

**2007**

**Metropolitan Long Course  
Junior Olympic Championships**

**July 27-28-29, 2007**

**ENTRY PACKET**

**Sanction # 070702**

**Time Trials Sanction # 070750**

**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  
Bob Vializ and Edgar Perez  
Erin Kiernan and Chris Finnegan  
Scott Bartleson**

# 2007 LC Metropolitan Junior Olympic Swimming Championships

July 27, 28, 29, 2007

**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. A 5-10 minutes break (warm-up/warm-down) may be added to each session.

**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. Top 3 places Individual High Point Awards in each Age Group 10-Under, 11-12, 13-14 & 15-18. Combined Team Award 10&Under, 11-12, and 13-14. Overall 14-Under Team Award.

**Events:** All Events are **Timed Finals**. **CONVERTED TIMES WILL NOT BE ALLOWED. Times must have been achieved in either Long Course Meters, Short Course Yards or Short Course Meters, between July 20, 2006 and the entry deadline.**

**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: \$ 5.00 Children: \$ 2.00 Session Programs: \$ 3.00

**Parking:** Free parking in College Lots as long as space is available.

**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**. Failure to scratch will result in the swimmer swimming the first three events they are entered in on that day. Entry times must equal or better the qualifying standards. **Long course meter times will be the conforming standards and will be seeded first, followed by SCM & SCY.** Times must have been achieved between **July 20, 2006** and the entry deadline.

**SWIMMERS WITH DISABILITIES ARE ENCOURAGED TO ENTER.**

**Entry Fees:** \$4.00 per Individual Event, \$10.00 per Relay, \$1.00 Metropolitan surcharge (including RELAY ONLY SWIMMERS). Make Checks payable to **Metropolitan Swimming, Inc. (NO REFUNDS)**

**Entries:** Hy-Tek E-mail entries are preferred. **Entry times may NOT be converted.** They must be submitted in **LCM, SCY or SCM times. Long course meter times will be the conforming standards and will be seeded first, followed by SCM & SCY. A Team Manager Meet Entries Report WITH PROOF OF TIMES must be included with the entries.** Team Manager Hy-Tek Entries on a 3 ½” diskette, labeled with the team name (along with a hard copy) is a second option of entry. Relay only swimmers must also be listed on the Master Entry Form. An Entry Summary

with a signed waiver must accompany each entry, regardless whether entries are submitted via e-mail, diskette or in writing. All results will be e-mailed to the team representative. 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 27, 2007 will determine the swimmer's age group for the meet. **NT's and Deck Entries will not be accepted.**

**Entry Deadline:** All entries must be in hand no later than **Wednesday, July 18, 2007**. Entries received after the deadline will be rejected.

**SIGN EXPRESS MAIL WAIVER** allowing delivery without signature.

***Mail Check (payable to Metropolitan Swimming), Diskette and Entry Forms with proof of Times 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 times if the entry time cannot be proven by August 31, 2007.**

**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 30 minutes before the start of each session.

**Scratches:** This meet will be deck seeded. Non Conforming times will be seeded last. **All 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. Athletes who miss a race in which they were seeded and did not properly deck scratched **will be barred from their next individual event.** Relay swimmers' names must be submitted **in the order in which they will swim.** **If a team fails to scratch a relay by the scratch deadline,** and that relay is a No Show, **all future relays of that team must be positively checked in** at the computer table for the relays to be seeded.

**Coaches:** **All coaches must be registered for 2007 and will only be allowed on deck if all their certifications are current. All coaches MUST carry their up-to-date USA-Swimming 2007 Registration Card in a visible manner.**

**Officials:** **Certified Metro Officials will be used. Metro Officials wishing to volunteer their time should contact Annie Fosteris at DanceandRun@aol.com**

**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 the meet jury determines.

**Time Trials:** A separate sanction number (#070750) will be used for time trial purposes. Swimmer must be entered in the meet **in individual events** 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 Metro 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 (3<sup>rd</sup> 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.

# 2007 Metropolitan Long Course Summer Junior Olympics

## July 27, 28, 29, 2007

**Note:** One or two “5 minutes” breaks may be added for warm-up/warm down at each session.

### SESSION # 1.

**Friday July 27, 2007 Warm-up 8:00am Start 9:00am**

Girls	Qualifying Times				Event	Qualifying Times			Boys	
	SCM	SCY	LCM			LCM	SCY	SCM		
1	NCT	NCT	NCT	13-14	200 m	Medley Relay	NCT	NCT	NCT	2
3	1:25.19	1:11.49	<b>1:25.99</b>	10&U	100 m	Freestyle	<b>1:27.99</b>	1:12.59	1:26.29	4
5	1:09.29	58.99	<b>1:09.99</b>	13-14	100 m	Freestyle	<b>1:05.99</b>	55.99	1:04.69	6
7	53.29	42.99	<b>52.99</b>	10&U	50 m	Breaststroke	<b>53.99</b>	43.99	53.29	8
9	1:30.89	1:16.49	<b>1:31.99</b>	13-14	100 m	Breaststroke	<b>1:26.99</b>	1:14.49	1:25.79	10
11	45.79	37.29	<b>47.09</b>	10&U	50 m	Backstroke	<b>47.59</b>	37.99	46.09	12
13	1:19.89	1:07.49	<b>1:19.99</b>	13-14	100 m	Butterfly	<b>1:13.99</b>	1:04.99	1:13.69	14
15	6:11.99	6:44.99	<b>6:14.99</b>	10&U	400 m	Freestyle	<b>6:14.99</b>	6:44.99	6:09.39	16
17	5:12.49	5:35.99	<b>5:14.99</b>	13-14	400 m	Freestyle	<b>5:05.99</b>	5:32.09	5:02.39	18

### SESSION # 2.

**Friday July 27, 2007 Warm-up 1:30pm Start 2:30pm**

Girls	Qualifying Times				Event	Qualifying Times			Boys	
	SCM	SCY	LCM			LCM	SCY	SCM		
19	NCT	NCT	NCT	11-12	200 m	Medley Relay	NCT	NCT	NCT	20
21	NCT	NCT	NCT	15-18	200 m	Medley Relay	NCT	NCT	NCT	22
23	1:10.49	1:01.29	<b>1:12.49</b>	11-12	100 m	Freestyle	<b>1:13.99</b>	1:02.69	1:12.59	24
25	1:06.79	58.59	<b>1:08.49</b>	15-18	100 m	Freestyle	<b>1:02.69</b>	52.59	1:01.49	26
27	1:34.79	1:20.49	<b>1:35.99</b>	11-12	100 m	Breaststroke	<b>1:36.99</b>	1:24.09	1:35.69	28
29	1:28.89	1:16.19	<b>1:29.99</b>	15-18	100 m	Breaststroke	<b>1:21.99</b>	1:08.49	1:20.89	30
31	38.29	33.59	<b>38.99</b>	11-12	50 m	Backstroke	<b>39.99</b>	33.99	38.69	32
33	1:18.89	1:05.99	<b>1:18.99</b>	15-18	100 m	Butterfly	<b>1:09.99</b>	58.99	1:09.69	34
35	3:03.49	2:39.99	<b>3:03.99</b>	11-12	200 m	Butterfly	<b>3:03.99</b>	2:39.99	3:00.99	36
37	5:09.49	5:31.99	<b>5:11.99</b>	15-18	400 m	Freestyle	<b>4:49.99</b>	5:19.99	4:45.59	38
39	5:27.39	6:03.99	<b>5:29.99</b>	11-12	400 m	Freestyle	<b>5:29.99</b>	6:03.99	5:24.99	40

**SESSION # 3.**

Saturday July 28, 2007 Warm-up 8:00am Start 9:00am

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
41	44.99	37.09	<b>45.99</b>	10&U	50 m	Butterfly	<b>46.99</b>	37.59	46.79	42
43	2:29.59	2:07.99	<b>2:30.99</b>	13-14	200 m	Freestyle	<b>2:25.99</b>	2:01.99	2:22.89	44
45	3:08.29	2:35.99	<b>3:09.99</b>	10&U	200 m	Freestyle	<b>3:09.99</b>	2:39.99	3:05.89	46
47	2:55.59	2:30.99	<b>2:55.99</b>	13-14	200 m	Butterfly	<b>2:49.99</b>	2:29.99	2:47.19	48
49	1:55.59	1:33.99	<b>1:56.99</b>	10&U	100 m	Breaststroke	<b>1:56.99</b>	1:35.99	1:55.39	50
51	1:19.49	1:07.89	<b>1:20.99</b>	13-14	100 m	Backstroke	<b>1:16.99</b>	1:04.99	1:14.59	52
53	1:37.99	1:20.19	<b>1:40.99</b>	10&U	100 m	Backstroke	<b>1:42.99</b>	1:22.19	1:39.79	54
55	5:56.89	5:07.99	<b>5:59.99</b>	13-14	400 m	Individual Medley	<b>5:48.99</b>	5:02.99	5:41.99	56
57	NCT	NCT	NCT	10&U	200 m	Freestyle Relay	NCT	NCT	NCT	58
59	NCT	NCT	NCT	13-14	400 m	Freestyle Relay	NCT	NCT	NCT	60

**SESSION # 4.**

Saturday July 28, 2007 Warm-up 1:30pm Start 2:30pm

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
61	2:36.49	2:15.49	<b>2:37.99</b>	11-12	200 m	Freestyle	<b>2:36.99</b>	2:15.49	2:33.59	62
63	2:28.59	2:05.99	<b>2:29.99</b>	15-18	200 m	Freestyle	<b>2:15.99</b>	1:54.99	2:13.09	64
65	43.39	37.49	<b>43.99</b>	11-12	50 m	Breaststroke	<b>44.59</b>	38.09	43.99	66
67	3:12.29	2:48.99	<b>3:14.99</b>	15-18	200 m	Breaststroke	<b>2:59.99</b>	2:31.99	2:55.69	68
69	1:23.39	1:12.29	<b>1:24.99</b>	11-12	100 m	Backstroke	<b>1:27.99</b>	1:13.99	1:25.19	70
71	1:18.49	1:06.49	<b>1:19.99</b>	15-18	100 m	Backstroke	<b>1:11.99</b>	1:00.49	1:09.69	72
73	36.89	31.79	<b>36.99</b>	11-12	50 m	Butterfly	<b>37.99</b>	32.59	37.79	74
75	5:52.89	5:06.99	<b>5:55.09</b>	15-18	400 m	Individual Medley	<b>5:29.99</b>	4:45.99	5:23.39	76
77	3:25.09	2:55.99	<b>3:27.99</b>	11-12	200 m	Breaststroke	<b>3:27.99</b>	2:59.99	3:23.09	78
79	NCT	NCT	NCT	15-18	400 m	Freestyle Relay	NCT	NCT	NCT	80
81	NCT	NCT	NCT	11-12	400 m	Freestyle Relay	NCT	NCT	NCT	82
<b>10 minutes warm-up</b>										
83	6:14.89	5:35.89	<b>6:25.99</b>	11-12	400 m	Individual Medley	<b>6:25.99</b>	5:35.89	6:14.89	84

**SESSION # 5.**

Sunday July 29, 2007 Warm-up 8:00am Start 9:00am

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
85	NCT	NCT	<b>NCT</b>	13-14	200 m	Freestyle Relay	<b>NCT</b>	NCT	NCT	86
87	NCT	NCT	<b>NCT</b>	10&U	200 m	Medley Relay	<b>NCT</b>	NCT	NCT	88
89	2:52.59	2:26.49	<b>2:54.99</b>	13-14	200 m	Backstroke	<b>2:45.99</b>	2:22.99	2:41.79	90
91	3:41.09	2:55.99	<b>3:43.99</b>	10&U	200 m	Individual Medley	<b>3:43.99</b>	2:59.99	3:39.19	92
93	2:48.79	2:24.99	<b>2:50.99</b>	13-14	200 m	Individual Medley	<b>2:43.99</b>	2:18.99	2:40.39	94
95	38.39	32.29	<b>38.99</b>	10&U	50 m	Freestyle	<b>38.99</b>	32.29	38.29	96
97	31.49	27.19	<b>31.99</b>	13-14	50 m	Freestyle	<b>30.19</b>	25.69	29.59	98
99	1:53.79	1:29.99	<b>1:53.99</b>	10&U	100 m	Butterfly	<b>1:53.99</b>	1:29.99	1:53.59	100
101	3:14.29	2:42.99	<b>3:16.99</b>	13-14	200 m	Breaststroke	<b>3:09.99</b>	2:42.99	3:05.49	102
103	NCT	NCT	<b>NCT</b>	10&U	400 m	Freestyle Relay	<b>NCT</b>	NCT	NCT	104
105	NCT	NCT	<b>NCT</b>	13-14	400 m	Medley Relay	<b>NCT</b>	NCT	NCT	106

**SESSION # 6.**

Sunday July 29, 2007 Warm-up 1:30pm Start 2:30pm

Girls	Qualifying Times			Event			Qualifying Times			Boys
	SCM	SCY	LCM				LCM	SCY	SCM	
107	NCT	NCT	<b>NCT</b>	11-12	200 m	Freestyle Relay	<b>NCT</b>	NCT	NCT	108
109	NCT	NCT	<b>NCT</b>	15-18	200 m	Freestyle Relay	<b>NCT</b>	NCT	NCT	110
111	3:01.49	2:36.99	<b>3:03.99</b>	11-12	200 m	Backstroke	<b>3:03.99</b>	2:39.99	2:59.29	112
113	2:47.69	2:23.99	<b>2:49.99</b>	15-18	200 m	Backstroke	<b>2:34.99</b>	2:13.09	2:30.99	114
115	2:57.59	2:32.29	<b>2:59.99</b>	11-12	200 m	Individual Medley	<b>3:02.99</b>	2:36.69	2:58.99	116
117	2:47.79	2:23.49	<b>2:49.99</b>	15-18	200 m	Individual Medley	<b>2:36.99</b>	2:10.99	2:33.59	118
119	32.39	28.69	<b>32.99</b>	11-12	50 m	Freestyle	<b>32.99</b>	28.69	32.39	120
121	31.49	26.99	<b>31.99</b>	15-18	50 m	Freestyle	<b>28.69</b>	24.99	28.09	122
123	1:25.89	1:12.39	<b>1:25.99</b>	11-12	100 m	Butterfly	<b>1:25.99</b>	1:14.49	1:25.69	124
125	2:50.59	2:29.99	<b>2:50.99</b>	15-18	200 m	Butterfly	<b>2:36.99</b>	2:18.99	2:34.39	126
127	NCT	NCT	<b>NCT</b>	11-12	400 m	Medley Relay	<b>NCT</b>	NCT	NCT	128
129	NCT	NCT	<b>NCT</b>	15-18	400 m	Medley Relay	<b>NCT</b>	NCT	NCT	130

**2007 Metropolitan Long Course Summer Junior Olympics at Lehman College  
JULY 27, 28, 29, 2007**

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

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

Address \_\_\_\_\_

Day Phone # \_\_\_\_\_ Eve 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 \$4.00 = \_\_\_\_\_

Male Individual Entries: \_\_\_\_\_ x \$4.00 = \_\_\_\_\_

Female Relay Entries: \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

Male Relay Entries: \_\_\_\_\_ x \$10.00 = \_\_\_\_\_

**Total Amount Entries = \_\_\_\_\_**

(Make Check payable to Metropolitan Swimming Inc.)

**Mail Hy-Tek 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 18, 2007**

**SIGN EXPRESS MAIL WAIVER allowing delivery without signature.**