

2004

**Metropolitan Long Course
Junior Olympic Championships**

July 30-31 & August 1, 2004

ENTRY PACKET

Sanction # 040702

Time Trials Sanction # 040750

Updated July 2, 2004

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**

**Mary Fleckenstein
Ryan Emanuel
Gil Smith**

2004 LC Metropolitan Junior Olympic Swimming Championships

July 30, 31, August 1, 2004

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: \$ 4.00 Children: \$ 2.00 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 25, 2003 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. Relay only swimmers 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 30, 2004 will determine the swimmer's age group for the meet.

Entry Deadline: All entries must be in hand no later than **Wednesday, July 21, 2004**
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: mggrayson@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, 2004.

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 no later than thirty (30) minutes before each published session start time.**
- **Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.**
- Coaches must make sure that their swimmers understand that once they are scratched, they will not be re-entered in the meet. Coaches should inform their swimmers to leave plenty of time for traffic etc.
- The coach of a swimmer that was seeded in an event, and is a **No-Show (NS)** in the event, must positively check the swimmer for the next days' events in order for that swimmer to be eligible to compete in the rest of the meet.
- Athletes who miss a race in which they were seeded and did not properly deck scratched **will be barred from their next individual event of the day.** If they miss their last event of the day they will be barred from their first event of the next day.
- A relay swimmer who fails to report will be barred from their first individual event of the next day. The other three will not be penalized provided they appeared.
- Relay swimmers' names must be submitted **in the order in which they will swim.**

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 Kris Sawicz (718-263-0521)

Protests: All competition-related protests, including protests concerning eligibility and representation, must be made to the Referee and submitted in writing within 30 minutes after the race in which the alleged infraction occurred. Protests will be handled at the time they are presented to the Meet Director.

Time Trials: A separate sanction number will be used for time trial purposes. Swimmer must be entered in the meet to participate in time trials. **Time trials count as one of the 3 individual events limit per day. Fee for time trials is \$5.00 per event, payable at sign-up. Please note that there is a limit of two (2) time trials over the course of the weekend.**

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.

2004 Metropolitan Long Course Summer Junior Olympics

July 30, 31 & August 1, 2004

SESSION # 1.

<u>Friday</u>		<u>July 30, 2004</u>		<u>Warm-up 8:00am</u>		<u>Start 9:00am</u>	
<u>Girls</u>	<u>Qual. Time</u>		<u>Event</u>	<u>Qual. Time</u>		<u>Boys</u>	
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.	

SESSION # 2.

<u>Friday</u>		<u>July 30, 2004</u>		<u>Warm-up 1:00pm</u>		<u>Start 2:00pm</u>	
<u>Girls</u>	<u>Qual. Time</u>		<u>Event</u>	<u>Qual. Time</u>		<u>Boys</u>	
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.

<u>Saturday</u>		<u>July 31, 2004</u>		<u>Warm-up 8:00am</u>		<u>Start 9:00am</u>	
<u>Girls</u>	<u>Qual. Time</u>		<u>Event</u>	<u>Qual. Time</u>		<u>Boys</u>	
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.	

2004 Metropolitan Long Course Summer Junior Olympics

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SESSION # 4.

<u>Saturday</u>		<u>July 31, 2004</u>		<u>Warm-up 1:00pm</u>		<u>Start 2:00pm</u>	
<u>Girls</u>	<u>Qual. Time</u>		<u>Event</u>	<u>Qual. Time</u>		<u>Boys</u>	
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.

<u>Sunday</u>		<u>August 1, 2004</u>		<u>Warm-up 8:00am</u>		<u>Start 9:00am</u>	
<u>Girls</u>	<u>Qual. Time</u>		<u>Event</u>	<u>Qual. Time</u>		<u>Boys</u>	
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							
19.	6:14.99	10&U	400m Freestyle	6:14.99		20.	
103.	5:14.99	13-14	400m Freestyle	5:05.99		104.	

SESSION # 6.

<u>Sunday</u>		<u>August 1, 2004</u>		<u>Warm-up 1:00pm</u>		<u>Start 2:00pm</u>	
<u>Girls</u>	<u>Qual. Time</u>		<u>Event</u>	<u>Qual. Time</u>		<u>Boys</u>	
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.	

**2004 Metropolitan Long Course Summer Junior Olympics at Lehman College
JULY 30, 31, August 1, 2004**

Team Name _____ Team Code _____

Coach's Name _____

Address _____

City _____ State _____ Zip _____

Day Phone # _____ Evening Phone # _____

E-Mail Address: _____

MEET ENTRY REPORT

Metropolitan Swimmer Surcharge (must include relay only swimmers)

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
mggrayson@aol.com**

DUE DATE: Wednesday, July 21, 2004

SIGN EXPRESS MAIL WAIVER allowing delivery without signature.