

2007

**SENIOR METROPOLITAN
LONG COURSE CHAMPIONSHIPS
JULY 5 - 8, 2007**

ENTRY PACKET

To be held at:
**LEHMAN COLLEGE APEX
BRONX, NEW YORK**
Hosted By
Metropolitan Swimming

Sanctioned by United States Swimming & Metropolitan Swimming, Inc.

**Sanction # 070703
Time Trials Sanction # 070751**

General Chairman: Mary Fleckenstein
Meet Director/ Senior Chair: Brian Brown
Coaches Representative: Scott Bartleson
Athletes Representative: Erin Kiernan, Chris Finnegan

2007 Senior Metropolitan Championship Meet

Hosted by Metropolitan Swimming, Inc.

Held at Lehman College Apex, Bronx, New York

July 5 – 8, 2007

Sessions:	Thursday PM Prelims:	Warm-up @ 3:30pm	Meet Start @ 5:00pm
	Friday AM Finals:	Warm-up @ 7:30am	Meet Start @ 9:00am
	Friday 800 Free Timed Finals:	Warm-up @ 12:00pm	Meet Start @ 1:00pm
	Friday PM Prelims:	Warm-up @ 3:30pm	Meet Start @ 5:00pm
	Saturday AM Finals:	Warm-up @ 7:30am	Meet Start @ 9:00am
	Saturday 1500 Free Timed Finals:	Warm-up @ 12:00pm	Meet Start @ 1:00pm
	Saturday PM Prelims:	Warm-up @ 3:30pm	Meet Start @ 5:00pm
	Sunday AM Finals:	Warm-up @ 7:30am	Meet Start @ 9:00am

Admission: Adults \$5.00 Children \$1.00 per session **Session Programs:** \$2.00

Entries:

1. All entries, individual and relay, should be submitted by e-mail. Send Hy-Tek Team Manager Meet Entry Report. Swimmers who will be on relays only must also be listed on the Master Entry Form.
2. In addition to Metro Swimmers, a limited number of Teams from other LSCs may be included. They must request entry to Brian Brown, Senior Chairman, by Saturday, June 16, 2007. Send request to Bbrown@asphaltgreen.org, including projected number of athletes and entries.
3. All swimmers must be 2007 United States Swimming registered.
4. Entry times must equal or better the meet standards. **Long course meter times will be the conforming standard and will be seeded faster than yard times. Entry times may NOT be converted.** A swimmer may enter any event at the meet standard, but may participate in only six individual events.
5. A swimmer may not swim more than three individual events on any one day **INCLUDING TIME TRIALS.**
6. A swimmer may swim in any number of relay events during the meet.
7. Swimmers failing to swim the meet entry standard shall have thirty (30) days to prove having accomplished said time. Proof of times must have been achieved between **JULY 6, 2006** and **JUNE 25, 2007**, the entry deadline. Included are DQ's and intentional DQ's (behind block intentional scratch). Any times unproven by August 8, 2007 will be subject to a \$50.00 fine per unproven swim.
8. Proof of time for 800 and 1500 meter events must be submitted with entry. Entries without submitted proof will be seeded at the cut.

OFFICIALS

We have applied to have this meet designated as a "qualifying meet" under the new national officials certification program. Key officials, referees, starters will be assigned where possible.

Final assignment and schedule of personnel will be established by the Metro Official's Chair and Meet Referee.

Applications to be evaluated will be posted on the Metro website. They must be completed and returned (by June 25th to the address on the application) no later than 1 week prior to the start of the meet.

Officials meetings will be held one hour prior to the start of each session (preliminaries and finals).

The uniform for all preliminary and final sessions will be white shirt over blue shorts/pants/skirt as appropriate.

Any official interested in being evaluated should fill contact Paul Simco for more information and an application to be evaluated. Details of the certification can be found on the USA Swimming website at:

<http://www.usaswimming.org/USASWeb/DesktopDefault.aspx?TabId=98&Alias=Rainbow&Lang=en>

Entries:

All entries must be in hand no later than **Monday, June 25, 2007**. Sign Express mail waiver allowing delivery without signature. Entries received after deadline will be rejected. Make checks payable to **Metropolitan Swimming**. Send check and meet entry report to:

Mary Ann Senecal
1 Bonwit Place
Farmingdale, NY 11735
phone: 631-249-1493
Fax: 631-249-1493
Email: msenecal@optonline.net

Entry Fees:

\$5.00 per Individual Event, **\$10.00** per Relay Event, **\$2.00** per swimmer Metropolitan surcharge (including RELAY ONLY SWIMMERS),
Make check payable to **Metropolitan Swimming Inc. (NO REFUNDS)**.

Awards:

Medals for the first 8 places in individual events and first 3 places in relays will be awarded. Team & Individual High Point Awards will be given.

Scoring:

Scoring will be to 24 places. Points for individual events are 30, 27, 26, 25, 24, 23, 22, 21, 19, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1. Points will be doubled for relays. **Only two relay teams per club may score. (SCORING MAY BE ADJUSTED, DEPENDING ON LANE USAGE DURING FINALS)**

General Rules:

1. Coaches and swimmers shall have the responsibility to familiarize themselves with the 2007 U.S.A. Swimming Rules and Regulations.
2. All events will be conducted as Prelims (PM sessions) and Finals (AM sessions) with the exception of the 800 and 1500 Freestyle events and ALL relays events which will be conducted as TIMED FINALS.
3. The 800 Freestyle may be limited to 40 Women and 40 Men. The 1500 Freestyle may be limited to 32 Women and 32 men.
4. **Warm-up Procedures and Safety Guidelines of Metropolitan Swimming Inc. will be strictly enforced.**
5. 6-7 lanes will be used to conduct the prelims (depending upon meet size), with 1-2 lane(s) left for warm up/warm down. 6 lanes will be used for finals with 1 lane left empty and 1 lane left for warm up/warm down.
6. 4 heats of 6 lanes will compete in the finals for each event.
7. All participating teams will be expected to time lanes, during the meet.
8. Psych sheets and timing assignments for teams, based upon entries, will be available on the Metro website (www.metroswimming.org) by Thursday, June 28.
9. TEAMS WILL BE RESPONSIBLE TO TIME THEIR OWN SWIMMERS FOR THE 800 FREESTYLE ON FRIDAY AFTERNOON AND THE 1500 FREE ON SATURDAY AFTERNOON. TIMERS MUST SUPPLY THEIR OWN WATCHES. ANY TEAM NOT SUPPLYING TIMERS WILL NOT BE ALLOWED TO SWIM. PLEASE COOPERATE.
10. **METRO SWIMMERS MUST HAVE SWUM AT LEAST THREE METRO MEETS BETWEEN JULY 10, 2006 AND ENTRY DEADLINE. OUT-OF-TOWN COLLEGE SWIMMERS MAY BE EXEMPTED FROM THIS REQUIREMENT.**

EVENT ORDER: **Thursday PM:** PRELIMS—100 BR, 200 FR, 100 FLY, 400 IM, 800 FR REL (PM)

Friday AM: FINALS—100 BR, 200 FR, 100 FLY, 400 IM, 800 FR REL (AM)

Friday Mid: 800 FR TIMED FINALS – Fastest to slowest alternating Women and Men.

Friday PM: PRELIMS—200 IM, 50 FR, 100 BK, 400 FR, 400 MED REL (PM)

Saturday AM: FINALS—200 IM, 50 FR, 100 BK, 400 FR, 400 MED REL (AM)

Saturday Mid: 1500 FR TIMED FINALS – Fastest to slowest alternating Women and Men.

Saturday PM: PRELIMS—200 BK, 200 BR, 100 FR, 200 FLY, 400 FR REL (PM)

Sunday AM: FINALS—200 BK, 200 BR, 100 FR, 200 FLY, 400 FR REL (AM)

SCRATCH RULES & POSITIVE CHECK-IN PROCEDURES (Please read carefully!):

1. **EVENT SCRATCHES**—Scratches for all Prelim events will be due by **4:15 PM** the day of the session. Scratch forms will be provided. Scratches for Finals events will be due **30 minutes** after the completion of the event.
2. **DISTANCE EVENTS**—Swimmers entered in the **800/1500 Freestyle** events must confirm their intention to swim (**POSITIVE CHECK-IN**) at the pool by **6:00 PM** the evening before (check-in Thursday PM for the 800 and Friday evening for the 1500).
3. **RELAY EVENTS**—Teams entered in relay events must confirm their intention to swim (**POSITIVE CHECK-IN**) at the pool by **4:15 PM** the evening of the event. Coaches are also provided with the opportunity to have their relays swim in the PM Prelims that evening or the following day in the AM Finals session.
4. **PENALTIES**—In all events, after they have been seeded, any swimmer who fails to compete in an individual event heat in which he/she is entered and from which he/she has not been scratched will be barred from all further individual and relay events of that day.
5. **RELAY PENALTIES**—The relay scratch rule will be as follows: Any relay team entered in a relay event and not properly scratched must swim the event. Failure to do so will result in each member of the relay team being barred from the next relay event in which they may otherwise be eligible to compete. A relay team member failing to appear ready to swim for a relay event will be barred from his/her next individual event. Relay members who do appear ready to swim shall not be penalized.

Time Trials:

Time trials will be held if time allows. They will cost \$5.00 per swim, payable in advance. Time trials will be open only to swimmers who are entered in individual events in the meet. **TIME TRIAL SWIMS ARE COUNTED TOWARD THE THREE INDIVIDUAL EVENTS ALLOWED PER SWIMMER PER DAY.**

WAIVER: Waiver of all claims for injury and acceptance of all meet rules are conditions for acceptance of entries.

Direct questions to Brian Brown (212) 369-8890 x234 (before meet); or Mary Ann Senecal (631) 249-1493.

Meet Decorum: Each club is requested to handle its own team and discipline problems. Swimmers are to be seated on deck, spectators in the stands. Anyone found vandalizing property, stealing or displaying disorderly conduct will be subject to disqualification, ejection from the swim meet, and possible criminal prosecution.

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.

DIRECTIONS TO LEHMAN COLLEGE APEX
Bedford Park Boulevard between Goulden and Paul Aves.

BY SUBWAY: Take the IRT #4 (Lexington) or IND 'D' to Bedford Park Boulevard and walk West on Bedford Park Blvd. past Paul Ave. to entrance on south side of street.

BY BUS: FROM WESTCHESTER: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #2oX or (Yonkers via Getty Square/South Broadway/McClean Ave./Central Park Ave.) #4 to Bedford Park Blvd. Terminus and walk West.

BY CAR: Take Major Deegan Expressway (I-87) to the Van Cortlandt Park South Exit and turn left onto Van Cortlandt Ave. Proceed up the winding hill to Sedgwick Ave. And make left onto Sedgwick and continue uphill. Turn right at Goulden Ave. (keeping Reservoir on right) and go south to Bedford Park Blvd. Proceed two long blocks. Parking lots will be on your right.

Via Saw Mill River Parkway South (it becomes the Henry Hudson Parkway) to Mosholu Parkway exit. Proceed on long exit ramp. At the second traffic light, before the subway underpass, turn right onto Paul Avenue. Go for two long blocks. At Bedford Park Boulevard, turn right. APEX building is on your left. Proceed to traffic light and then turn left onto Goulden. Parking lots will be on your right.

IMPORTANT! IN CASE OF EMERGENCY:
Pool Office: 718-960-7123 Meet Desk: 718-960-1134

Senior Metropolitan Swimming Championships

July 5 - 8, 2007

MEET ENTRY REPORT

Team Name _____ Team Code _____

Coach's Name _____

Address _____

City _____ State _____ Zip _____

Day Phone # _____ Evening Phone # _____

Email _____ *****important****

MEET ENTRY REPORT

Female Entries	_____ x \$5.00 =	\$ _____
Male Entries	_____ x \$5.00 =	\$ _____
Female Relay Entries	_____ x \$10.00 =	\$ _____
Male Relay Entries	_____ x \$10.00 =	\$ _____
Total # of Swimmers Entered	_____ x \$2.00 =	\$ _____

Total Amount Enclosed (Make Check payable to Metropolitan Swimming) = \$ _____

RELAY ENTRY REPORT

Event # 11 800 Freestyle Relay
Team A _____
Team B _____
Team C _____

Event # 12 800 Freestyle Relay
Team A _____
Team B _____
Team C _____

Event # 23 400 Medley Relay
Team A _____
Team B _____
Team C _____

Event # 24 400 Medley Relay
Team A _____
Team B _____
Team C _____

Event # 33 400 Freestyle Relay
Team A _____
Team B _____
Team C _____

Event # 34 400 Freestyle Relay
Team A _____
Team B _____
Team C _____

**2007 SENIOR METROPOLITAN LONG COURSE
SWIMMING CHAMPIONSHIPS**

Thursday, July 5, 2007 – PM Prelims

Female			Event Description			Male		
SCY	SCM	LCM	#		#	LCM	SCM	SCY
1:14.39	1:23.09	1:25.49	1	100 Breast	2	1:19.99	1:17.29	1:09.19
2:04.59	2:19.39	2:20.99	3	200 Free	4	2:10.99	2:07.99	1:53.39
1:04.49	1:12.99	1:13.49	5	100 Fly	6	1:06.99	1:06.19	:58.19
4:58.79	5:36.99	5:40.99	7	400 IM	8	5:21.99	5:12.69	4:40.19
NCT	NCT	NCT	9	800 Free Relay (Timed Finals –All Teams choosing to swim PM Prelims session)	10	NCT	NCT	NCT

Friday, July 6, 2007 – AM Finals

Female #	Event Description	Male #
1	100 Breast	2
3	200 Free	4
5	100 Fly	6
7	400 IM	8
9	800 Free Relay (Timed Finals –All Teams choosing to swim AM Finals session)	10

Friday, July 6, 2007 – Mid Session – Timed Finals

Female			Event Description			Male				
SCY	SCM	LCM	#		#	LCM	SCM	SCY		
11:34.39	10:07.59	10:19.99	11	A Cut	800 Free	A Cut	12	9:49.99	9:37.19	10:51.99
11:45.59	10:17.39	10:29.99		B Cut				B Cut	9:59.99	9:47.19
800 Free: Top 40 female and top 40 male will be allowed to swim this event										

**2007 SENIOR METROPOLITAN LONG COURSE
SWIMMING CHAMPIONSHIPS**

Friday, July 6, 2007 – PM Prelims

Female			Event Description			Male		
SCY	SCM	LCM	#		#	LCM	SCM	SCY
2:19.59	2:38.09	2:40.99	13	200 IM	14	2:29.99	2:24.79	2:08.59
26.69	30.09	30.59	15	50 Free	16	27.49	26.69	23.99
1:05.69	1:16.09	1:16.99	17	100 Back	18	1:09.99	1:07.99	1:00.89
5:29.79	4:50.09	4:55.99	19	400 Free	20	4:34.99	4:25.89	5:03.89
NCT	NCT	NCT	21	400 Medley Relay (Timed Finals –All Teams choosing to swim with PM Prelims session)	22	NCT	NCT	NCT

Saturday, July 7, 2007 – AM Finals

Female #	Event Description	Male #
13	200 IM	14
15	50 Free	16
17	100 Back	18
19	400 Free	20
21	400 Medley Relay (Timed Finals –All Teams choosing to swim with AM Finals session)	22

Saturday, July 7, 2007 – Mid Session – Timed Finals

Female			Event Description			Male				
SCY	SCM	LCM	#		#	LCM	SCM	SCY		
19:21.29	19:17.89	19:54.99	23	A Cut	1500 Free	A Cut	24	18:44.99	18:13.59	18:16.89
19:35.99	19:32.49	19:59.99		B Cut		B Cut		18:59.99	18:28.19	18:31.49
1500 Free: Top 32 female and top 32 male will be allowed to swim this event										

**2007 SENIOR METROPOLITAN LONG COURSE
SWIMMING CHAMPIONSHIPS**

Saturday, July 7, 2007 – PM Prelims

Female			Event Description			Male		
SCY	SCM	LCM	#		#	LCM	SCM	SCY
2:21.49	2:43.09	2:44.99	25	200 Back	26	2:33.99	2:29.59	2:13.99
2:43.39	3:02.59	3:05.99	27	200 Breast	28	2:52.99	2:49.99	2:32.29
58.09	1:04.89	1:05.99	29	100 Free	30	59.99	58.29	52.19
2:26.29	2:44.89	2:45.99	31	200 Fly	32	2:36.99	2:30.29	2:14.69
NCT	NCT	NCT	33	400 Free Relay (Timed Finals –All Teams choosing to swim with PM Prelims session)	34	NCT	NCT	NCT

Sunday, July 7, 2007 – AM Finals

Female #	Event Description	Male #
25	200 Back	26
27	200 Breast	28
29	100 Free	30
31	200 Fly	32
33	400 Free Relay (Timed Finals –All Teams choosing to swim with AM Finals session)	34