

2003

**Metropolitan Long Course
Junior Olympic Championships**

July 25-27, 2003

ENTRY PACKET

Lehman College APEX Aquatic Center

250 Bedford Park Boulevard West

Bronx, New York 10468

Hosted by

Metropolitan Swimming

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

**General Chair
Age Group Chair
Athletes Representative
Coaches Representative**

**Ray D'Annolfo
Mary Fleckenstein
Christian Robledo
Gil Smith**

2003 LC Metropolitan Junior Olympic Swimming Championships

July 25, 26, 27, 2003

Sessions: (10 & U, 13 - 14) Warm-up: 8:00am Start: 9:00am
(11 - 12, 15 - 18) Warm-up: 1:30pm Start: 2:30pm

Warm-up/Start times may be adjusted after all entries are received. Teams will be notified of any change.

Site: Lehman College APEX Aquatic Center - Bronx, New York. Eight lanes 50-meter pool with non-turbulent lane lines. Two Daktronics 10-Line Scoreboards and Daktronics Omni Sport 6000 Automatic Timing System,

Awards: Medals for 1st through 8th places, and ribbons for 9th through 16th places in Individual Events. Medals for 1st through 3rd, and ribbons for 4th -8th places in Relay Events. Individual High Point Awards in each Age Group. Combined Team Award for 10&Under, 11-12, and 13-14.

Events: All Events are **TIMED FINALS**.

Scoring: Individual Events: (1st-16th Place) 20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1
Relay Events: (1st-16th Place) 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
NOTE: Only two relays per club may score.

Admission: Adults: \$ 3.00 Children: \$ 1.00 Session Programs: \$ 2.00

Parking: \$ 3.00 per day at College Supervised Lot, all day parking, in & out.

Eligibility: All swimmers must be registered with USA-Swimming and Metropolitan Swimming. A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not swim more than three (3) individual events per any one-day excluding relays. Entry times must equal or better the qualifying standards. **Long course meter times will be the conforming standard.** Times must have been achieved between July 28, 2002 and the entry deadline.

Entry Fees: \$3.00 per Individual Event, \$8.00 per Relay, \$1.00 Metropolitan surcharge (including RELAY ONLY SWIMMERS), \$1.00 per swimmer for non-disk entries including relay only swimmers. Make Checks payable to **Metropolitan Swimming, Inc. (NO REFUNDS)**

Entries: Should be sent on a Hy-Tek disk. Be sure to enclose a Master Entry Sheet or Hy-Tek Team Manager Meet Entry Report. Swimmers who will be on relays only must also be listed on the Master Entry Form. Any entry not submitted on Hy-Tek must add \$1.00 per swimmer surcharge to entry fee. The Name, Address, and Phone Number of Club Official must be included on the form. **Please include coaches' email address.** **In case of dispute, the official entry form will be considered the only document of entry.** A swimmer's age as of July 25, 2003 will determine the swimmer's age group for the meet.

Entry Deadline: All entries must be in hand no later than **Wednesday, July 16, 2003.**
Sign Express mail waiver allowing delivery without signature. Entries received after the deadline will be rejected.
Mail All Checks, Diskettes and Entry Forms to:

Monique G. Grayson
22 Pine Hill Court
Briarcliff Manor, NY 10510
Phone: 914-941-4464
Fax: 914-923-2340
Email: mgrayson@aol.com

NOTE: Metropolitan Swimming will impose a fine on any swimmer failing to equal or better the listed cut-off time if the entry time cannot be proven by August 31, 2003.

Timers: As this is a Metro-run meet, each club entered in the meet **must** supply timers. A timing assignment will be e-mailed to each club. It will also be available on the Metro website. Timers must report 15 minutes before the start of each session.

Scratches: This meet will be deck seeded. Scratches will be due 30 minutes before the published session start time. Scratch sheets will be provided. **In all events, after they have been 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.** Warm-up Procedures and Safety Guidelines of Metropolitan Swimming Inc. will be strictly enforced. In addition, Coaches and swimmers shall have the responsibility to familiarize themselves with the 2003 U.S.A. Swimming Rules and Regulations.

Officials: Certified Metro Officials will be used. Metro Officials wishing to volunteer their time should contact Holger Fietkau (516-338-5575 / holgerfusa@aol.com) or Chris Sawicz (718-263-0521)

Meet Decorum: Each club is requested to handle its own team and discipline problems. Anyone found vandalizing college property, stealing or displaying disorderly conduct will be subject to disqualification, ejection from the meet, and possible criminal prosecution.

Vendors: Refreshments will be available for purchase in the lower lobby throughout the meet. Please eat outside the pool area and place trash in the proper receptacles.

The Circle Swim Shop will provide swimming apparel and related items for sale opposite the spectator entry.

Note: **No Food or drinks will be allowed on the pool deck. Plastic water bottles however, are acceptable. Coaches please monitor your team's area.**

IMPORTANT:

In Case of Emergency Call: Pool Office (718) 960-7123 or Meet Desk (718) 960-1134

DIRECTIONS TO LEHMAN COLLEGE APEX

Via New York Thruway (87 North or South)

Exit at Van Cortlandt Park South, turn left and proceed up hill to Sedgewick Ave; make left onto Sedgewick and continue uphill. Turn right at Goulden Ave. keeping reservoir on your right. Proceed south to Bedford Park Blvd. Parking lot is to the right.

Via Saw Mill Pkwy Exit at Mosholu Pkwy, Turn Right at Paul Ave (3rd traffic light) and proceed two blocks to Bedford Park Blvd. APEX is on the left, parking is straight ahead.

Via Whitestone or Throgs Neck Bridges (495) Take Cross Bronx Expressway to Rosedale Ave/Bronx River Pkwy Exit.

Take Bronx R. Pkwy North to Mosholu Parkway Exit. Follow Mosholu Parkway North to Paul Ave. Turn left at traffic light past Jerome Ave Elevated Train Station. Turn onto Paul Ave and proceed to Bedford Park. Blvd. APEX is to the left. Parking is straight ahead.

EVENT SCHEDULE AND QUALIFYING STANDARDS
2003 Metropolitan Long Course Summer Junior Olympics
July 25, 26, 27 2003

SESSION # 1.

Friday		July 25, 2003		Warm-up 8:00am		Start 9:00am	
Girls	Qual. Time		Event	Qual. Time		Boys	
1.	NCT	13-14	200m Medley Relay	NCT		2.	
3.	:52.99	10&U	50m Breaststroke	:53.99		4.	
5.	1:31.99	13-14	100m Breaststroke	1:26.99		6.	
7.	1:27.99	10&U	100m Freestyle	1:27.99		8.	
9.	1:09.99	13-14	100m Freestyle	1:05.99		10.	
11.	:47.59	10&U	50m Backstroke	:47.59		12.	
13.	1:19.99	13-14	100m Butterfly	1:13.99		14.	
15.	3:43.99	10&U	200m Individual Medley	3:43.99		16.	
17.	2:50.99	13-14	200m Individual Medley	2:43.99		18.	
19.	6:14.99	10&U	400m Freestyle	6:14.99		20.	

SESSION # 2.

Friday		July 25, 2003		Warm-up 1:00pm		Start 2:00pm	
Girls	Qual. Time		Event	Qual. Time		Boys	
21.	NCT	11-12	200m Medley Relay	NCT		22.	
23.	NCT	15-18	200m Medley Relay	NCT		24.	
25.	1:35.99	11-12	100m Breaststroke	1:36.99		26.	
27.	1:29.99	15-18	100m Breaststroke	1:21.99		28.	
29.	1:12.99	11-12	100m Freestyle	1:13.99		30.	
31.	1:09.49	15-18	100m Freestyle	1:02.69		32.	
33.	:38.99	11-12	50m Backstroke	:39.99		34.	
35.	1:18.99	15-18	100m Butterfly	1:09.99		36.	
37.	3:03.99	11-12	200m Butterfly	3:03.99		38.	
39.	2:49.99	15-18	200m Individual Medley	2:36.99		40.	
41.	2:59.99	11-12	200m Individual Medley	3:02.99		42.	

SESSION # 3.

Saturday		July 26, 2003		Warm-up 8:00am		Start 9:00am	
Girls	Qual. Time		Event	Qual. Time		Boys	
43.	:47.99	10&U	50m Butterfly	:46.99		44.	
45.	2:30.99	13-14	200m Freestyle	2:25.99		46.	
47.	3:09.99	10&U	200m Freestyle	3:09.99		48.	
49.	2:55.99	13-14	200m Butterfly	2:49.99		50.	
51.	1:56.99	10&U	100m Breaststroke	1:56.99		52.	
53.	1:20.99	13-14	100m Backstroke	1:16.99		54.	
55.	1:42.99	10&U	100m Backstroke	1:42.99		56.	
57.	5:59.99	13-14	400m Individual Medley	5:48.99		58.	
59.	NCT	10&U	200m Freestyle Relay	NCT		60.	
61.	NCT	13-14	400m Freestyle Relay	NCT		62.	

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SESSION # 4.

Saturday		July 26, 2003		Warm-up 1:00pm		Start 2:00pm	
Girls	Qual. Time		Event	Qual. Time		Boys	
63.	2:37.99	11-12	200m Freestyle	2:36.99		64.	
65.	2:29.99	15-18	200m Freestyle	2:15.99		66.	
67.	:43.99	11-12	50m Breaststroke	:44.59		68.	
69.	3:14.99	15-18	200m Breaststroke	2:59.99		70.	
71.	1:24.99	11-12	100m Backstroke	1:27.99		72.	
73.	1:19.99	15-18	100m Backstroke	1:11.99		74.	
75.	:36.99	11-12	50m Butterfly	:37.99		76.	
77.	5:55.99	15-18	400m Individual Medley	5:29.99		78.	
79.	NCT	11-12	400m Freestyle Relay	NCT		80.	
81.	NCT	15-18	400m Freestyle Relay	NCT		82.	
10 minutes warm-up							
83.	3:27.99	11-12	200m Breaststroke	3:27.99		84.	

SESSION # 5.

Sunday		July 27, 2003		Warm-up 8:00am		Start 9:00am	
Girls	Qual. Time		Event	Qual. Time		Boys	
85.	NCT	13-14	200m Freestyle Relay	NCT		86.	
87.	NCT	10&U	200m Medley Relay	NCT		88.	
89.	2:54.99	13-14	200m Backstroke	2:45.99		90.	
91.	:38.99	10&U	50m Freestyle	:38.99		92.	
93.	:31.99	13-14	50m Freestyle	:30.19		94.	
95.	1:53.99	10&U	100m Butterfly	1:53.99		96.	
97.	3:16.99	13-14	200m Breaststroke	3:09.99		98.	
99.	NCT	10&U	400m Freestyle Relay	NCT		100.	
101.	NCT	13-14	400m Medley Relay	NCT		102.	
10 minutes warm-up							
103.	5:14.99	13-14	400m Freestyle	5:05.99		104.	

SESSION # 6.

Sunday		July 27, 2003		Warm-up 1:00pm		Start 2:00pm	
Girls	Qual. Time		Event	Qual. Time		Boys	
105.	NCT	11-12	200m Freestyle Relay	NCT		106.	
107.	NCT	15-18	200m Freestyle Relay	NCT		108.	
109.	3:03.99	11-12	200m Backstroke	3:03.99		110.	
111.	2:49.99	15-18	200m Backstroke	2:34.99		112.	
113.	:33.49	11-12	50m Freestyle	:32.99		114.	
115.	:31.99	15-18	50m Freestyle	:28.69		116.	
117.	1:25.99	11-12	100m Butterfly	1:25.99		118.	
119.	2:50.99	15-18	200m Butterfly	2:36.99		120.	
121.	NCT	11-12	400m Medley Relay	NCT		122.	
123.	NCT	15-18	400m Medley Relay	NCT		124.	
10 minutes warm-up							
125.	5:29.99	11-12	400m Freestyle	5:29.99		126.	
127.	5:11.99	15-18	400m Freestyle	4:49.99		128.	

**Long Course Summer Junior Olympics at Lehman College
JULY 25 - 27, 2003**

Team Name _____ Team Code _____

Coach's Name _____

Address _____

City _____ State _____ Zip _____

Day Phone # _____ Evening Phone # _____

E-Mail Address: _____

MEET ENTRY REPORT

Metropolitan Swimmer Surcharge

Females Entered _____ x \$ 1.00 = _____

Males Entered _____ x \$ 1.00 = _____

Individual and Relay Entry

Female Individuals Entries _____ x \$ 3.00 = _____

Male Individual Entries _____ x \$ 3.00 = _____

Female Relay Entries _____ x \$ 8.00 = _____

Male Relay Entries _____ x \$ 8.00 = _____

Non Hy-Tek Surcharge _____ x \$ 1.00 = _____

Total Amount Entries (Make Check payable to Metropolitan Swimming Inc.) = _____

Mail Hy-Tek entry diskette, Hard Copy, Meet Entry Report and Check to:

**Monique Grayson
22 Pine Hill Court
Briarcliff Manor, NY 10510**

DUE DATE: Wednesday, July 16, 2003

SIGN EXPRESS MAIL WAIVER allowing delivery without signature.