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2022 METRO BRONZE CHAMPIONSHIPS CENTRAL

FRIDAY, SATURDAY, AND SUNDAY

MARCH 25-27, 2022

HOSTED BY:

# NILE CROCODILE AQUATIC CLUB

Held at Mark Twain Pool, Yonkers Montessori Academy, 160 Woodlawn Avenue, Yonkers NY 10704

SANCTION # #220309 TT - #220357-T

### METRO CENTRAL TEAMS

APEX Swim Club, AGUA Asphalt Green, ASAP Brooklyn Otters, BAD Badger Swim Club, BKR Brooklyn Stingrays, CAS Stingrays, CENT Central Queens, CIY Cross Island Y Barracudas, FLY Flushing YMCA, FREE Freedom Aquatics,

HDRO Hydro Aquatics, HES Hurricane Swimming, HS Harbor Seals/Bay Ridge, JCCT JCC Thunderbirds, KBM Kips Bay

Mako's, LGAC LaGuardia Aquatic Club, Lifetime New York, LSA Lion Swim Academy, MAKO Manhattan Makos,

MCBY McBurney Manta Rays, MPNY Match Point, NCAC Nile Crocodile Aquatic Club, NFS Nu Finmen, NYCC New

York City Aquatic Club, SSL Suffern Sea Lions, QNS Queens Aquatic Club, RED Riverbank Redtails, RIST Roosevelt Island Marlins, SHY Shorefront Y (Brooklyn Seals), ST Swim Tech, TSC Trident Swim Club, TRI Trident Aquatic Club, WEST Westchester Wolverines, YFD 92nd Street Flying Dolphins.

### 2022 METRO BRONZE CHAMPIONSHIPS CENTRAL

Friday 25-Sunday 27, March 2022

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

LOCATION: Mark Twain Pool, Yonkers Montessori Academy, 160 Woodlawn Ave, Yonkers NY 10704

FACILITY: 25 Yard pool with 8 6ft lanes and non-turbulent lane lines. Colorado electronic timing

system.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 stand and are not authorized to be in any other part of

the building. The pool has been certified in accordance with Article 104.2.2C (4).

12 feet in deep end, 4 feet in shallow end.

SESSIONS: Session 1- 4:00 PM Warm-up 5:00 PM Start – March 25th, All Ag groups

Session 2- 7:30 AM Warm-up 8:30 AM Start – March 26th, 9-10 & 13-14

Session 3- 1:30 PM Warm-up 2:30 PM Start – March 26th, 11-12 & 15-18

Session 4- 7:30 AM Warm-up 8:30 AM Start – March 27th, 9-10 & 13-14

Session 5- 1:30 PM Warm-up 2:30 PM Start – March 27th, 11-12 & 15-18

FORMAT: All events are timed finals. Slow to fast standard This meet will be deck seeded

with coaches checking in/scratching all swimmers.

ELIGIBILITY: Open to all Invited USA Swimming/Metropolitan Swimming Inc. registered swimmers.

All swimmers participating in this meet must be registered by the first day of the meet. No “Deck Registrations” will be accepted Age on March 25th,2022 will determine age for the entire meet

If space permits. South teams will be permitted to attend the Central Bronze meet. South entries will be accepted on first come, first serve basis. Central teams have priority through the entry deadline. Again, we will accommodate as many South Teams as possible based upon availability once all Central entries have been accepted.

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 Swimmers are limited to 4 events per session. 8 & under are not permitted to

swim in this meet. Entry times cannot be faster than BRONZE times as specified by

Metropolitan swimming 2021-2022-time standards. Swimmers must have swum the

events once prior to this meet. Entry times must have been achieved between January   
 1, 2021 & the meet entry deadline- March 15th, 2022- Hy-Tek email entries will be

accepted. An email confirmation will be sent back if you do not receive the email

confirmation within 2 days of your original email, please contact the meet director to

discuss the entry. Meet entries recon from SWIMS will be performed before the

meet. NTs are not allowed.

Mail your payment to: MAGDY SHOKRY 46 Nuvern Ave, Mt. Vernon NY 10550

Confirm Entry Receipt magdyshokry@hotmail.com

DEADLINE: Entries must be received by: March 15th, 2022, 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, $5.00 per swimmer surcharge ($4.00 for facility

charge plus $1.00- for Metro surcharge) must accompany the entries.

Please Make the check payable to: MAGDY SHOKRY, Or NCAC.

Payment must be received by March 25th, 2022, for email entries. Payment must be

Included with all mail entries. Failure to pay entry fees by this deadline could result in   
teams being barred from the meet.

WARM-UP: General warm up with assigned lanes for the first 40 minutes. Sprint lanes #2-7and pace

Lanes 1&8 will be available for 20 minutes. Lane assignments will be distributed along

with the scratch sheet at each session.

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.

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 – 8th place, ribbons 9th – 16th place for swimmers below the

silver minimum standard. Overachiever ribbons will be awarded to swimmers who swim Silver, JO qualifying times in an event for a first time at this meet.

OFFICIALS: Meet Referee: Frank A. Zarnitz, anssec180@gmail.com, 917- 284- 0477

Officials wishing to volunteer contact Meet Referee by March 5th, 2022

ADMIN.OFFICIAL: Admin Official: Magdy Shokry, magdyshokry@hotmail.com, (347) 466-0375

MEET DIRECTOR: Wendy Martinez, bellamiamour@gmail.com, (917) 392-9259

|  |  |
| --- | --- |
| RULES: | Current USA Swimming Rules, including the Minor Abuse Preventing Policy “MAAPP”, |
| will govern this meet. 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.

The current USA Swimming Rules and Regulations will apply. The USA Swimming

Code of Conduct is in effect for the duration of the meet. The overhead start

procedure may be used at the discretion of the meet Referee.

SAFETY: Metropolitan Safety and Warm-up procedures will be in effect.

Marshals will be present throughout warmups 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 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.

WATER DEPTH: The pool has been certified in accordance with Article 104.2.2C (4). 10 feet in deep end,

4 feet in shallow end.

DISCLAIMER: Upon acceptance of his/her entries, the participant waives all claims against Nile crocodile

Aquatic club, Yonkers public Schools and City of Yonkers, Metropolitan Swimming Inc, USA

Swimming Inc, and their agents or representatives for any injury occurring because of the

meet. It is understood that USA Swimming, Inc. and Metropolitan Swimming, Inc. shall be

free from any liabilities or claims for damages arising by reason of injuries to anyone during

the conduct of the meet.

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., cannot prevent you (or your child(ren)) from becoming exposed to

Contracting, or spreading COVID-19 while participating in USA Swimming sanctioned

events. It is not possible to prevent against the presence of the disease. Therefore, if   
 you choose to participate in a USA 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 Yonkers Public Schools and City of Yonkers, Nile Crocodile Aquatic Club,

Metropolitan Swimming Inc., USA Swimming Inc, AND EACH OF THEIR OFFICERS,

DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR

CLAIMS INCLUDING 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 WITH EXPOSURE, INFECTION,  
 UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF   
 COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

AUDIO/

VISUAL: Use of Audio or visual recording devices, including a cell phone, is not permitted in

changing areas, rest rooms, behind the blocks or locker rooms.

DRONES: 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.

DECK

CHANGING: Deck changes are prohibited.

MERCHANTS: Vendors will be available on site for the purchase of suits, bags, towels, goggles and

apparel. Hot & cold dishes, snacks, desserts, & beverages will be available.

|  |  |
| --- | --- |
| ADMISSION: | $10.00 Admissions per session will be at the front of the building, cash only.  All children over the age of 6 require admissions.  SPECTATORS MAYBE ALLWED BUT LIMITED, DEPENDING ON THE ATHLETE  PARTICIPATION. TEAM WILL BE NOTIFIED OF THE AVAILABILITY ONCE ALL  ENTRIES ARE RECEIVED  Meet will be available on meet mobile / No programs will be sold AT DOOR.  We will have video Streaming for the entire weekend sessions, links will be offer later. |

PARKING: There is ample free parking available

DIRECTIONS: From the North (choose 1 from below) Taconic Parkway South to Sprain South to Bronx

River Parkway South. After Cross County Parkway exits, take the Second Bronx River

Road Exit. Make a right onto Bronx River Road and the immediate left onto Wakefield

Avenue. Go approximately 5 blocks. Pool entrance is at the corner of Wakefield Avenue

and Woodlawn Ave. 87 South to Exit 4, Cross County Parkway. Stay on Service Road

South to Yonkers Ave. Make a left onto Yonkers Ave. Continue for approximately 0.25

mile and make a right onto Kimball Avenue. Bear left onto Sterling Avenue, Then Bear

Left onto Woodlawn Avenue. Pool Entrance is at the corner of Wakefield Avenue and

Woodlawn Avenue.

DIRECTIONS: From Long Island Take 495 Long Island Expressway West towards

Whitestone Bridge. Merge onto Cross Island Parkway North. Merge onto I295 North via

Exit 33 Bronx/New England. Merge onto I695 /North Throgs Neck Expressway via Exit

New Haven. I695 /North. Throgs Neck becomes I95 North.

Take the Baychester Ave. Exit 12 on the left. Turn slight right onto Baychester

Ave. Baychester Ave becomes East\ 241st street. East 241st becomes Wakefield

Avenue. Turn right onto Woodlawn Ave. 160 Woodlawn Avenue is on the right.

DIRECTIONS: From NY City 87 North towards Albany. Take the East 233rd Street Exit 13. Stay

Straight on East 233rd Street and make 1st left onto Van Courtland Park East. Van

Courtland Park east becomes Kimball Avenue. Turn Right onto Wakefield Avenue. Turn

Left onto Woodlawn Avenue. 160 Woodlawn Avenue is on the right.

Use Best SCY Times From 01/01/2021

#### Session 1 (All Age Groups)

4:00 PM Warm-up 5:00 PM Start – Friday, March 25, 2022

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Bronze  Not faster Than | Girls  Events  No. | Friday PM    Events | Boys  Events No. | Bronze Not faster  Than |
| 2:47.00 | 1 | 11-12 200 BK | 2 | 2:42.80 |
| 2:49.60 | 3 | 9-10 200 FR | 4 | 2:49.60 |
| 6:20.80 | 5 | 11-12 500 FR | 6 | 6:32.00 |
| 5:26.00 | 7 | 13-14 400 IM | 8 | 5:09.80 |
| 5:23.30 | 9 | 15-18 400 IM | 10 | 4:45.90 |
| 3:14.00 | 11 | 9-10 200 IM | 12 | 3:14.00 |
| 2:48.10 | 13 | 11-12 200 IM | 14 | 2:48.00 |
| 5:50.60 | 15 | 13-14 500 FR | 16 | 5:51.00 |
| 5:40.00 | 17 | 15-18 500 FR | 18 | 5:18.00 |
| 7:05.00 | 19 | 9-10 500 FR | 20 | 7:06.00 |

Session 2 (9-10 & 13-14 ONLY)

7:30 AM Warm-up 8:30 AM Start – Saturday, March 26, 2022

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Bronze  Not Faster Than | Girls  Events No. | Saturday AM  Events | Boys  Events No. | Bronze Not Faster  Than |
| 2:17.00 | 21 | 13-14 200 FR | 22 | 2:14.20 |
| 47.80 | 23 | 9-10 50 BR | 24 | 48.60 |
| 1:23.50 | 25 | 13-14 100 BR | 26 | 1:16.70 |
| 1:38.00 | 27 | 9-10 100 FL | 28 | 1:38.00 |
| 1:11.60 | 29 | 13-14 100 FL | 30 | 1:07.10 |
| 35.20 | 31 | 9-10 50 FR | 32 | 35.20 |
| 1:03.10 | 33 | 13-14 100 FR | 34 | 59.60 |
| 1:33.10 | 35 | 9-10 100 BK | 36 | 1:37.10 |
| 2:36.30 | 37 | 13-14 200 BK | 38 | 2:27.10 |

#### Session 3 (11-12 & 15-18 ONLY)

1:320 PM Warm-up 2:30 PM Start – Saturday, March 26, 2022

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Bronze  Not Faster Than | Girls  Events No. | Saturday PM    Events | Boys  Events No. | Bronze  Not Faster  Than |
| 2:25.90 | 39 | 11-12 200 FR | 40 | 2:26.00 |
| 2:10.60 | 41 | 15-18 200 FR | 42 | 1:58.00 |
| 1:19.50 | 43 | 11-12 100 BK | 44 | 1:17.50 |
| 1:10.10 | 45 | 15-18 100 BK | 46 | 1:03.90 |
| 31.00 | 47 | 11-12 50 FR | 48 | 30.70 |
| 1:01.10 | 49 | 15-18 100 FR | 50 | 54.20 |
| 1:28.70 | 51 | 11-12 100 BR | 52 | 1:26.50 |
| 2:51.00 | 53 | 15-18 200 BR | 54 | 2:36.80 |
| 34.60 | 55 | 11-12 50 FL | 56 | 34.70 |
| 2:34.00 | 57 | 15-18 200 FL | 58 | 2:25.00 |
| 2:49.40 | 59 | 11-12 200 FL | 60 | 2:45.40 |

#### Session 4 (9-10 & 13-14)

7:30 AM Warm-up 8:30 AM Start – Sunday, March 27, 2022

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Bronze  Not Faster Than | Girls  Events No. | Sunday AM    Events | Boys  Events No. | Bronze  Not Faster  Than |
| 2:41.50 | 61 | 13-14 200 IM | 62 | 2:31.10 |
| 1:18.50 | 63 | 9-10 100 FR | 64 | 1:18.50 |
| 28.80 | 65 | 13-14 50 FR | 66 | 26.80 |
| 41.90 | 67 | 9-10 50 BK | 68 | 42.90 |
| 1:12.70 | 69 | 13-14 100 BK | 70 | 1:08.30 |
| 1:46.20 | 71 | 9-10 100 BR | 72 | 1:48.40 |
| 2:57.00 | 73 | 13-14 200 BR | 74 | 2:47.90 |
| 42.40 | 75 | 9-10 50 FL | 76 | 43.90 |
| 2:36.60 | 77 | 13-14 200 FL | 78 | 2:29.60 |
| 1:28.60 | 79 | 9-10 100 IM | 80 | 1:28.60 |

### Session 5 (11-12 & 15-18)

1:30 PM Warm-up 2:30 PM Start – Sunday, March 27, 2022

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Bronze  Not Faster Than | Girls  Events No. | Sunday PM    Events | Boys  Events No. | Bronze  Not Faster Than |
| 1:18.70 | 81 | 11-12 100 IM | 82 | 1:17.20 |
| 2:30.00 | 83 | 15-18 200 IM | 84 | 2:27.80 |
| 1:08.30 | 85 | 11-12 100 FR | 86 | 1:07.00 |
| 28.60 | 87 | 15-18 50 FR | 88 | 25.20 |
| 36.10 | 89 | 11-12 50 BK | 90 | 36.10 |
| 2:29.30 | 91 | 15-18 200 BK | 92 | 2:16.90 |
| 40.60 | 93 | 11-12 50 BR | 94 | 40.30 |
| 1:20.90 | 95 | 15-18 100 BR | 96 | 1:10.90 |
| 1:19.40 | 97 | 11-12 100 FL | 98 | 1:17.60 |
| 1:09.60 | 99 | 15-18 100 FLY | 100 | 1:02.60 |
| 3:11.20 | 101 | 11-12 200 BR | 102 | 3:03.50 |

Metropolitan Swimming, Inc. & NCAC ‘Bronze Championships Central’ 2022 Friday,

Saturday, and Sunday, March 25-27, 2022

WAIVER

INFORMED CONSENT/HOLD HARMLESS WAIVER FOR PARTICIPATION in the Bronze Championships Central, DATE: March 25 to 27, 2022, AT MARK TWAIN POOL PURPOSE AND EXPLANATION OF PROCEDURE I hereby consent to voluntarily engage in the Swim Meet at MARK TWAIN POOL on March 25-27, 2022. I have been informed that during my participation in the above-described Aquatic program, I will be asked to stop if any symptoms such as fatigue, shortness of breath, chest discomfort or similar occurrences appear. At this point, I have been advised that it is my complete right to decrease or stop exercise and that it is my obligation to inform the Instructor/Program/Coach personnel of my symptoms, should they develop. It is my understanding and I have been informed that there exists the remote possibility that during exercise and or competition of adverse changes including, but not limited to, abnormal blood pressure, fainting, dizziness, disorders of heart rhythm, and in very rare instances heart attack, stroke, or even death. I further understand and I have been informed that there exists the risk of bodily injury including, but not limited to injurers to the muscles, ligaments, tendons, and joints of the body. Every effort will be made to minimize these occurrences by proper staff assessment of my condition before each session, staff supervision during exercise and by my own carful control of exercise efforts. I fully understand the risks associated with exercise, including the risk of bodily injury, heat attack, stroke or even death, but knowing these risks, it is my desire to participate as herein indicated. We (I), the undersigned, agree to release, hold harmless, and indemnify the NILE CROCODILE AQUATIC CLUB, Metropolitan Swimming, USA Swimming, YONKERS MONTESSORY ACADEMY, AND MARK TWAIN POOL its trustees, officers, agents, representatives and employees from and against any and all liability, lawsuits, claims, damages, or claims of injuries to my (our) child or children, including any negligent act or omission by the named above or its agents, representatives or employees, which are not the result of gross negligence, intentional neglect, or willful or wanton conduct by the named above. We have put in place preventative measures, as required by the CDC and the State of New York, to reduce the spread of COVID-19 and other communicable diseases; however, we cannot guarantee that you or your child(ren) will not become infected with COVID-19 or other communicable disease. Further, participating in this swim meet could increase your risk and your child(ren)’s risk of contracting COVID-19 or other communicable disease. I am aware of risks as described by the current outbreak of COVID-19, and agree to release and hold harmless the NCAC SWIM TEAM, Metropolitan Swimming, USA Swimming, YONKERS MONTESSORY ACADEMY, AND MARK TWAIN POOL, its trustees, officers, agents, representatives and employees from and against any and all liability lawsuits, claims or damages arising from the transmission of any communicable diseases, including but not limited to COVID-19 (SARS-COV2), before, during or after participation in this swim meet on March 25 to 27, 2022. The undersigned Participant acknowledges that participation in this swim championships is subject to certain inherent risks and accepts all risks on land or water while participating in these activities. I have been given an opportunity to ask questions as to the procedures. I have read this Informed Consent/Hold Harmless Waiver form, fully understand its terms, understand that I have given up substantial rights by signing it, and sign it freely and voluntarily, without inducement.

Participant’s Name (Printed): ………………………………………………………………………………………………………………….…………..

Participant’s Signature: ------------------------------------------------ Date: ………………………………………………………………………

Guardian Signature if under 18 years old: ----------------------- Date: ………………………………………………………………………

Emergency Contact Information: ………………………………………………..………………………..…………………………………………

#### Metropolitan Swimming Photographer Registration Form

This form must be completed by any photographer (video or still) who intends to take pictures at

any 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