

**2005**

**Metropolitan Short Course  
Junior Olympics  
Swimming Championships**

**February 25 - 27, 2005**

AT

**Nassau County Aquatic Center  
Eisenhower Park  
East Meadow, NY**

Hosted By

**Metropolitan Swimming**

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

Sanction Number 050201

Time Trials Sanction Number 050206

**General Chairman:  
Meet Director:  
Age Group Chairman:  
Coach Representative:  
Athlete Representatives:**

**Mary Fleckenstein  
Eddie Lary  
Eddie Lary  
Gil Smith  
Ryan Emanuel  
Anthony Mironov**

# 2005 Metropolitan Short Course Junior Olympics Hosted by Metropolitan Swimming

February 25-27, 2005

## Sessions:

Fri., Sat., Sun.	(15-18, 11-12)	prelims:	Warm-up: 7:30 am	Meet: 9:00am
	(13-14, 10&U)	prelims:	Warm-up: 7:30 am	Meet: 9:00am
	(11-12, 13-14, 15-18)	finals :	Warm-up: 4:00 pm	Meet: 5:00pm

**Site:** The Meet will be held at the Nassau County Aquatic Center, East Meadow, NY. . Two or more warm-up/warm-down lanes will be available throughout the meet. (Coaches must monitor their swimmers in the warm-up lanes).

## Awards:

Individual Events: Medals for 1st through 8th places, Ribbons for 9th through 16th places.

Relay Events: Medals for 1st through 3rd, and ribbons for 4th -8th places.

Individual High Point Awards in each Age Group.

Combined Team Awards in 10 & U, 11-12, 13-14, and 15-18 age groups.

## Scoring:

Individual Events	(1st - 16th Pl.)	20-17-16-15-14-13-12-11- 9-7-6-5-4-3-2-1
Relay Events	(1st - 16th Pl.)	40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2

(Only two relays per club may score.)

**Admission:** Adults \$5.00 Children \$2.00 per session Programs: Prelims: \$3.00 Finals: \$2.00

**Parking:** .Parking Lots 1A and 6.

**Events:** All events are prelim –finals, except for all 10 & Under events and 11-12 400 IM, 11-12 500 freestyle, 13-14 1000 freestyle, 15-18 1650 freestyle which are all timed finals. All 11-12, 13-14, and 15-18 relays are timed finals and will be swum in the prelims only.

## Eligibility:

All swimmers must be registered with USA Swimming and Metropolitan Swimming. A swimmer may enter no more than three (3) individual events per day for a total of nine (9) events. .

**Times must have been achieved between February 12, 2004 and the entry deadline.**

**Entry Fees: \$3.00 per timed final, \$4.00 per prelim-final, \$8.00 per Relay Event, \$1.00 surcharge for Metropolitan Swimming, including R.O. Swimmers.** (An additional fee of \$1.00 per swimmer **for non-disk entries** must be included).

## 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**

Make **CHECK** payable to **METROPOLITAN SWIMMING**.

**Entries: MUST** be sent on a **Hy-Tek** disk. Be sure to enclose a Master Entry Sheet or Hy-Tek Spreadsheet.

The Name, Address, Phone Number and Email Address of Club Representative must be included on the form. In case of dispute, the official entry form will be considered the only document of entry. A swimmer's age as of the first day of the meet will determine the swimmer's age group for the meet. All swimmers, including relay only swimmers and alternates, must be listed on official entry form and included in Hy-Tek export file.

## Entry Deadline:

All entries must be in hand no later than **Tuesday, February 15, 2005**. **Entries received after the deadline will not be accepted. E-mailed entries will be accepted. (Please follow by mailing hard copy and check! Disk not needed) Swimming exhibition or Deck entries (including relay only swimmers) will not be permitted.**

**Send checks, diskettes and entry forms to:**

Mary Ann Senecal  
1 Bonwit Place

Farmingdale, NY 11735

Questions may be directed to Mary Ann Senecal (631) 249-1493, or [msenecal@optonline.net](mailto:msenecal@optonline.net)

**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.

**Timers Assignment and Updated Sessions Warm-up & Start Times  
will be posted on the Metro Website no later than February 19.  
Clubs are responsible for obtaining this information.**

**Metropolitan Swimming will impose a \$50.00 fine on any swimmer failing to equal or better the cut-off time if the entry time cannot be proven within 30 days following the conclusion of the meet.** This includes DQ's, No Shows, and scratches made after the meet is seeded.

**Scratches:**

- This meet will be deck seeded. **Scratches will be due no later than thirty (30) minutes after each published warm-up 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 session. 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 at the meet must contact: Holger Fietkau [holgerfusa@aol.com](mailto:holgerfusa@aol.com) or 516-338-5575 (home) or Chris Sawicz [krzysztofs0711@aol.com](mailto:krzysztofs0711@aol.com) or 718-383-2548 (work) or 718-263-0521 (home).

**Meet Decorum:**

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

**Food:**

Refreshments will be available for purchase on the second floor adjacent to the spectator stands throughout the meet. Please eat outside the pool area and place trash in the proper receptacles. **NOTE: No Food or Drinks Will Be Allowed On The Pool Deck. Plastic Water Bottles however, are acceptable.**

**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 Pkwy East. Take So. State Pkwy East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) At the first light on Merrick Ave. Make a right turn into the Parking lot for the Pool.**

**FROM WHITESTONE AND THROGS NECK BRIDGES:**

**Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 East, Hempstead Tpke.. For pool see directions above.**

**2005 Metropolitan Short Course Junior Olympics  
Order of Events (All Events in Yards)**

**Friday Prelims: Feb. 25, 2005 11-12, 15-18 W. U. 7:30am Start 9:00am**

**Session 1 West Pool TF= Timed Final**

<b>Girls</b>	<b>Qual. Time</b>	<b>Event</b>	<b>Qual. Time</b>	<b>Boys</b>
1.	5:27.99	11-12 400 Individual Medley –TF*	5:27.99	2.
3.	5:06.99	15-18 400 Individual Medley	4:45.99	4.
5.	:31.79	11-12 50 Butterfly	:32.59	6.
7.	1:06.49	15-18 100 Backstroke	1:00.49	8.
9.	1:12.29	11-12 100 Backstroke	1:13.99	10.
11.	2:42.99	15-18 200 Breaststroke	2:31.99	12.
13.	2:55.99	11-12 200 Breaststroke	2:59.99	14.
15.	:58.19	15-18 100 Freestyle	:52.59	16.
17.	1:02.29	11-12 100 Freestyle	1:02.69	18.
19.	4:49.99	15-18 400 Medley Relay	4:29.99	20.
21.	5:09.99	11-12 400 Medley Relay	5:09.99	22.

**Friday Prelims: Feb. 25, 2005 10&U, 13-14 W.U. 7:30am Start 9:00pm**

**Session 1 East Pool**

<b>Girls</b>	<b>Qual. Time</b>	<b>Event</b>	<b>Qual. Time</b>	<b>Boys</b>
23.	5:07.99	13-14 400 Individual Medley	5:02.99	24.
25.	2:55.99	10&U 200 Individual Medley	2:59.99	26.
27.	1:07.89	13-14 100 Backstroke	1:04.99	28.
29.	1:22.19	10&U 100 Backstroke	1:22.19	30.
31.	2:42.99	13-14 200 Breaststroke	2:42.99	32.
33.	1:33.99	10&U 100 Breaststroke	1:35.99	34.
35.	:58.99	13-14 100 Freestyle	:55.99	36.
37.	1:11.49	10&U 100 Freestyle	1:12.59	38.
39.	4:49.99	13-14 400 Medley Relay	4:49.99	40.
41.	2:44.99	10&U 200 Medley Relay	2:44.99	42.

**Session 2 Friday Finals Warm-up 4:00 pm Start 5:00 pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
3.	15-18 400 Individual Medley	4.
23.	13-14 400 Individual Medley	24.
5.	11-12 50 Butterfly	6.
7.	15-18 100 Backstroke	8.
27.	13-14 100 Backstroke	28.
9.	11-12 100 Backstroke	10.
11.	15-18 200 Breaststroke	12.
31.	13-14 200 Breaststroke	32.
13.	11-12 200 Breaststroke	14.
15.	15-18 100 Freestyle	16.
35.	13-14 100 Freestyle	36.
17.	11-12 100 Freestyle	18.

**Saturday Prelims: Feb. 26, 2005 11-12, 15-18 W.U. 7:30am Start 9:00am****Session 3 East Pool TF = Timed Final**

<b>Girls</b>	<b>Qual. Time</b>	<b>Event</b>	<b>Qual. Time</b>	<b>Boys</b>
43.	2:32.29	11-12 200 Individual Medley	2:36.69	44.
45.	2:23.49	15-18 200 Individual Medley	2:10.99	46.
47.	2:24.99	11-12 200 Medley Relay	2:24.99	48.
49.	2:09.99	15-18 200 Medley Relay	1:59.99	50.
51.	:33.59	11-12 50 Backstroke	:33.99	52.
53.	1:16.19	15-18 100 Breaststroke	1:08.49	54.
55.	1:20.49	11-12 100 Breaststroke	1:24.09	56.
57.	2:29.99	15-18 200 Butterfly	2:18.99	58.
59.	2:39.99	11-12 200 Butterfly	2:39.99	60.
61.	2:05.99	15-18 200 Freestyle	1:54.99	62.
63.	2:15.49	11-12 200 Freestyle	2:15.49	64.
65.	1:59.99	15-18 200 Freestyle Relay	1:49.99	66.
67.	2:04.99	11-12 200 Freestyle Relay	2:04.99	68.
69.	19:00.99	15-18 1650 Free - TF	18:15.90	70.

**Saturday Prelims: Feb. 26, 2005 10&U, 13-14 W.U. 7:30am Start 9:00am****Session 3. West Pool TF= Timed Final**

<b>Girls</b>	<b>Qual. Time</b>	<b>Event</b>	<b>Qual. Time</b>	<b>Boys</b>
71.	2:24.99	13-14 200 Individual Medley	2:18.99	72.
73.	1:20.99	10&U 100 Individual Medley	1:22.99	74.
75.	2:14.99	13-14 200 Medley Relay	2:04.99	76.
77.	2:35.99	10&U 200 Freestyle	2:39.99	78.
79.	1:16.49	13-14 100 Breaststroke	1:14.49	80.
81.	1:29.99	10&U 100 Butterfly	1:29.99	82.
83.	2:30.99	13-14 200 Butterfly	2:29.99	84.
85.	42.99	10&U 50 Breast	43.99	86.
87.	2:07.99	13-14 200 Freestyle	2:01.99	88.
89.	2:29.99	10&U 200 Freestyle Relay	2:29.99	90.
91.	1:59.99	13-14 200 Freestyle Relay	1:55.99	92.
93.	11:57.14	13-14 1000 Free - TF	11:54.58	94.

**Session 4 Saturday Finals Warm-up 4:00 pm Start 5:00 pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
43..	11-12 200 Individual Medley	44.
45.	15-18 200 Individual Medley	46.
71.	13-14 200 Individual Medley	72.
51.	11-12 50 Backstroke	52.
53.	15-18 100 Breaststroke	54.
83.	13-14 100 Breaststroke	84.
55.	11-12 100 Breaststroke	56
57	15-18 200 Butterfly	58.
83.	13-14 200 Butterfly	84.
59.	11-12 200 Butterfly	60.
61.	15-18 200 Freestyle	62.
87.	13-14 200 Freestyle	88..
63.	11-12 200 Freestyle	64.

**Sunday Prelims: Feb. 27, 2005 11-12, 15-18 W.U. 7:30am Start 9:00am****Session 5 West Pool**

<b>Girls</b>	<b>Qual. Time</b>	<b>Event</b>	<b>Qual. Time</b>	<b>Boys</b>
95.	6:03.99	11-12 500 Freestyle - TF	6:03.99	96.
97.	1:11.49	11-12 100 Individual Medley	1:12.29	98.
99.	5:31.99	15-18 500 Freestyle	5:19.99	100.
101.	:37.49	11-12 50 Breaststroke	:38.09	102.
103.	1:05.99	15-18 100 Butterfly	:58.99	104.
105.	1:12.39	11-12 100 Butterfly	1:14.49	106.
107.	2:23.99	15-18 200 Backstroke	2:13.09	108.
109.	2:36.99	11-12 200 Backstroke	2:39.99	110.
111.	:26.99	15-18 50 Freestyle	:23.79	112.
113.	:28.69	11-12 50 Freestyle	:28.69	114.
115.	4:11.99	15-18 400 Freestyle Relay	3:49.99	116.
117.	4:39.99	11-12 400 Freestyle Relay	4:39.99	118.

**Sunday Prelims: Feb. 27, 2005 10&U, 13-14 W.U. 7:30am Start 9:00am****Session 5 East Pool**

<b>Girls</b>	<b>Qual. Time</b>	<b>Event</b>	<b>Qual. Time</b>	<b>Boys</b>
119.	6:44.99	10&U 500 Freestyle	6:44.99	120.
121.	5:35.99	13-14 500 Freestyle	5:32.09	122.
123.	:37.09	10&U 50 Butterfly	:37.59	124.
125.	1:07.49	13-14 100 Butterfly	1:04.99	126.
127.	:37.99	10&U 50 Backstroke	:37.99	128.
129.	2:26.49	13-14 200 Backstroke	2:22.99	130.
131.	:32.29	10&U 50 Freestyle	:32.29	132.
133.	:27.19	13-14 50 Freestyle	:25.69	134.
135.	5:19.99	10&U 400 Freestyle Relay	5:19.99	136.
137.	4:15.99	13-14 400 Freestyle Relay	4:07.99	138.

**Session 6 Sunday Finals Warm-up 4:00 pm Start 5:00 pm**

<b>Girls</b>	<b>Event</b>	<b>Boys</b>
97.	11-12 100 Individual Medley	98.
99.	15-18 500 Freestyle	100.
121.	13-14 500 Freestyle	122.
101.	11-12 50 Breaststroke	102.
103.	15-18 100 Butterfly	104.
125.	13-14 100 Butterfly	126.
105.	11-12 100 Butterfly	106.
107.	15-18 200 Backstroke	108.
129.	13-14 200 Backstroke	130.
109.	11-12 200 Backstroke	110.
111.	15-18 50 Freestyle	112.
133.	13-14 50 Freestyle	134.
113.	11-12 50 Freestyle	114.

**2005 Metropolitan Short Course Junior Olympics  
Nassau County Aquatic Center  
February 25-27, 2005**

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_

Coach's Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone # \_\_\_\_\_ Evening Phone # \_\_\_\_\_

E-Mail \_\_\_\_\_

**MEET ENTRY REPORT**

**Metropolitan Swimmer Surcharge**

(Including relay only swimmers)

Females Entered	_____	x	\$ 1.00 =	_____
Males Entered	_____	x	\$ 1.00 =	_____

**Individual and Relay Entry**

Female Individual Timed Finals	_____	x	\$ 3.00 =	_____
Male Individual Timed Finals	_____	x	\$ 3.00 =	_____

Female Ind. Prelim-Finals	_____	x	\$ 4.00 =	_____
Male Ind. Prelim-Finals	_____	x	\$ 4.00 =	_____

Female Relay Entries	_____	x	\$ 8.00 =	_____
Male Relay Entries	_____	x	\$ 8.00 =	_____

Non Hy-Tek Surcharge	_____	x	\$ 1.00 =	_____
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**Total Amount Entries (Made payable to Metropolitan Swimming) = \$ \_\_\_\_\_**

**Mail Checks and Entry Information to:**

**Mary Ann Senecal  
1 Bonwit Place  
Farmingdale, New York 11735**

**Please sign Express Mail Waiver allowing delivery without signature  
Hy-tek entry diskette, HY-Tek athlete entry report and Meet Entry Report must be included with  
payment. Hy-Tek diskette not needed if entering by email.**