



# 2017 Senior Metropolitan LC Summer Championships

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.  
Sanction Number **170709** - Time Trials Sanction Number **170752-T**  
Sponsored by Metropolitan Swimming, Inc.

To be held at:  
**NASSAU COUNTY AQUATIC CENTER – EISENHOWER PARK  
EAST MEADOW, NEW YORK**

## July 20-23, 2017

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

**The 2017 Summer Senior Mets must be entered through the USA Swimming  
OME (on-line meet entry) system only.**

**Entries will be accepted online at USA-S OME between June 01 & July 11, 2017**

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 [metromeets16@gmail.com](mailto:metromeets16@gmail.com)

General Chair: John McIlhargy  
Meet Directors: Brian Hansbury, Mary Fleckenstein, Eric Fisher and/or Mary Lange  
Meet Referee: Mark Amodio  
Administrative Official: Mary Lange, Wendy Martinez and/or Mary Fleckenstein  
Meet Jury: Dave Ferris or John Collins, Metro LSC Senior Chairmen  
A Metro Athlete, Metro Coach, Meet Referee, Meet Director/Metro Board member  
(5 people min. – different each day)

# 2017 SENIOR METROPOLITAN LC SUMMER CHAMPIONSHIPS

Hosted by Metropolitan Swimming, Inc.

At Nassau County Aquatic Center

**July 20-23, 2017**

**PLEASE READ CAREFULLY AND COMPLETELY!**

<b><u>SANCTION:</u></b>	Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., Sanction # <b>170709</b> Time Trials Sanction # <b>170752-T</b>
<b><u>LOCATION:</u></b>	Nassau County Aquatic Center Eisenhower Park East Meadow, NY 11554
<b><u>FACILITY:</u></b>	10-50 meter lanes – minimum depth 2 meters. Colorado Timing System, with 10 lane scoreboard. The pool <b>has been</b> certified in accordance with Article 104.2.2C (4) <ul style="list-style-type: none"><li>• <b>NO SMOKING ALLOWED IN THE BUILDING.</b> 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.</li><li>• No locks may be left on NCAC lockers. Shaving is not permitted on the premises.</li><li>• 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</li><li>• <b><u>Deck Changes are prohibited.</u></b></li></ul>
<b><u>MEET DIRECTORS:</u></b>	Brian Hansbury – brian.hansbury@metroswimming.org Mary Fleckenstein – metro.office@metroswimming.org Eric Fisher – eric.fisher@metroswimming.org Mary Lange – thelangez@hotmail.com
<b><u>QUESTIONS:</u></b>	E-mail all questions to <a href="mailto:metromeets16@gmail.com">metromeets16@gmail.com</a>
<b><u>WEBSITE:</u></b>	Metro Swimming LSC: <a href="http://www.metroswimming.org">http://www.metroswimming.org</a> OME - Online Meet Entry System: <a href="http://www.usaswimming.org">http://www.usaswimming.org</a>
<b><u>OFFICIALS:</u></b>	<b>Meet Referee: Steven Kessler - e-mail: <a href="mailto:stevenkessler@msn.com">stevenkessler@msn.com</a></b> <b>The Senior Metropolitan Championship is a USA Swimming OQM. To sign up for the meet and to request an evaluation, please use the application to officiate link on the Metropolitan Swimming home page. Requests for evaluation received before July 13, 2017 will be given priority. For questions regarding evaluations, contact Mark Amodio: <a href="mailto:amodio@vassar.edu">amodio@vassar.edu</a>.</b>

<b><u>SENIOR CHAIR:</u></b>	John Collins – <a href="mailto:john.collins@metroswimming.org">john.collins@metroswimming.org</a> Dave Ferris – <a href="mailto:dave.ferris@metroswimming.org">dave.ferris@metroswimming.org</a>
<b><u>SAFETY CHAIR:</u></b>	Brian Hansbury – <a href="mailto:brian.hansbury@metroswimming.org">brian.hansbury@metroswimming.org</a>
<b><u>ATHLETE REPS:</u></b>	Matt Keane - <a href="mailto:matt.keane@metroswimming.org">matt.keane@metroswimming.org</a> Jocelyn Fisher - <a href="mailto:jocelyn.fisher@metroswimming.org">jocelyn.fisher@metroswimming.org</a>
<b><u>COACHES' MEETING:</u></b>	A brief coaches' meeting will be held <b>Friday</b> morning at a time designated by the meet referee and as necessary <b>on Saturday and Sunday</b> . Meeting time will be announced <b>Friday</b> morning.
<b><u>SESSIONS:</u></b>	<b>Thursday:</b> Timed Finals – 800 Free: Warm-up 4:00 p.m. Meet Start: 5:30 p.m.  <b>Friday, Saturday and Sunday</b> Prelims: Warm-up 7:30 a.m. Meet Start: 9:00 a.m. Finals: Warm-up 4:30 p.m. Meet Start: 6:00 p.m. <b>Friday and Saturday</b> Finals: Warm-up 5:00 p.m. Meet Start: 6:00 p.m. <b>Sunday</b>  <b>Sunday:</b> Timed Finals – 1500 Free: Warm-up and start TBA (between prelims & finals)
<b><u>DISTANCE EVENTS:</u></b>	The 800 M Freestyle <b>may</b> be limited to 40 Women and 40 Men. The 1500 M Freestyle <b>may</b> be limited to 32 Women and 32 Men.  <b>Swimmers entered in these events must confirm their intention to swim (POSITIVE CHECK-IN) or they will not be seeded.</b> <b>**Deadline for CHECK-IN is 4:50 pm for the 800 Free on Thursday.</b> <b>***Deadline for CHECK-IN for the 1500 is Saturday 6:30 pm.</b>
<b><u>WARM-UP:</u></b>	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. <b>Only swimmers entered in this meet may use the warm-up lanes.</b>  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.

<p><b><u>FORMAT:</u></b></p>	<ol style="list-style-type: none"> <li>Coaches and swimmers shall have the responsibility to familiarize themselves with the current U.S.A. Swimming Rules and Regulations.</li> <li>There will be preliminary heats and finals in all individual events except the 800 M and 1500 M Freestyle. These events and all relays will be Timed Finals. A “prelims” break before the relays will be held at the discretion of the Meet Referee and or Meet Director.</li> <li>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 &amp; under - in 50’s and 100’s only) C Bonus Final—8 swimmers (limited to swimmers 18 &amp; under) Consolation Final—8 swimmers Championship Final—8 swimmers. There will be a 10 minute break before the relays in all finals sessions.</li> <li><b><i>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.</i></b></li> </ol>
<p><b><u>Timing and Work Assignments</u></b></p>	<p>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.</p> <p>All assignments must be manned and filled for the entire length of the session.</p> <p>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.</p> <p>Teams that fail to staff the assignment for the entirety of the session will also face a monetary penalty of \$250 per situation and also must be paid prior to the start of the next session or swimmers will not be seeded.</p>
<p><b><u>FINALS:</u></b></p>	<p><b>Thursday:</b> All heats of 800 M Freestyle to be swum fastest to slowest alternating women and men.</p> <p><b>Friday:</b> Same order as the Prelims and the fastest 2 heats of the 800 M Free Relay</p> <p><b>Saturday:</b> Same order as the Prelims and the fastest 2 heats of the 400 M Medley Relay.</p> <p><b>Sunday:</b> Heats of the 1500 M Freestyle will run to finish approximately 10-15 minutes before the start of warm-up for finals. They will be run alternating women and men, slowest to fastest. Warm-up for the 1500 will be adjusted and announced after positive check-in. The evening session will begin with the fastest heats of the 1500 M Freestyle, Women and Men; then the remaining individual events in the same order as prelims; and the fastest 2 heats of the 400 M Fr/Relay. <b>**SUNDAY RELAYS**</b> Teams will have the option to choose to compete at the end of the morning session or at the end of finals on Sunday.</p>

<b><u>ELIGIBILITY:</u></b>	<ol style="list-style-type: none"> <li>1. All swimmers must be registered for 2017 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.</li> <li>2. In addition, to be eligible to swim in this meet, <b>swimmers must have competed in individual events in a minimum of three (3) Metropolitan Swimming Inc. sanctioned meets</b> (or Regional or Nationals Championships <b>while registered with and representing Metropolitan Swimming, Inc.) since July 1, 2016</b> Attendance at a meet as a relay only swimmer will not count as one of the 3 Metro Meets requirement.</li> <li>3. Entry times must equal or better the qualifying standards. <b>Long Course Meters (LCM) times will be the conforming standard and will be seeded faster than SCY and SCM times.</b> Entry times may NOT be converted.</li> <li>4. <b><u>Times must have been achieved between January 1, 2016 and the meet entry deadline.</u></b></li> <li>5. <b>All times must be provable in the SWIMS Database.</b></li> <li>6. <b>Swimmers entered with un-provable times will not be allowed to swim their events!</b></li> <li>7. <b>Relays may be entered with composite times.</b></li> </ol>
<b><u>ENTRIES:</u></b>	<ol style="list-style-type: none"> <li>1. A swimmer may enter any event for which he/she has met the qualifying standard, but may <b>participate in only six (6) individual events over the course of the weekend.</b></li> <li>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.</li> <li>3. A swimmer may not swim more than three (3) individual events at prelims on any one-day. <b>Time Trial count towards an athlete’s daily max of 3 events per day.</b> <b>Once a swimmer is seeded in a prelims event, it counts as an event for that day.</b></li> <li>4. A swimmer may swim in any number of relay events during the meet.</li> <li>5. All entries, individual and relay, <b>must</b> be submitted through the <b><u>USA Swimming OME System</u></b> (no exceptions) <b>between June 1<sup>st</sup> and July 11, 2017.</b> This is the only accepted way to enter this meet.</li> <li>6. Relay only Swimmers must be entered through the OME System to be eligible to swim.</li> <li>7. <b><i>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 July 11th</i></b></li> <li>8. <b>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!</b></li> <li>9. <b>Email all questions to: <a href="mailto:metromeets16@gmail.com">metromeets16@gmail.com</a></b></li> </ol>
<b><u>DISABILITY SWIMMERS:</u></b>	<p>Swimmers with disabilities that qualify for Disability National Championships are encouraged to enter. Contact the meet director if you need special consideration.</p> <p>The athlete (or the athlete’s coach) is also responsible for notifying the meet referee of any disability prior to the competition.</p>
<b><u>DEADLINE:</u></b>	<p><b>Entries <u>must</u> be submitted through the <u>USA Swimming OME System</u> between June 1<sup>st</sup> and July 11, 2017.</b> This entry date allows any swims achieved through Sunday, July 9</p>

	<p>to be submitted prior to the deadline. <b>The OME System will close at 11:59pm on July 11, 2017.</b> Entries will no longer be accepted on OME after the deadline.</p> <p>For swimmers qualifying for the first time between July 12<sup>th</sup> and July 16<sup>th</sup> coaches must submit information on <b>new entries only, ( no times updates will be accepted)</b> no later than 12:00pm (noon) on Tuesday, July 18<sup>th</sup> to <a href="mailto:metromeets16@gmail.com">metromeets16@gmail.com</a></p>
<b><u>ENTRY FEE:</u></b>	<p><b>\$6.50</b> per individual entry, <b>\$10.50</b> per relay entered, <b>\$10.00</b> per swimmer for Metro Surcharge (including relay only swimmers). Credit Card only at OME checkout.</p> <p><b>“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, July 22<sup>th</sup>, or swimmers will be scratched (cash, check or credit card) Teams should Meet Director upon arrival to settle all invoices.</b></p>
<b><u>CORRECTIONS:</u></b>	<p>Psych sheets will be posted on the Metro Website on Friday July 14<sup>th</sup> .</p> <p>All <b>Corrections and New Entries</b> must be submitted no later than <b>Noon on Tuesday July 18<sup>th</sup></b> by email to <a href="mailto:metromeets16@gmail.com">metromeets16@gmail.com</a> (corrections include missed or miss-entered events). No exceptions will be made to this deadline. No improvements in seed time will be accepted, including improvements due to changes in course (LCM to SCY or SCM to SCY).</p> <p><b>\$5 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.</b></p>
<b><u>WARM-UP:</u></b>	<p>First 60 minutes will be general warm-up. Last 30 minutes: 2 or more lanes will be open for one-way sprint. All other lanes will remain open for general warm-up.</p>
<b><u>SCRATCHES:</u></b>	<p style="text-align: center;"><b><u>RULES AND PROCEDURES:</u></b> <b>PLEASE READ VERY CAREFULLY!!</b></p> <ol style="list-style-type: none"> <li>1. <b>POSITIVE CHECK-IN</b> for the 800 LCM Freestyle <b>MUST</b> be made <b>in person</b> at the pool desk of Nassau County Aquatic Center between <b>4pm and 4:50pm on Thursday, July 20 17, 2017.</b> The 800 Free will be seeded promptly at 5:00pm.</li> <li>2. <b>Scratches for Friday, Saturday and Sunday will be due no later than 8:15am each day. Scratch forms will be provided at the meet desk.</b></li> <li>3. <b>Positive check-in for Sunday’s distance events will be due no later than 6:30pm on Saturday, July 22<sup>nd</sup>. Heats for Sundays Distance will be posted at the pool and on Metro Website by end of Saturday Finals.</b></li> <li>4. <b><u>In all Timed Final Events (all relays, 800 and 1500 free) and in all Prelim-Final events, after the events have been either positively checked or seeded, any swimmer who fails to compete in an individual event heat in which he/she is entered and from which he/she has not been scratched will be barred from all further individual and relay events of that day. Additionally, that swimmer shall not be seeded in any individual events on succeeding days unless that swimmer declares his/her intent to swim prior to the close of scratches for that day’s events.</u></b></li> </ol>

<p><b>Cont. SCRATCHES</b></p>	<p>5. Any swimmer qualifying for a C, B, or A (bonus and consolation final or) 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.</p> <p>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. [****The preceding is from the 2017 rule book; if we don't put this or something like it in, there really is no penalty for not showing up at finals other than having to do a positive check-in the following day****]</p> <p>6. Heat sheets for same day finals will be posted as soon as possible within 30 minutes of the conclusion of each morning session.</p> <p>7. A swimmer qualifying for any finals swim, based upon the results of the prelims, must notify the Clerk of Course <b>within 30 minutes after announcement of the qualifiers</b> for that event, that he/she <b>may not intend to compete, and further must declare his/her final intention within 30 minutes following his/her last preliminary event.</b> 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 <b>\$150.00</b> for each instance.</p> <p>8. <b>The relay scratch rules</b> 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.</p> <p>9. <b>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.</b></p> <p><b>Reminder – C &amp; 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</b></p>
<p><b><u>COACHES:</u></b></p>	<p><b>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.</b></p> <p>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.</p> <p><b>Coaches who do not possess these credentials will be required to leave the deck area.</b></p>

<b><u>AWARDS:</u></b>	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.
<b><u>SCORING:</u></b>	<p>All events will be scored to 16 places. Points for Individual events are:</p> <ul style="list-style-type: none"> <li>• Bonus “D” Final – <i>for 50 free and 100 events only - non-scoring</i></li> <li>• Bonus “C” Final – <i>non-scoring</i></li> <li>• Consolation “B” Final – 9, 7, 6, 5, 4, 3, 2, 1</li> <li>• Championship Final – 20, 17, 16, 15, 14, 13, 12, 11</li> </ul> <p>Points will be doubled for relays. Only two relay teams per club may score.</p>
<b><u>OFFICIALS:</u></b>	<p><b>Meet Referee: Steven Kessler - e-mail: <a href="mailto:stevenkessler@msn.com">stevenkessler@msn.com</a></b>  <b>Meet Evaluation Process: Mark Amodio – e-mail: <a href="mailto:amodio@vassar.edu">amodio@vassar.edu</a></b></p> <p>Officials wishing to volunteer should contact the Meet Referee by <b>July 12th, 2017</b>.</p> <ul style="list-style-type: none"> <li>• 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 LSC’s are encouraged to apply.</li> <li>• It is our intent to have this meet approved as an Officials’ Qualifying Meet for National certification evaluation.</li> <li>• Officials must apply to be evaluated. Those seeking evaluations should use the on-line sign-up link for the meet on the Metro home page and they should <b>send the application for National Evaluation available at</b></li> </ul> <p><a href="https://goo.gl/forms/5IaQ5Czj3uTw2S6s2">https://goo.gl/forms/5IaQ5Czj3uTw2S6s2</a></p> <p><b>Email applications directly to Steve Kessler at <a href="mailto:stevenkessler@msn.com">stevenkessler@msn.com</a>.</b></p> <ul style="list-style-type: none"> <li>• To request an evaluation for National certification, please complete the Request for to Mark Amodio at <a href="mailto:amodio@vassar.edu">amodio@vassar.edu</a>.</li> </ul>
<b><u>RULES:</u></b>	<p>The 2017 USA Swimming Rules and Regulations will apply.  <b>The USA Swimming Code of Conduct is in effect for the duration of the meet.</b>  The overhead start procedure may be used at the discretion of the meet Referee.</p> <p><b>**NEW** 05/08/17</b>  <b>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).</b></p>
<b><u>DECK CHANGING:</u></b>	<b>DECK CHANGES ARE PROHIBITED</b>



<b><u>SAFETY:</u></b>	<p><b>All swimmers must wear footwear upon leaving the pool area.</b></p> <p>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.</p> <p><b>“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”</b></p>
<b><u>DISCLAIMER:</u></b>	<p>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.</p> <p>“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.”</p>
<b><u>AUDIO/VISUAL STATEMENT:</u></b>	<p><b>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 block’s</b></p> <p><b>“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.”</b></p>
<b><u>ADMISSION:</u></b>	<p><b>Thursday:</b> No fees for admission</p> <p><b>Friday, Saturday and Sunday: fee per session:</b></p> <p><u>Adult Admission:</u> \$7.00 per person    <u>Child Admission:</u> \$3.00 per person</p> <p>Only swimmers, coaches with current USA Swimming certification credentials, and officials will be allowed on deck.</p>
<b><u>PROGRAMS:</u></b>	<p>Psych Sheets and Finals Programs: \$3.00 per session</p>
<b><u>MERCHANTS:</u></b>	<p>THE CONCESSION STAND IS OPERATED BY THE Nassau County Aquatic Center.</p> <p>No glass will be permitted on the deck.</p> <p>Vendors will be available with swimming merchandise throughout the meet.</p>
<b><u>PARKING:</u></b>	<p><b>There is ample free parking available in the park.</b></p>
<b><u>TIME TRIALS:</u></b>	<p><b>Time trials will be held after prelims, <u>as time permits and at Meet Referee’s Discretion.</u></b></p> <p>They will cost <b>\$10.00 per swim.</b></p> <p>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 count towards an athlete’s daily max of 3 events per day.</p> <p><b>Fee for Relay Time Trials will be \$20</b></p> <p><b><u>Time trials are counted toward the three individual events allowed per swimmer per day.</u></b></p>

**DIRECTIONS:**

**FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:**

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport – after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take So. State Parkway East to Meadowbrook Parkway (northbound) to NY-24 Hempstead Turnpike (exit M\$) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) – At first traffic light make a right. This is the entrance to the pool.

**FROM WHITESTONE AND THROGS NECK BRIDGES:**

Take Cross Island Parkway South to Exit 29, Grand Central Parkway Eastbound. Follow Grand Central Parkway to Meadowbrook Parkway southbound (Jones Beach). Get off Meadowbrook Parkway at NY-24 Hempstead Turnpike. (Exit M4). On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) – At first traffic light make a right. This is the entrance to the pool.

# 2017 SENIOR METROPOLITAN LC SUMMER CHAMPIONSHIPS

July 20-23, 2017

Thursday July 20, 2017

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
9:35.69	9:22.89	10:44.99	1	800	Freestyle	2	10:09.99	8:51.69	9:04.49

Friday July 21, 2017

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
1:20.09	1:18.09	1:10.29	3	100	Breast	4	1:03.49	1:10.49	1:12.49
2:14.49	2:11.29	1:58.29	5	200	Free	6	1:48.69	2:00.69	2:03.89
1:08.29	1:06.89	1:00.29	7	100	Fly	8	54.99	1:01.09	1:02.49
5:22.79	5:16.39	4:44.99	9	400	IM	10	4:21.99	4:40.79	4:57.19
9:11.59	8:58.79	8:05.39	11	800	Free Relay	12	7:22.39	8:11.09	8:23.89

Saturday July 22, 2017

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
2:30.89	2:27.59	2:12.99	13	200	IM	14	2:01.39	2:14.79	2:17.99
28.79	27.99	25.19	15	50	Free	16	22.99	25.49	26.29
1:08.59	1:07.39	1:00.69	17	100	Back	18	55.99	1:02.19	1:03.39
4:37.59	4:31.19	5:10.99	19	400	Free	20	4:54.99	4:16.89	4:23.29
4:46.49	4:40.09	4:12.29	21	400	Med Relay	22	3:46.99	4:11.99	4:18.39

Sunday July 23, 2017

Female			Event				Male		
LCM	SCM	SCY	#			#	SCY	SCM	LCM
18:34.89	18:10.89	18:12.99	23	1500	Free	24	17:19.99	17:16.79	17:40.79
2:28.39	2:25.99	2:11.49	25	200	Back	26	2:01.99	2:15.39	2:17.79
2:52.69	2:48.69	2:31.99	27	200	Breast	28	2:19.99	2:35.39	2:39.39
1:02.29	1:00.79	54.69	29	100	Free	30	49.69	55.19	56.79
2:33.79	2:30.99	2:15.99	31	200	Fly	32	2:03.99	2:17.69	2:20.49
4:17.29	4:11.69	3:45.79	33	400	Free Relay	34	3:21.89	3:44.19	3:50.59



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 \_\_\_\_\_