

# 2005

# Metropolitan

# SC Zone Team

# Qualifier Meet

**Only Swimmers who WILL attend Zones if they make the team  
can compete at the Zones Qualifier Meet.**

**March 18-20, 2005**

AT

**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.

Sanction Number 050301

Time Trials Sanction Number 050350

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 SC ZONE TEAM QUALIFIER MEET

March 18, 19, 20, 2005

**Sessions:**      **Prelims:**      (11-12, 13-14, 15-18)      **Warm-up**      **8:00 am**      **Meet: 9:00am**  
**Timed Finals:**      (10&Under)      **Warm-up**      **1:00 pm**      **Meet: 2:00pm**  
**Finals:**      (11-12, 13-14, 15-18)      **Warm-up**      **4:30 pm**      **Meet: 5:30pm**

**Site:**      The meet will be held at **Lehman College APEX Aquatic Center**, Bronx, New York.

**Awards:**      Medals 1st - 8th places.

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

**Parking:**      \$3.00 per day at College Supervised Lot, (100 Yards from APEX) all day parking, in & out.

**Events:**      The 10 & under as well as the 11-12 500 Freestyle are Timed Finals. All other 11-12, 13-14 and 15-18 events are Prelim-Finals, with a **TOP EIGHT ONLY FINAL** in the evening.

**Eligibility:**      **Only Swimmers who WILL attend Zones if they make the team can compete at the Zones Qualifier Meet. All swimmers must swim in the age group they will be as of the first day of Zones (March 31, 2005) as long as they meet the qualifying times for that age group.**

All swimmers must be registered for 2005 with USS and Metropolitan Swimming (as of entry deadline). A swimmer may enter any number of individual events for which he/she has met the qualifying time, but may not compete in more than three (3) individual events per any one-day. A swimmer who is not scratched and competes in more than 3 events in a day will automatically be DQ'd from any event(s) beyond the first 3 events that the swimmer competes in (scratches behind the blocks count as an entry).

10&under swimmers may swim up to 5 events per day.

**Qualifying Period: March 22, 2004 through entry deadline for Zone Team Qualifier meet.**

**Swimmers with disabilities are encouraged to attend Zones but they must contact the Metro Office prior to the Zone Qualifying Meet.**

**As per the new Eastern Zone rule, swimmers who have competed in a Speedo Champions Series (Sectionals meet) may not compete at Zones and are therefore ineligible to compete in the Metro Zone Team Qualifier meet.**

**Swimmers who have achieved a Speedo Sectional qualifying time but have not yet competed in a Sectional meet may still compete at Zones and are therefore eligible.**

**However. They may not compete in any events in which they have achieved the Sectional qualifying time.**

**Entry Fees:**      **\$4.00** per P/F Event, **\$3.00** per Timed Final Event, **\$1.00** surcharge per swimmer for Metropolitan Swimming (An additional fee of \$1.00 per swimmer for **non-disk entries** must be included).  
**Make one CHECK payable to METROPOLITAN SWIMMING.**

**Entries:**      Should be sent on a Hy-Tek disk. Be sure to enclose a Master Entry Sheet or Hy-Tek Spreadsheet. Any entry not submitted on Hy-Tek must pay \$1.00 per swimmer surcharge.

**The Name, Address, and Phone Number of Club Official 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 actual Eastern Zones Meet (March 31, 2005) will determine the swimmers age groups for the Zone Qualifier meet.**

**Entry Deadline:** All entries must be in hand no later than **Tuesday, March 8, 2005**. Entries received after the deadline will not be accepted. Deck entries will not be permitted. **Send check, diskette and entry forms to:**

**Monique Grayson  
22 Pine Hill Court  
Briarcliff Manor, New York 10510**

Questions may be directed to Monique Grayson at (914) 941-4464  
[mggrayson@aol.com](mailto:mggrayson@aol.com)

- **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.
- **Metropolitan Swimming will impose a \$50.00 fine on any swimmer that makes the Zone Team and then decides to scratch out of the meet. Only swimmers that will agree to attend Zones can compete in the Zone Qualifier Meet.**

**Timers Assignment and Updated Sessions Warm-up & Start Times  
will be posted on the Metro Website no later than March 12.  
Clubs are responsible for obtaining this information.**

**Scratches:**

- This meet will be deck seeded. Scratches will be due thirty (30) minutes before each published session start time.
- **Metropolitan Scratch Procedures will be followed. Please consult your GUIDELINES.**
- **There will be a \$25.00 per event fine for any swimmer that does not scratch the last day's final and fails to show.**
- 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.

**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).

**USA-Swimming registered Officials will be asked to serve as "Meet Marshals" during warm-up and for the duration of each session of the meet.**

**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 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.

- Food:** 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.
- Vendor:** The Circle Swim Shop will provide swimming apparel and related items for sale opposite the Balcony entrance to the pool.
- Note:** **No Food or Drinks Will Be Allowed On the Pool Deck. Plastic Water Bottles however, are acceptable. Coaches please monitor your team area.**

**Meet Desk Phone # (In case of emergency):**

**(718) 960 – 1134**

**Directions:**

**By Subway:**

Take the IRT # 4 (Lexington) or IND 'D' to Bedford Park Blvd. and walk west past Paul Ave to Gate 7 entrance on south side of street. (for more information call NYC Transit Authority at (718) 330-1234)

**By Bus:**

From Westchester: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #20X or (Yonkers via Getty Square/South Broadway/McLean Ave/Central Park Ave) # 4 to Bedford Park Blvd terminus and walk west.

**By Car:**

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 Whitestone or Throgs Neck Bridges (495), take Cross Bronx Expressway to Rosedale Ave/Bronx River Parkway Exit. Take BX. R. Pkwy North to Mosholu Parkway Exit. Follow Mosholu Pkwy North to Paul Ave. (traffic light past Jerome Ave Elevated Train Station - 1 mile). Turn left onto Paul Ave and proceed to Bedford Park Blvd. Turn right, APEX is to the left; parking is straight ahead.

# 2005 Metropolitan ZONE TEAM QUALIFIER MEET

## Order of Events (All Events in Yards)

### Session #1.

**Friday      March 18, 2005      Prelims                      Warm-up 8:00 am                      Start 9:00 am**

| <u>Girls</u> | <u>Qual. Time</u> | <u>Event</u>                | <u>Qual. Time</u> | <u>Boys</u> |
|--------------|-------------------|-----------------------------|-------------------|-------------|
| 1            | 2:29.99           | 11-12 200 Backstroke        | 2:31.99           | 2           |
| 3            | 1:13.79           | 15-18 100 Breaststroke      | 1:07.49           | 4           |
| 5            | 1:15.19           | 13-14 100 Breaststroke      | 1:10.69           | 6           |
| 7            | :36.09            | 11-12 50 Breaststroke       | :37.49            | 8           |
| 9            | 2:02.89           | 15-18 200 Freestyle         | 1:52.99           | 10          |
| 11           | 2:04.49           | 13-14 200 Freestyle         | 2:00.49           | 12          |
| 13           | :59.89            | 11-12 100 Freestyle         | 1:00.69           | 14          |
| 15           | 1:04.49           | 15-18 100 Butterfly         | :58.89            | 16          |
| 17           | 1:05.09           | 13-14 100 Butterfly         | 1:01.99           | 18          |
| 19           | :30.69            | 11-12 50 Butterfly          | :31.29            | 20          |
| 21           | 5:01.39           | 15-18 400 Individual Medley | 4:42.79           | 22          |
| 23           | 5:03.99           | 13-14 400 Individual Medley | 5:00.99           | 24          |
| 25           | 2:28.19           | 11-12 200 Individual Medley | 2:34.49           | 26          |

### Session #2.

**Friday      March 18, 2005      Timed Finals                      Warm-up 1:00 p.m.                      Start 2:00 p.m.**

|    | <u>Qual. Time</u> | <u>Girls' Events</u>  |          | <u>Boys' Events</u>   | <u>Qual. Time</u> |    |
|----|-------------------|-----------------------|----------|-----------------------|-------------------|----|
| 27 | 1:08.19           | 100 Freestyle         | 10&Under |                       |                   |    |
|    |                   |                       | 10&Under | 100 Individual Medley | 1:20.89           | 28 |
| 29 | :40.89            | 50 Breaststroke       | 10&Under |                       |                   |    |
|    |                   |                       | 10&Under | 100 Breaststroke      | 1:33.29           | 30 |
| 31 | :35.59            | 50 Butterfly          | 10&Under |                       |                   |    |
|    |                   |                       | 10&Under | 50 Backstroke         | :36.99            | 32 |
| 33 | 2:53.99           | 200 Individual Medley | 10&Under |                       |                   |    |
|    |                   |                       | 10&Under | 200 Freestyle         | 2:31.89           | 34 |
| 35 | 6:30.99           | 500 Freestyle         | 10&Under |                       |                   |    |

### Session #3.

**Friday      March 18, 2005      Finals                      Warm-up 4:30 p.m.                      Start 5:30 p.m.**

| <u>Girls</u> | <u>Event</u>                | <u>Boys</u> |
|--------------|-----------------------------|-------------|
| 1            | 11-12 200 Backstroke        | 2           |
| 3            | 15-18 100 Breaststroke      | 4           |
| 5            | 13-14 100 Breaststroke      | 6           |
| 7            | 11-12 50 Breaststroke       | 8           |
| 9            | 15-18 200 Freestyle         | 10          |
| 11           | 13-14 200 Freestyle         | 12          |
| 13           | 11-12 100 Freestyle         | 14          |
| 15           | 15-18 100 Butterfly         | 16          |
| 17           | 13-14 100 Butterfly         | 18          |
| 19           | 11-12 50 Butterfly          | 20          |
| 21           | 15-18 400 Individual Medley | 22          |
| 23           | 13-14 400 Individual Medley | 24          |
| 25           | 11-12 200 Individual Medley | 26          |

**Session #4.****Saturday March 19, 2005 Prelims Warm-up 8:00 am Start 9:00 am**

| <u>Girls</u> | <u>Qual. Time</u> | <u>Event</u>                | <u>Qual. Time</u> | <u>Boys</u> |
|--------------|-------------------|-----------------------------|-------------------|-------------|
| 37           | 2:36.99           | 11-12 200 Butterfly         | 2:36.99           | 38          |
| 39           | 2:19.49           | 15-18 200 Individual Medley | 2:10.29           | 40          |
| 41           | 2:20.49           | 13-14 200 Individual Medley | 2:15.29           | 42          |
| 43           | 1:08.89           | 11-12 100 Individual Medley | 1:10.49           | 44          |
| 55           | :26.39            | 15-18 50 Freestyle          | :23.19            | 46          |
| 47           | :26.69            | 13-14 50 Freestyle          | :24.79            | 48          |
| 49           | 2:39.19           | 15-18 200 Breaststroke      | 2:30.49           | 50          |
| 51           | 2:40.99           | 13-14 200 Breaststroke      | 2:38.79           | 52          |
| 53           | 1:17.99           | 11-12 100 Breaststroke      | 1:22.39           | 54          |
| 55           | 1:06.29           | 15-18 100 Backstroke        | :58.69            | 56          |
| 57           | 1:06.99           | 13-14 100 Backstroke        | 1:03.49           | 58          |
| 59           | :32.49            | 11-12 50 Backstroke         | :32.89            | 60          |
| 61           | 5:29.99           | 15-18 500 Freestyle         | 5:08.89           | 62          |
| 63           | 5:30.39           | 13-14 500 Freestyle         | 5:27.49           | 64          |
| 65           | 2:10.09           | 11-12 200 Freestyle         | 2:13.99           | 66          |

**Session #5.****Saturday March 19, 2005 Timed Finals Warm-up 1:00 p.m. Start 2:00 p.m.**

| <u>Qual. Time</u> | <u>Girls' Events</u>  | <u>Boys' Events</u>            | <u>Qual. Time</u> |
|-------------------|-----------------------|--------------------------------|-------------------|
|                   |                       | 10&Under 100 Freestyle         | 1:09.79 68        |
| 69 1:18.99        | 100 Individual Medley | 10&Under                       |                   |
|                   |                       | 10&Under 50 Breaststroke       | :43.19 70         |
| 71 1:29.59        | 100 Breaststroke      | 10&Under                       |                   |
|                   |                       | 10&Under 50 Butterfly          | :36.39 72         |
| 73 :36.79         | 50 Backstroke         | 10&Under                       |                   |
|                   |                       | 10&Under 200 Individual Medley | 2:59.29 74        |
| 75 2:30.39        | 200 Freestyle         | 10&Under                       |                   |
|                   |                       | 10&Under 500 Freestyle         | 6:30.99 76        |

**Session #6.****Saturday March 19, 2005 Finals Warm-up 4:30 p.m. Start 5:30 p.m.**

| <u>Girls</u> | <u>Event</u>                | <u>Boys</u> |
|--------------|-----------------------------|-------------|
| 37           | 11-12 200 Butterfly         | 38          |
| 39           | 15-18 200 Individual Medley | 40          |
| 41           | 13-14 200 Individual Medley | 42          |
| 43           | 11-12 100 Individual Medley | 44          |
| 45           | 15-18 50 Freestyle          | 46          |
| 47           | 13-14 50 Freestyle          | 48          |
| 49           | 15-18 200 Breaststroke      | 50          |
| 51           | 13-14 200 Breaststroke      | 52          |
| 53           | 11-12 100 Breaststroke      | 54          |
| 55           | 15-18 100 Backstroke        | 56          |
| 57           | 13-14 100 Backstroke        | 58          |
| 59           | 11-12 50 Backstroke         | 60          |
| 61           | 15-18 500 Freestyle         | 62          |
| 63           | 13-14 500 Freestyle         | 64          |
| 65           | 11-12 200 Freestyle         | 66          |

**Session #7.****Sunday March 20, 2005 Prelims Warm-up 8:00 am Start 9:00 am**

| <u>Girls</u> | <u>Qual. Time</u> | <u>Event</u>                       | <u>Qual. Time</u> | <u>Boys</u> |
|--------------|-------------------|------------------------------------|-------------------|-------------|
| 77           | 5:51.19           | 11-12 500 Freestyle (Timed Finals) | 5:59.99           | 78          |
| 79           | 2:19.59           | 15-18 200 Backstroke               | 2:07.49           | 80          |
| 81           | 2:53.99           | 11-12 200 Breaststroke             | 2:53.99           | 82          |
| 83           | 2:22.99           | 13-14 200 Backstroke               | 2:17.19           | 84          |
| 85           | 1:09.59           | 11-12 100 Backstroke               | 1:10.59           | 86          |
| 87           | :56.59            | 15-18 100 Freestyle                | :51.39            | 88          |
| 89           | :57.59            | 13-14 100 Freestyle                | :54.29            | 90          |
| 91           | :27.89            | 11-12 50 Freestyle                 | :27.59            | 92          |
| 93           | 2:20.49           | 15-18 200 Butterfly                | 2:17.69           | 94          |
| 95           | 2:25.79           | 13-14 200 Butterfly                | 2:27.69           | 96          |
| 97           | 1:08.69           | 11-12 100 Butterfly                | 1:12.79           | 98          |

**Session #8.****Sunday March 20, 2005 Timed Finals Warm-up 1:00 p.m. Start 2:00 p.m.**

| <u>Qual. Time</u> | <u>Girls' Events</u>   | <u>Boys' Events</u>     | <u>Qual. Time</u> |
|-------------------|------------------------|-------------------------|-------------------|
| 99                | 1:19.39 100 Backstroke | 10&Under 100 Backstroke | 1:19.39 100       |
| 101               | :30.99 50 Freestyle    | 10&Under 50 Freestyle   | :31.49 102        |
| 103               | 1:21.99 100 Butterfly  | 10&Under 100 Butterfly  | 1:26.69 104       |

**Session #9.****Sunday March 20, 2005 Finals Warm-up 4:30 p.m. Start 5:30 p.m.**

| <u>Girls</u> | <u>Event</u>           | <u>Boys</u> |
|--------------|------------------------|-------------|
| 79           | 15-18 200 Backstroke   | 80          |
| 81           | 11-12 200 Breaststroke | 82          |
| 83           | 13-14 200 Backstroke   | 84          |
| 85           | 11-12 100 Backstroke   | 86          |
| 87           | 15-18 100 Freestyle    | 88          |
| 89           | 13-14 100 Freestyle    | 90          |
| 91           | 11-12 50 Freestyle     | 92          |
| 93           | 15-18 200 Butterfly    | 94          |
| 95           | 13-14 200 Butterfly    | 96          |
| 97           | 11-12 100 Butterfly    | 98          |

# SC Zone Team Qualifier Meet - March 18-20, 2005

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

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

Address \_\_\_\_\_

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

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

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

## MEET ENTRY REPORT

### Metropolitan Swimmer Surcharge

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

### Individual Entries

|                              |       |   |           |       |
|------------------------------|-------|---|-----------|-------|
| Female Trials/Finals Entries | _____ | x | \$ 4.00 = | _____ |
| Male Trials/Finals Entries   | _____ | x | \$ 4.00 = | _____ |

|                             |       |   |           |       |
|-----------------------------|-------|---|-----------|-------|
| Female Timed Finals Entries | _____ | x | \$ 3.00 = | _____ |
| Male Timed Finals Entries   | _____ | x | \$ 3.00 = | _____ |

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

Total Amount Entries (Made payable to Metropolitan Swimming) = \$ \_\_\_\_\_

### Mail Checks and Entry Information to:

**Monique Grayson  
22 Pine Hill Court  
Briarcliff Manor, New York 10510**

**Please sign Express Mail Waiver allowing delivery without signature**

**Hy-tek entry diskette, master entry sheet, and meet entry report must be included with payment,**

