraged to attend. Contact Kate Hallex - [kate.hallex@metroswimming.org](mailto:kate.hallex@metroswimming.org) 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 so that all appropriate accommodations can be made. Qualification standards for this meet will be the [USA Swimming Para Sectional Times Standards](#).

**DEI:**

Metro may waive entry fees & facility surcharge for registered outreach swimmers. Coaches should contact Lamar DeCasseres - [lamar.decasseres@metroswimming.org](mailto:lamar.decasseres@metroswimming.org) and identify registered swimmers whom they wish considered for waiver of fees when submitting meet entries.

**DEADLINES:**

Entries must be submitted through the USA Swimming OME System by **Wednesday, February 2, 2022**. The OME System will close at 11:59 pm. Entries will not be accepted on OME after the deadline.

If a team does not properly check out of OME prior to the deadline, said team's entries be assessed a \$250.00 late charge. The entry will be pulled from OME with no Corrections or Additions being allowed.

**LATE ENTRIES:**

Late entries will not be accepted through OME.

For swimmers qualifying for the first time between February 2<sup>nd</sup> – February 13<sup>th</sup>, coaches must submit information on new entries no later than noon on February 14<sup>th</sup> to: [entries@metroswimming.org](mailto:entries@metroswimming.org)  
Times updates will NOT be accepted.

**ENTRY FEES:**

**Individual Entry:** \$10.50 per event

**Swimmer Surcharge:** \$10.50 per athlete

**Relay Entry:** \$21.00 per relay entered

**Credit Card only at OME checkout**

**CORRECTIONS:**

Preliminary psych sheets will be posted on the Metro Website on February 9<sup>th</sup>, 2022 by noon.

All corrections and first-time qualifying swims must be submitted no later than **Noon on February 14, 2022** by email to [ENTRIES@metroswimming.org](mailto:ENTRIES@metroswimming.org) (corrections include missed or mis-entered events).

Only corrections of provable admin errors and first-time qualified swims entries will be accepted during this period; no new entries will be accepted.

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:

**\*\* HEAD COACH CELL CONTACT MUST BE PROVIDED FOR SCRATCH PURPOSES\*\***

## RULES AND PROCEDURES: PLEASE READ VERY CAREFULLY!!

1. Positive check-in for the Thursday distance MUST be made in person at the Admin Table between 4 pm and 4:45 pm on Thursday. The 1000 Free will be seeded promptly at 5:00 pm. POSITIVE CHECK-IN for the 800-yard Freestyle Relay will be available at the Admin Table and will close at 5:00 pm. Scratches will be taken via email as well until 5:00 pm.
2. Scratches for Friday, Saturday, and Sunday are due no later than 6:30 p.m. the day before the day of competition: i.e. - scratches for Saturday are due Friday by 6:30 pm. Scratches can be made in person at the Admin table and/or by email at [Entries@metroswimming.org](mailto:Entries@metroswimming.org)
3. Positive check-in for Sunday's distance events will be due no later than 6:30 pm on Saturday at the Admin table. Heats for Sunday's distance will be posted at the pool and on the Metro website by the end of Saturday 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.
5. Additionally, a swimmer who receives a No-Show penalty shall not be seeded in any Individual events on succeeding days without having first positively checked-in at the Admin table.
6. The C and D Finals 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. 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 they may not intend to compete, and further must declare their final intention within 30 minutes following their last preliminary event.
7. Any swimmer qualifying for a D, C, B, or A Final 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 207.11.6E. In all finals' heats, 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.
8. **IT IS THE COACHES' RESPONSIBILITY TO CHECK AND MAKE SURE THEIR ATHLETES ARE PROPERLY SCRATCHED OUT OF FINALS AND THAT THEY HAVE NOT BEEN MOVED INTO THE FINALS SESSION.** Coaches should not leave the competition deck until their swimmers' events are closed.
9. Head Coaches will be asked to provide a cell number for contact in the situation when a swimmer scratches into finals once the event is closed. While all reasonable efforts will be made to contact coaches if a swimmer scratches into Finals, it remains the coaches' responsibility to monitor their athletes' standings while the event is still open.
10. If a swimmer fails to follow this procedure, they 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, their club will be fined \$150.00 for each instance.

## RELAY SCRATCH RULES:

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 their next individual event. Relay members who do appear ready to swim shall not be penalized.

### **AWARDS:**

Medals for the first 8 places in individual events. The top 3 individual finishers and relays will be presented medals on the blocks following the completion of the A-Final.

### **SCORING:**

**All events will be scored to 16 places.**

Points for Individual events are:

**D** Bonus Final – for 50 Free and 100 events only - non-scoring

**C** Bonus Final – non-scoring

**B** Consolation Final – **9, 7, 6, 5, 4, 3, 2, 1**

**A** 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 Thursday's 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 at the admin table.

Time trials will be limited to 30 minutes; they will cost \$15.00 per swim. The 1000 & 1650 will cost \$20.00 per swim. Relay time trials will cost \$20.00 per swim.

### **RULES:**

The 2022 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 and if such starts comply with the state, local, facility, and Metro COVID-19 guidelines in effect at the beginning of the competition.

### **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, volunteers, timers 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.

### **COVID:**

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.



USA Swimming, Inc., Metropolitan Swimming, Inc., and Nassau County Aquatics Center, cannot prevent you (or your children) from becoming exposed to, contracting or spreading COVID-19 while participating in USA Swimming/Metro Swimming sanctioned events. It is not possible to prevent the presence of the disease. Therefore, if you choose to participate in a USA Swimming/Metro Swimming sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS USA SWIMMING, INC., Metropolitan SWIMMING, INC., Nassau County Aquatics Center, AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY AND ALL LIABILITY OR CLAIMS FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN IN CONNECTION THEREWITH.

**COVID RULES:**

All individuals will be required to follow all state, local and Metro COVID-19 Rules. These rules will be provided before the start date of the meet.

**DECK ACCESS:**

Please use designated pool entry areas.

Only coaches, officials, and meet staff with proper credentials will be permitted on the pool deck. Credentials must be visible at all times when on deck.

All coaches must be prepared to show a current USA Swimming registration card (Deck Pass) at the admin table to receive their deck pass (bracelet). Deck passes will only be issued to individuals in good standing with USA Swimming and registered through OME.

**CHECK-IN AND WARM-UP PROCEDURES:**

Athletes and coaches should clear the facility immediately at the conclusion of a session.

All swimmers must start warm-ups from either the start end or the turn end of the pool. Entry into the pool from the sides is prohibited. Entry is feet-first unless the lane has been designated for one-way sprints.

Swimmers must be under supervision of a USA Swimming credentialed coach during warmups. If a coach from the team will not be travelling with the athletes, please make arrangements prior to the meet for a coach to supervise the athletes who will be attending.

**DISCLAIMER:**

Upon acceptance of their 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.

**ADMISSIONS:**

Spectator seating may be limited dependent upon facility guidelines at the time of the event.

**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!**

**Thursday:** Admission: \$1.00 per person per session

**Friday, Saturday, Sunday Prelims/Finals:** Adult Admission: \$10.00 per person per session, Child Admission: \$3.00 per person per session

**All Sessions Pass:** \$50.00 – Includes Finals

**TICKET LINK:** To Be Made Available on Metro Website

**PROGRAMS:**

**Psych Sheets and Finals Programs:** Will be available online only for purchase on **Meet Mobile**

**PARKING:**

Ample free parking is available. Patrons must not park in areas sectioned off for NCAC Staff.

**EVENTS:**

**Thursday**

**Session 1 – Distance – TIMED FINALS – 5:30 PM Start**

<b>Women</b>	<b>Event</b>	<b>Men</b>
1	1000 Free	
	1000 Free	2
3	800 Free Relay	4

**Friday**

**Session 2 – PRELIMS – 9:00 AM Start**

**Session 3 – FINALS – 5:30 PM Start**

<b>Women</b>	<b>Event</b>	<b>Men</b>
5	100 Breast	6
7	200 Free	8
9	100 Fly	10
11	400 I.M.	12

**Saturday**

**Session 4 – PRELIMS – 9:00 AM Start**

**Session 5 – FINALS – 5:30 PM Start**

<b>Women</b>	<b>Event</b>	<b>Men</b>
13	200 I.M.	14
15	50 Free	16
17	100 Back	18
19	500 Free	20
21	400 Medley Relay	22

**Sunday**

**Session 6 – PRELIMS – 9:00 AM Start**

<b>Women</b>	<b>Event</b>	<b>Men</b>
25	200 Back	26
27	200 Breast	28
29	100 Free	30
31	200 Fly	32

**Session 7 – DISTANCE – TIMED FINALS – TBD Start**

<b>Women</b>	<b>Event</b>	<b>Men</b>
23	1650 Free	
	1650 Free	24

**Session 8 – FINALS – 5:30 PM Start**

<b>Women</b>	<b>Event</b>	<b>Men</b>
23	1650 Free	
	1650 Free	24
25	200 Back	26
27	200 Breast	28
29	100 Free	30
31	200 Fly	32
33	400 Free Relay	34

## 2022 WINTER SENIOR METS - SHORT COURSE

LCM	SCM	SCY		SCY	SCM	LCM
28.79	27.99	25.19	<b>50 Free</b>	22.79	25.39	26.19
1:02.29	1:00.79	54.69	<b>100 Free</b>	<b>49.49</b>	<b>54.89</b>	<b>55.69</b>
2:14.49	2:11.29	1:58.29	<b>200 Free</b>	1:48.69	2:00.69	2:03.89
4:37.59	4:31.19	5:10.99	<b>500 Free</b>	4:52.99	4:16.79	4:22.79
9:35.69	9:22.89	10:44.99	<b>1000 Free</b>	10:09.99	8:51.69	9:04.49
18:34.89	18:10.89	18:12.99	<b>1650 Free</b>	17:19.99	17:16.79	17:40.79
1:08.59	1:07.39	1:00.69	<b>100 Back</b>	55.99	1:02.19	1:03.39
2:28.39	2:25.99	2:11.49	<b>200 Back</b>	2:01.99	2:15.39	2:17.79
1:20.09	1:18.09	1:10.29	<b>100 Breast</b>	1:03.49	1:10.49	1:12.49
2:52.69	2:48.69	2:31.99	<b>200 Breast</b>	<b>2:18.99</b>	<b>2:34.29</b>	<b>2:38.29</b>
<b>1:07.79</b>	<b>1:06.59</b>	<b>59.99</b>	<b>100 Fly</b>	<b>54.59</b>	<b>1:00.59</b>	<b>1:01.99</b>
2:33.79	2:30.99	2:15.99	<b>200 Fly</b>	2:03.99	2:17.69	2:20.49
2:30.49	2:26.49	2:11.99	<b>200 IM</b>	2:01.39	2:14.79	2:17.99
5:21.89	5:12.99	4:41.99	<b>400 IM</b>	4:21.99	4:40.79	4:57.19
4:17.29	4:11.69	3:45.79	<b>400 Free Relay</b>	3:21.89	3:44.19	3:50.59
9:11.59	8:58.79	8:05.39	<b>800 Free Relay</b>	7:22.39	8:11.09	8:23.89
4:46.49	4:40.09	4:12.29	<b>400 Medley Relay</b>	3:46.99	4:11.99	4:18.39

**Eligibility period: from January 1, 2020 to the meet entry deadline**

**At least 2 swimmers in each relay must be entered in the meet in individual events**

**Only two (2) relays per team may score**

**A-B-C-D Relays may be entered as long as all requirements are followed**

9/30/21



## 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 \_\_\_\_\_

