

2006

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 17-19, 2006

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 060301

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

Mary Fleckenstein
Mary Fleckenstein and Paul Furbeck
Paul Furbeck and Bob Vializ
Gil Smith
Anthony Mironov and Sophie Staskiewicz

2006 Metropolitan SC ZONE TEAM QUALIFIER MEET

March 17, 18, 19, 2006

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 30, 2006) as long as they meet the qualifying times for that age group.**

All swimmers must be registered for 2006 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 21, 2005 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.

IMPORTANT CHANGE ABOUT ZONE TEAM ELIGIBILITY

As per the new Eastern Zone rule, 13 and Over Swimmers may not compete at Zones if they have a Qualifying Time in any event, equal to or faster than the times posted in the chart below (on page 3)

(See chart 2006 Eastern Zone Maximum Qualifying Times)

These times are based on the slowest of the 2006 Time Standards for the US Open, 2006 Speedo Junior National Championships, or the 2006 18/under Standards for the US Spring Championship.

12 and Under Swimmers may not enter the meet if they have participated in an individual event in any of the above meets, US Swimming Nationals or a Trials Class meet.

It is the Team/Head Coach's responsibility to make sure their swimmers have not equaled or bettered these Maximum Times in any course: SCY, SCM, or LCM, before entering their swimmers in Zone Qual.

2006 EASTERN ZONE MAXIMUM QUALIFYING TIMES FOR ZONE MEETS
(Individual entry QT's may not equal or exceed these times for 13 & Over swimmers)

WOMEN			EVENT	MEN		
LCM	SCM	SCY		SCY	SCM	LCM
27.39	26.59	23.89	50 FREESTYLE	21.39	23.69	24.79
58.89	57.09	51.89	100 FREESTYLE	46.49	51.29	53.89
2:06.99	2:03.09	1:51.69	200 FREESTYLE	1:41.69	1:52.49	1:57.29
4:25.59	4:14.89	4:55.89	400/500 FREESTYLE	4:34.79	3:57.79	4:08.59
9:06.69	8:51.69	10:10.99	800/1000 FREESTYLE	9:32.69	8:20.79	8:37.29
17:32.49	16:48.29	16:58.29	1500/1650 FREESTYLE	15:56.69	15:56.19	16:31.39
1:06.69	1:03.39	57.69	100 BACKSTROKE	51.79	57.59	1:00.59
2:22.79	2:16.99	2:03.59	200 BACKSTROKE	1:52.29	2:04.59	2:11.49
1:14.99	1:12.79	1:05.19	100 BREASTSTROKE	58.29	1:04.59	1:08.39
2:41.59	2:37.29	2:20.69	200 BREASTSTROKE	2:07.19	2:22.49	2:28.59
1:04.39	1:02.79	57.09	100 BUTTERFLY	50.79	55.69	58.19
2:21.19	2:17.49	2:05.09	200 BUTTERFLY	1:53.19	2:03.79	2:09.79
2:24.29	2:19.19	2:06.09	200 IM	1:53.79	2:05.69	2:12.39
5:03.69	4:55.29	4:27.79	400 IM	4:02.49	4:28.29	4:41.59

Entry Fees: \$4.00 per P/F Event, \$3.00 per Timed Final Event, \$1.00 surcharge per swimmer for Metropolitan Swimming
Make one CHECK payable to METROPOLITAN SWIMMING.

Entries: Hy-Tek Export File should be emailed or sent on a diskette.
 Be sure to enclose a Master Entry Sheet or Hy-Tek Spreadsheet.
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 Zone Meet (March 30, 2006) will determine the swimmers age groups for the Zone Qualifier meet.

Entry Deadline: All entries must be in hand no later than **Tuesday, March 7, 2006**. 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
mgrayson@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 qualifies 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 13.
 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 \$50.00 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, especially in bad weather!**
- 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.

IMPORTANT NOTE REGARDING THE EASTERN ZONE MEET

Even though the 2006 Eastern Zone All-Star Championship Meet will be held March 30-April 1 at Nassau County Aquatic Center, the Metropolitan Swimmers will still be participating as a team and all 11 & Over will be staying in a hotel as a team (no exceptions)

- The cost for all **11-over that qualify for Zones is \$325.00 per swimmer** (this includes hotel room, meals, transportation, meet entries and uniforms).
- The cost for all **10-under that qualify for Zones is \$150.00 per swimmer** (this includes meet entries and uniforms). All 10-under swimmers must stay with their parents and be under their parents responsibility.

Payment for Zones will be due by the end of this meet!

Hobie Swim Shop will be available at the Zone Qualifying Meet starting on Friday afternoon. Swimmers that qualify for Zones will be able to try on equipment for size and order additional optional items.

Officials:

Certified Metro Officials will be used. Metro Officials wishing to volunteer at the meet must contact: Holger Fietkau holgerfusa@aol.com or 516-338-5575 (home) or Kris Sawicz krzysztof0711@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.

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 Metro 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.

2006 Metropolitan ZONE TEAM QUALIFIER MEET

Order of Events (All Events in Yards)

Session #1.

Friday March 17, 2006 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	4:56.99	24
25	2:28.19	11-12 200 Individual Medley	2:33.99	26

Session #2.

Friday March 17, 2006 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 17, 2006 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 18, 2006 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 18, 2006 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 18, 2006 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 19, 2006 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 19, 2006 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
101	:30.99	50 Freestyle	10&Under 50 Freestyle
103	1:21.99	100 Butterfly	10&Under 100 Butterfly

Session #9.**Sunday March 19, 2006 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 17-19, 2006

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 = _____

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

Mail Checks and Entry Information, by March 7, 2006, to:

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

Please sign Express Mail Waiver allowing delivery without signature

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

