

# 2008 Metropolitan SC Zone Team Qualifier Meet

**Only Swimmers who WILL attend Zones if they make the team  
can compete at the Zones Qualifier Meet.  
(Eligibility age for this meet is as of April 3, 2008)**

**March 14-16, 2008**

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 080301

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

Mary Fleckenstein  
Mary Fleckenstein and Bob Vializ  
Bob Vializ and Edgar Perez  
Scott Bartleson  
Erin Kiernan and Chris Finnegan

# 2008 Metropolitan SC ZONE TEAM QUALIFIER MEET

March 14, 15, 16, 2008

<b>Sessions:</b>	<b>Prelims:</b> (11-12, 13-14, 15-18)	<b>Warm-up</b>	<b>8:00 am</b>	<b>Meet:</b> 9:00am
	<b>Timed Finals:</b> (10&Under)	<b>Warm-up</b>	<b>1:00 pm</b>	<b>Meet:</b> 2:00pm
	<b>Finals:</b> (11-12, 13-14, 15-18)	<b>Warm-up</b>	<b>4:30 pm</b>	<b>Meet:</b> 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:** 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 (April 3, 2008) as long as they meet the qualifying times for that age group.**

All swimmers must be registered for 2008 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 19, 2007 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 NOTE ABOUT EASTERN ZONE TEAM ELIGIBILITY

**As per the 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)**

1) These times are based on the slowest of the 2007/2008 Time Standards for the 2007 Short Course Nationals, 2008 Speedo Junior National Championships, and the 2008 US Open Championships.

2) Athletes who have competed in an Individual Event at the USA Swimming National Championships, the USA Swimming Spring Championships, U.S. Open, the USA Swimming Junior Championships or a USA Swimming Trials Class meet are not eligible to enter and compete at an EZ AG Championship meet.

3) Athletes 13 years of age and over who have achieved a qualifying time in an individual event for any of the above meets prior to the entry deadline for the EZ meet, may not enter and compete in an EZ AG Championship meet.

4) Athletes 12 years of age or younger who have achieved a qualifying time in an individual event for any of the above meets but have not competed in that event at the stated meet, may enter and compete in that event in an EZ AG Championship meet.

## 2008 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
27.29	26.59	23.89	50 FREESTYLE	21.19	23.29	24.59
58.89	57.09	51.89	100 FREESTYLE	46.29	50.79	53.49
2:06.99	2:03.09	1:51.69	200 FREESTYLE	1:41.39	1:51.49	1:56.59
4:25.59	4:15.49	4:55.89	400/500 FREESTYLE	4:33.79	3:55.69	4:07.19
9:04.09	8:49.39	10:07.99	800/1000 FREESTYLE	9:29.39	8:16.49	8:32.29
17:21.39	16:47.39	16:58.29	1500/1650 FREESTYLE	15:51.49	15:30.39	16:15.49
1:06.69	1:03.39	57.69	100 BACKSTROKE	51.59	57.09	1:00.29
2:22.29	2:16.99	2:03.59	200 BACKSTROKE	1:51.79	2:03.29	2:09.99
1:14.99	1:12.79	1:05.19	100 BREASTSTROKE	57.99	1:03.99	1:07.87
2:41.59	2:37.29	2:20.69	200 BREASTSTROKE	2:06.29	2:20.19	2:27.59
1:04.39	1:02.79	57.09	100 BUTTERFLY	50.69	55.29	57.79
2:20.29	2:17.49	2:05.09	200 BUTTERFLY	1:52.29	2:02.79	2:08.69
2:23.69	2:19.19	2:06.09	200 IM	1:52.99	2:04.79	2:11.59
5:03.69	4:55.29	4:27.79	400 IM	<b>4:01.09</b>	4:26.79	4:40.19

**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 Entries Report WITH PROOF OF TIMES**.  
**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 (April 3, 2008) will determine the swimmers age groups for the Zone Qualifier meet.**

**Entry Deadline:** All entries must be in hand no later than **Tuesday, March 4, 2008**. Entries received after the deadline will not be accepted. Team Manager Report with Proof of times must be included with the entries. Deck entries will not be permitted. **Send check and entry forms with proof of times to:**

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

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

- **An e-mail confirmation will be sent to confirm reception of entries. If you do not receive an reply within 3 days of sending, then your entries have NOT been received and your team has NOT been entered.**  
RE-send your entries or contact Monique Grayson at 914-941-4464
- **Metropolitan Swimming Requires that Proof of Times be submitted with the entries. Send a Hy-Tek Team Manager Entries Report with Proof of Times.**
- **Metropolitan Swimming will impose a \$50.00 fine on any swimmer that qualifies for 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.**
- **The USA Swimming Code of Conduct is in effect for the duration of the 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**

The 2008 Eastern Zone All-Star Championship Meet will be held April 3-5, 2008 at Erie Community College in Buffalo, NY. All Metropolitan Swimmers will 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.
- **Teams that have 4 or more 11-over swimmers** qualifying for Zones **MUST** provide a **Chaperone** to accompany the Zone Team to Buffalo

**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:  
Paul Simco [Psimco@optonline.net](mailto:Psimco@optonline.net) 914-764-5632

"Attire: Morning Trials will be white shirts and blue shorts or pants; Finals will be white shirts and Blue Pants."

**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.

# 2008 Metropolitan ZONE TEAM QUALIFIER MEET

## Order of Events (All Events in Yards)

### Session #1.

**Friday      March 14, 2008      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	2:30.59	11-12 200 Backstroke	2:31.99	2
3	1:13.99	15-18 100 Breaststroke	1:07.49	4
5	1:15.49	13-14 100 Breaststroke	1:11.59	6
7	:36.59	11-12 50 Breaststroke	:37.09	8
9	2:02.49	15-18 200 Freestyle	1:53.49	10
11	2:06.49	13-14 200 Freestyle	1:59.99	12
13	1:00.29	11-12 100 Freestyle	59.59	14
15	1:04.49	15-18 100 Butterfly	:57.19	16
17	1:05.69	13-14 100 Butterfly	1:01.19	18
19	:31.09	11-12 50 Butterfly	:30.59	20
21	4:59.99	15-18 400 Individual Medley	4:41.99	22
23	4:59.99	13-14 400 Individual Medley	4:50.99	24
25	2:29.69	11-12 200 Individual Medley	2:28.59	26

### Session #2.

**Friday      March 14, 2008      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	1:08.09	100 Freestyle	10&Under			
			10&Under	100 Individual Medley	1:17.49	28
29	:41.99	50 Breaststroke	10&Under			
			10&Under	100 Breaststroke	1:33.99	30
31	:34.79	50 Butterfly	10&Under			
			10&Under	50 Backstroke	:36.69	32
33	2:48.99	200 Individual Medley	10&Under			
			10&Under	200 Freestyle	2:27.99	34
35	6:30.49	500 Freestyle	10&Under			

### Session #3.

**Friday      March 14, 2008      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 15, 2008 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	2:37.99	11-12 200 Butterfly	2:36.99	38
39	2:19.99	15-18 200 Individual Medley	2:08.59	40
41	2:21.99	13-14 200 Individual Medley	2:15.99	42
43	1:10.69	11-12 100 Individual Medley	1:09.99	44
55	:26.29	15-18 50 Freestyle	:23.49	46
47	:26.79	13-14 50 Freestyle	:24.69	48
49	2:37.89	15-18 200 Breaststroke	2:29.99	50
51	2:40.59	13-14 200 Breaststroke	2:35.59	52
53	1:19.99	11-12 100 Breaststroke	1:21.99	54
55	1:05.49	15-18 100 Backstroke	:59.49	56
57	1:05.99	13-14 100 Backstroke	1:02.99	58
59	:32.69	11-12 50 Backstroke	:32.49	60
61	5:27.99	15-18 500 Freestyle	5:09.99	62
63	5:31.99	13-14 500 Freestyle	5:22.99	64
65	2:11.99	11-12 200 Freestyle	2:11.69	66

**Session #5.****Saturday March 15, 2008 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	1:08.99 68
69	1:17.99 100 Individual Medley	10&Under 50 Breaststroke	:42.09 70
71	1:31.99 100 Breaststroke	10&Under 50 Butterfly	:34.99 72
73	:36.49 50 Backstroke	10&Under 200 Individual Medley	2:45.99 74
75	2:28.99 200 Freestyle	10&Under 500 Freestyle	6:27.99 76

**Session #6.****Saturday March 15, 2008 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 16, 2008 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	5:57.99	11-12 500 Freestyle (Timed Finals)	5:55.99	78
79	2:20.99	15-18 200 Backstroke	2:09.99	80
81	2:50.59	11-12 200 Breaststroke	2:54.99	82
83	2:21.49	13-14 200 Backstroke	2:15.99	84
85	1:09.49	11-12 100 Backstroke	1:08.79	86
87	:57.19	15-18 100 Freestyle	:51.29	88
89	:58.19	13-14 100 Freestyle	:54.59	90
91	:27.99	11-12 50 Freestyle	:27.69	92
93	2:24.99	15-18 200 Butterfly	2:15.99	94
95	2:25.79	13-14 200 Butterfly	2:23.99	96
97	1:10.99	11-12 100 Butterfly	1:09.49	98

**Session #8.****Sunday March 16, 2008 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	1:17.99	100 Backstroke	10&Under 100 Backstroke
101	:31.09	50 Freestyle	10&Under 50 Freestyle
103	1:21.99	100 Butterfly	10&Under 100 Butterfly

**Session #9.****Sunday March 16, 2008 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 14-16, 2008

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 4, 2008, 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 with proof of times,  
and meet entry report must be included with payment,**