

2020 METRO BRONZE CHAMPIONSHIPS NORTH

FRIDAY, SATURDAY AND SUNDAY,
March 20-22, 2020



Metropolitan Swimming Sanction # 200305

Time Trial - #200352-T

2020 METROPOLITAN SWIMMING BRONZE CHAMPIONSHIP NORTH– Hosted by Newburgh Sharks

Friday, Saturday and Sunday –March 20-22, 2020
Sanction # 200305

METRO NORTH TEAMS:

Aqua Gems, AquaRacers, BGC-N Westchester Marlins, Club Fit Briarcliff, Club Fit Jefferson Valley, Condors Swim Club, Delaware Valley Water Moccossins, Empire Swimming, Gael Aquatic Club of Iona, Hudson Valley Dolphins, Mid Hudson Heat Waves, Monroe-Woodbury Devilfish, Newburgh Sharks, Northern Dutchess Aquatic Club, New Rochelle YMCA, New York Sharks, Ossining Spartans, Phoenix Aquatic Club, Patriot Swim Team, Pine Bush Aquatic Club, Rivertown Aquatics, Red Fox Aquatic Club, Rye YMCA, Saw Mill Club Storm, Silver Streaks, Suffern Sea Lions, Team Rockland, Viking Aquatic Club, Waverunners, Washingtonville Seahawks, YMCA of Middletown, White Plains Middies.

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #200305 TT # 200352-T

LOCATION: Valley Central High School
1175 Rt. 17k
Montgomery, NY 12549

FACILITY: 25-yard pool with 8 lanes and non-turbulent lane lines. There is seating for 300 spectators. Colorado electronic timing system and the 6 - line scoreboard will be used. The pool has not been certified in accordance with Article 104.2.2c (4). Athletes will be housed in the gymnasium adjacent to the pool.

SESSIONS: **Session 1: Friday PM: 4:00 PM Warm Up 5:00 PM Start**
Session 2: Saturday AM 7:30 AM Warm Up 9:00 AM Start
Session 3: Saturday PM 1:00 PM Warm Up 2:30 PM Start
Session 4: Sunday AM 7:30 AM Warm Up 9:00 AM Start Session 5:
Sunday PM 1:00 PM Warm Up 2:30 PM Start
**** Afternoon session warm-up and start times may be adjusted after the meet entries deadline. All teams will be notified.**

FORMAT: **This is a timed final meet.**
This meet will be deck seeded with coaches checking in/scratching swimmers. Scratch sheets are due back 30 min. prior to the end of the warm-ups.

ELIGIBILITY: Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers in NORTH REGIONS. Metro SOUTH entries will be accepted as space permits. SOUTH entries will be accepted on a first come first serve basis. NORTH teams have priority through the entry deadline. We will accommodate as many SOUTH teams as possible based upon availability once all NORTH entries have been accepted. All swimmers participating in this meet must be registered by the first day of the meet.
Age on **March 20, 2020** will determine age for the entire meet.

DISABILITY SWIMMERS: Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.
The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.

ENTRIES: All athletes are limited to enter a maximum of 4 events per session.
8 & Under swimmers are not permitted to compete in this meet.
Entry times cannot be faster than **BRONZE** times as specified by Metropolitan Swimming 2020 time standards. NT entries are not permitted. Events must have been swum at least once before. Entry times must have been achieved between January 1, 2019 and the meet entry deadline, March 13, 2020.

A **SWIMS Times Recon** will be done at least one week prior to the meet. Times must have been achieved within the qualifying time period and must be in the SWIMS database. Times cannot be converted times. Entry Times not in the SWIMS database will be removed. U.S. Mail Entries/Payment to:

Newburgh Sharks c/o Patrick Kavanagh
140 Dogwood Lane
Newburgh NY 12550

Email Entries/Confirm Entry Receipt: admin@nbsharks.com

ENTRIES: Sign Express Mail Waiver allowing delivery without signature

DEADLINE: 1: This is a Metro Championship Meet.
2: The final entry deadline for this meet is **March 13, 2020**

An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.

ENTRY FEE: An entry fee of **\$5.00** per individual event, **\$1.00** per swimmer Metro Surcharge, **\$4.00** Facility Surcharge must accompany the entries.

Make check payable to: **Newburgh Sharks**
Payment must be received by **March 20, 2020** for email entries.
Failure to pay entry fees by this deadline could result in teams being barred from the meet.

WARM-UP: Warm-ups will be run under Metro Swimming Warm-up and Safety Guidelines. Warm-ups will include general warm up lanes and sprint lanes. **Warm-up lanes may be assigned for teams if necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.**

SCRATCHES: Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.

Metropolitan Scratch Procedure will be in effect for the entire meet

COACHES: In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.

AWARDS: Individual medals for 1st through 8th place, ribbons 9th through 16th place for swimmers below the "silver" minimum standard. Overachiever Ribbons will be awarded to swimmers who swim Silver and JO qualifying times in an event for the first time at this meet. Awards must be picked up at the end of the meet.

OFFICIALS: **Meet Referee:** Frank Bacigal fbacigal288@gmail.com
Officials wishing to volunteer should contact Meet Referee by **March 15, 2020**.

**ADMIN
OFFICIAL**

Patrick Kavanagh [_admin@nbsharks.com](mailto:admin@nbsharks.com)

**MEET
DIRECTOR:**

Patrick Kavanagh – admin@nbsharks.com

RULES:

The current USA Swimming Rules and Regulations will apply.

The USA Swimming Code of Conduct is in effect for the duration of the meet.

The overhead start procedure **WILL BE USED** for this meet.

SAFETY:

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"

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.

MAAPPS

Current USA Swimming Rules, including the Minor Athlete Abuse Prevention Policy ("MAAPP"), will govern this meet.

DISCLAIMER:

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against **the Newburgh Sharks, Valley Central School District**, 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."

Use of Audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms or from behind the blocks.

**AUDIO/VISUAL
STATEMENT:**

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

Deck changes are prohibited.

**DECK
CHANGING:**

ADMISSION:

\$7.00 per session

\$3.00 for a meet program

MERCHANTS:

The Metro Swim Shop will provide swimming apparel and related items for sale in the Gymnasium.. Refreshments will be available for purchase spectator balcony. No Food or Drinks Will Be Allowed On The Pool Deck. Plastic Water Bottles however, are acceptable. Coaches are expected to monitor your team area. Red Gatorade Bottles are prohibited from the pool deck and gymnasium.

DIRECTIONS:

1175 Rt. 17k Montgomery NY 12549

Bronze Championship Central & North, March 20-22 2020

Session 1 (All age groups)

Friday PM – 4:00 PM warm-up / 5:00 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
1	2:46.70	11-12 200 Back	2:42.80	2
3	2:49.60	9-10 200 Free	2:49.60	4
5	6:20.80	11-12 500 Free	6:32.00	6
7	5:26.00	13-14 400 IM	5:09.80	8
9	5:23.30	15-18 400 IM	4:45.90	10
11	3:14.00	9 10 200 IM	3:14.00	12
13	2:48.10	11-12 200 IM	2:48.00	14
15	5:50.60	13-14 500 Free	5:51.00	16
17	5:40.00	15-18 500 Free	5:18.00	18

Session 2 (9-10 and 13-14)

Saturday AM – 7:30 AM warm-up / 9:00 AM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
19	2:17.00	13 14 200 Free	2:14.20	20
21	47.80	9-10 50 Breast	48.60	22
23	1:23.50	13-14 100 Breast	1:16.70	24
25	35.20	9 10 50 Free	35.20	26
27	1:03.10	13-14 100 Free	59.60	28
29	1:33.10	9-10 100 Back	1:37.10	30
31	2:36.30	13-14 200 Back	2:27.10	32
33	1:38.00	9-10 100 Fly	1:38.00	34
35	1:11.60	13-14 100 Fly	1:07.10	36

Session 3 (11-12 and 15-18)
Saturday PM – 1:00 PM warm-up / 2:30 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
37	2:25.90	11-12 200 Free	2:26.00	38
39	2:10.60	15-18 200 Free	1:58.00	40
41	1:19.50	11-12 100 Back	1:17.50	42
43	1:10.10	15-18 100 Back	1:03.90	44
45	31.00	11-12 50 Free	30.70	46
47	1:01.10	15-18 100 Free	54.50	48
49	1:28.70	11-12 100 Breast	1:26.50	50
51	2:51.00	15-18 200 Breast	2:36.80	52
53	34.60	11-12 50 Fly	34.70	54
55	2:34.00	15-18 200 Fly	2:25.00	56
57	2:49.40	11-12 200 Fly	2:45.40	58

Session 4 (9-10 and 13-14)
Sunday AM – 7:30 AM warm-up / 9:00 AM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
59	2:41.50	13-14 200 IM	2:31.10	60
61	1:18.50	9-10 100 Free	1:18.50	62
63	28.80	13-14 50 Free	26.80	64
65	41.90	9-10 50 Back	42.90	66
67	1:12.70	13-14 100 Back	1:08.30	68
69	1:46.20	9-10 100 Breast	1:48.40	70
71	2:57.00	13-14 200 Breast	2:47.90	72
73	42.40	9-10 50 Fly	43.90	74
75	2:36.60	13-14 200 Fly	2:29.60	76
77	1:28.60	9-10 100 IM	1:28.60	78

Session 5 (11-12 and 15-18)
Sunday PM –1:00 PM warm-up / 2:30 PM Start

Girls Event #	No Faster Than	Event	No Faster Than	Boys Event #
79	1:18.70	11-12 100 IM	1:17.20	80
81	2:30.00	15-18 200 IM	2:27.80	82
83	1:08.30	11-12 100 Free	1:07.00	84
85	28.30	15-18 50 Free	25.20	86
87	36.10	11-12 50 Back	36.10	88
89	2:29.30	15-18 200 Back	2:16.90	90
91	40.60	11-12 50 Breast	40.30	92
93	1:20.90	15-18 100 Breast	1:10.90	94
95	1:19.40	11-12 100 Fly	1:17.60	96
97	1:09.60	15-18 100 Fly	1:02.60	98
99	3:11.20	11-12 200 Breast	3:03.50	100

Metropolitan Swimming, Inc. & Newburgh Sharks 'Bronze Championships North' 2020
Friday, Saturday, and Sunday, March 20-22 2020

*****WAIVER*****

In consideration of acceptance of this entry, I/we hereby, for myself/ourselves, my/our heirs, administrators and assigns, waive and release any and all claims against **USA-Swimming, Newburgh Free Academy, Newburgh Sharks, and Metropolitan Swimming, Inc.** for any injuries and/or expenses occurred by me/us at the swim meet, or while on the road to and from the meet. I/we are bona fide amateur athletes and eligible to compete in all the events I/we have entered.

Team Name _____ Team Code _____

Coach's Name _____

Day Phone # _____ Evening Phone # _____

Address _____

City _____ State _____ Zip _____

Club/Coach email address _____

MEET ENTRY REPORT

Female Individual Entries x \$5.00 = _____

Male Individual Entries x \$5.00 = _____

Metro Surcharge: Girls Entered x \$1.00 = _____

Metro Surcharge: Boys Entered x \$1.00 = _____

Amount Entries (Make Check payable to Newburgh Sharks= admin@nbsharks.com)

List All Unattached Swimmers:

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____

Unattached Swimmer: _____ Unattached Swimmer: _____



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 _____