

# 2003

**SENIOR METROPOLITAN  
LONG COURSE CHAMPIONSHIPS  
JULY 17-20, 2003**

# ENTRY PACKET

**Nassau County Aquatic Center  
Eisenhower Park  
East Meadow, New York  
Hosted By  
Metropolitan Swimming**

**Sanctioned by United States Swimming & Metropolitan Swimming, Inc.**

**General Chairman: Ray D'Annolfo  
Meet Director/ Senior Chair: Dave Ferris  
Coaches Representative: Gil Smith  
Athletes Representative: Christian Robledo**

# 2003 Senior Metropolitan Championship Meet

Held at Nassau County Aquatic Center

July 17 - 20, 2003

**Sessions:**      **Thursday**                      **Timed Finals:**              Warm-up @ 5:00pm      Meet Start @ 6:00pm  
                  **Friday – Sunday**              **Timed Finals:**              Warm-up @ 4:00pm      Meet Start @ 5:00pm

**Admission:**    **Adults \$3.00**    **Children \$1.00** per session      **Session Programs:**      \$2.00

**Parking:**        **Available at parking lot 1A as space allows. Additional parking is available in lots 1 and 6.**

## Entries:

1. All entries, individual and relay, should be submitted on a Hy-Tek disk. Include Hy-Tek Team Manager Meet Entry Report. Swimmers who will be on relays only must also be listed on the Master Entry Form.
2. All swimmers must be 2003 Metropolitan Swimming Inc. registered. In addition, to be eligible to swim in this meet, swimmers must have competed in at least three Metropolitan Swimming Inc. sanctioned meets (or Regionals or Nationals while registered with Metropolitan Swimming, Inc.) since July 21, 2002.
3. Entry times must equal or better the qualifying standards. **Long course meter times will be the conforming standard and will be seeded faster than yard times.** Times must have been achieved between July 21, 2002 and the entry deadline. A swimmer may enter any event for which he/she has met the qualifying standard, but may participate in only six individual events.
4. A swimmer may not swim more than three individual events on any one day **INCLUDING TIME TRIALS.**
5. A swimmer may swim in any number of relay events during the meet.
6. Swimmers failing to swim the qualifying entry standard shall have thirty (30) days to prove having accomplished said time. Included are DQ's and intentional DQ's (behind block intentional scratch). Any times unproven by August 20, 2003 will be subject to a \$50.00 fine per unproven swim.
7. Proof of time for 800 and 1500 meter events must be submitted with entry.

## Entry Deadline:

All entries must be in hand no later than **Tuesday, July 8, 2003.** Sign Express mail waiver allowing delivery without signature. Entries received after deadline will be rejected.

Make checks payable to **Metropolitan Swimming.** Send checks, diskettes and entry forms to:

**Mary Ann Senecal**  
**1 BonwitPlace**  
**Farmingdale, NY 11735**  
**phone: 631-249-1493**  
**Fax: 631-249-1493**  
**Email: msenecal@optonline.net**

## Entry Fees:

**\$3.00** per Individual Event, **\$8.00** per Relay Event, **\$2.00** per swimmer 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).**

## Awards:

Medals for first 8 places in individual events, and first three places in relays. Team & Individual High Pt. Awards will be given.

## Scoring:

Scoring will be to 24 places. Points for individual events are 30, 27, 26, 25, 24, 23, 22, 21, 19, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Points will be doubled for relays. Only two relay teams per club may score.

## Important phone numbers at pool:

**Pool Office: (516) 572- 0506**

**Fax: (516) 572 - 0513**

### General Rules:

1. Coaches and swimmers shall have the responsibility to familiarize themselves with the 2003 U.S.A. Swimming Rules and Regulations.
2. There will be only **TIMED FINALS** in all events, determining 1<sup>st</sup> – 24<sup>th</sup> places,
3. **Warm-up Procedures and Safety Guidelines of Metropolitan Swimming Inc. will be strictly enforced.**
4. **PSYCH SHEETS AND TIMING ASSIGNMENTS, BASED ON ENTRIES, WILL BE AVAILABLE ON THE METRO WEBSITE BY THURSDAY, JULY 10. TEAMS WILL BE RESPONSIBLE TO TIME THEIR OWN SWIMMERS FOR THE 800 FREESTYLE ON THURSDAY, AND EARLY HEATS OF THE 1500 FREE ON SUNDAY AFTERNOON. TIMERS MUST SUPPLY THEIR OWN WATCHES. ANY TEAM NOT SUPPLYING TIMERS WILL NOT BE ALLOWED TO SWIM. PLEASE COOPERATE.**

### FINALS ORDER:

- Thursday:** All heats of the 800 Freestyle to be swum: Women Heat 3, Men Heat 3, Women Heat 4, Men Heat 4, Women Heat 5 (Fastest Heat), Men Heat 5 (Fastest Heat), Women Heat 2, Men Heat 2, Women Heat 1, Men Heat 1.
- Friday:** All events as listed
- Saturday:** All events as listed.
- Sunday:** Heats 2 through 4 of the 1500 Freestyle will be swum alternately (Slow to Fast), backing up so that the second fastest heat of men concludes at 4p.m. The evening session will begin with the fastest heats of the 1500, women & men; the remaining individual events, and the 400 Freestyle Relays.

### Distance Events:

The 800 Freestyle may be limited to 40 Women and 40 Men. The 1500 Freestyle may be limited to 32 Women and 32 men. Swimmers entered in these events must confirm their intention to swim (**POSITIVE CHECK-IN**) or they will not be seeded. They shall be seeded only if proof of time is submitted with the entry.

### SCRATCH RULES & PROCEDURES:

1. Confirmation of intent to swim the 800 Freestyle **MUST** be made by contacting **Mary Ann Senecal at (631) 249-1493** or **msenecal@optonline.net** between 2:00pm and 3:30pm on Wednesday, July 16<sup>th</sup>. All swimmers with the required qualifying time standard may be allowed to swim this event. The psyche sheets may indicate that all 80 entrants will be allowed to swim (if proven). If not so stated you may contact Mary Ann between 7:00 and 8:30pm to find out if your swimmer will be competing.
2. Additional scratches for the 800 Freestyle will be permitted until 5:30 p.m. Thursday.
3. Scratches for all subsequent days' events shall be made no later than 30 minutes before the start of that day's events (4:30p.m.). Scratch forms will be provided.
4. Confirmation of intent to swim the 1500 Freestyle shall be made by the Saturday scratch deadline.
5. **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.**
6. The **relay scratch rule** 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.

### Time Trials:

Time trials will be held if time allows. They will cost \$5.00 per swim, payable in advance. Time trials will be open only to swimmers who are entered in individual events in the meet. **TIME TRIAL SWIMS ARE COUNTED TOWARD THE THREE INDIVIDUAL EVENTS ALLOWED PER SWIMMER PER DAY.**

### WAIVER:

**Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.**

Questions may be directed to Barry Roffer at (631) 736-6422 or Mary Ann Senecal (631) 249-1493.

**Meet Decorum:**

Each club is requested to handle its own team and discipline problems. Swimmers are to be seated on deck, spectators in the stands. Anyone found vandalizing property, stealing or displaying disorderly conduct will be subject to disqualification, ejection from the swim meet, and possible criminal prosecution.

**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.**

**Directions to Nassau County Aquatic Center**

**From Verrazano Narrows Bridge :** Follow signs to Belt Pkwy/L.I. East. Take Belt Pkwy east, past Kennedy Airport. Stay in the left lane and look for signs to Southern State Pkwy East. Take So. St. Pkwy East to Meadowbrook Pkwy North (Exit 22N). Follow directions to the pool.

**From Whitestone and Throgs Neck Bridges:** Take Cross Island Pkw South to Exit 29, Grand Central Pkwy. Eastbound. Follow Grand Central Pkwy ( changes name to Northern State Pkwy) to Meadowbrook Pkwy southbound (Jones Beach). Follow directions to the pool.

**TO THE POOL:**

Take Meadowbrook Pkwy to NY-24 Hempstead Turnpike (exit M5) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At the first traffic light make a right into the pool parking lot.

**HOTELS AND MOTELS**

Long Island Marriott Hotel  
101 James Doolittle Boulevard  
Uniondale, NY (516) 794-5936  
Frank D'Andrea

Best Western Hotel  
80 Clinton St.  
Hempstead, NY 11550-4210  
(516) 486-4100

Howard Johnson-Westbury  
120 Jericho Tpke  
Westbury, NY 11793  
(516) 333- 9700  
Nick in Sales

Econo Lodge  
429 Duffy Ave.  
Hicksville, NY 11801  
(516) 433- 3900  
Amy Sharkey

**Senior Metropolitan Swimming Championships**  
**July 17-20, 2003**

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_  
Coach's Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Day Phone # \_\_\_\_\_ Evening Phone # \_\_\_\_\_  
Email \_\_\_\_\_

**MEET ENTRY REPORT**

Female Entries \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_  
Male Entries \_\_\_\_\_ x \$4.00 = \$ \_\_\_\_\_  
Female Relay Entries \_\_\_\_\_ x \$8.00 = \$ \_\_\_\_\_  
Male Relay Entries \_\_\_\_\_ x \$8.00 = \$ \_\_\_\_\_  
Non Hy-Tek Surcharge Entries \_\_\_\_\_ x \$1.00 = \$ \_\_\_\_\_  
Total # of Swimmers Entered \_\_\_\_\_ x \$2.00 = \$ \_\_\_\_\_

**Total Amount Enclosed (Make Check payable to Metropolitan Swimming) = \$ \_\_\_\_\_**

**RELAY ENTRY REPORT**

Event # 11      800 Freestyle Relay  
Team A \_\_\_\_\_  
Team B \_\_\_\_\_  
Team C \_\_\_\_\_

Event # 12      800 Freestyle Relay  
Team A \_\_\_\_\_  
Team B \_\_\_\_\_  
Team C \_\_\_\_\_

Event # 23      400 Medley Relay  
Team A \_\_\_\_\_  
Team B \_\_\_\_\_  
Team C \_\_\_\_\_

Event # 24      400 Medley Relay  
Team A \_\_\_\_\_  
Team B \_\_\_\_\_  
Team C \_\_\_\_\_

Event # 33      400 Freestyle Relay  
Team A \_\_\_\_\_  
Team B \_\_\_\_\_  
Team C \_\_\_\_\_

Event # 34      400 Freestyle Relay  
Team A \_\_\_\_\_  
Team B \_\_\_\_\_  
Team C \_\_\_\_\_

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SWIMMING CHAMPIONSHIPS**

Female			Event				Male		
SCY	SCM	LCM	#		#		LCM	SCM	SCY

**Thursday, July 17, 2003**

11:34.39	10:07.59	10:19.99	1	A Cut	800 Free	A Cut	2	9:49.99	9:37.19	10:51.99
11:45.59	10:17.39	10:29.99		B Cut		B Cut		9:59.99	9:47.19	11:02.99

**Friday, July 18, 2003**

1:16.59	1:25.49	1:27.99	3	100Breast		4	1:19.99	1:17.29	1:09.19
2:06.59	2:21.29	2:22.99	5	200Free		6	2:13.99	2:10.89	1:57.29
1:05.89	1:13.49	1:13.99	7	100Fly		8	1:07.99	1:07.19	1:00.19
5:05.39	5:40.79	5:44.99	9	400IM		10	5:21.99	5:12.69	4:40.19
NCT	NCT	NCT	11	800Free Relay		12	NCT	NCT	NCT

**Saturday, July 19, 2003**

2:23.49	2:40.09	2:42.99	13	200 IM		14	2:30.99	2:25.79	2:10.69
27.29	30.49	30.99	15	50 Free		16	27.49	26.69	23.99
2:47.19	3:06.59	3:09.99	17	200 Breast		18	2:52.99	2:49.99	2:32.29
1:09.09	1:17.09	1:17.99	19	100 Back		20	1:09.99	1:07.99	1:00.89
5:33.79	4:51.99	4:57.99	21	400 Free		22	4:34.99	4:25.89	5:03.89
NCT	NCT	NCT	23	400 Med Relay		24	NCT	NCT	NCT

**Sunday, July 20, 2003**

19:21.29	19:17.89	19:54.99	25	A Cut	1500 Free	A Cut	26	18:44.99	18:13.59	18:16.89
19:35.99	19:32.49	19:59.99		B Cut		B Cut		18:59.99	18:28.19	18:31.49
2:27.79	2:44.99	2:46.99	27	200Back		28	2:33.99	2:29.59	2:13.99	
58.09	1:04.89	1:05.99	29	100Free		30	59.99	58.29	52.19	
2:28.69	2:45.89	2:46.99	31	200Fly		32	2:36.99	2:30.29	2:14.69	
NCT	NCT	NCT	33	400Free Relay		34	NCT	NCT	NCT	

**800: Top 40 female and top 40 male will be allowed to swim this event  
1500: Top 32 female and top 32 male will be allowed to swim this event**

**Reminder:**

- Confirmation of intent to swim the 800m Freestyle MUST be made by calling Mary Ann Senecal (631-249-1493) between 2:00 and 3:30pm on Wednesday, July 16th. All swimmers WILL be allowed to swim the event.
- Scratches for Friday's, Saturday's, and Sunday's events must be made by 4:30 each day, except for the 1500 Freestyle. Positive check-in for the 1500 must be made by 4:30 on Saturday.
- AFTER BEING SEEDED, A SWIMMER MUST SUPPLY PROOF OF TIME IF DQ'D OR SCRATCHED.
- FAILURE TO SWIM A SEEDED EVENT WILL BAR THE SWIMMER FROM THE REMAINDER OF THAT DAY'S EVENTS, INCLUDING RELAYS.