

**2009**  
**Metropolitan Swimming**  
**AGE GROUP CHAMPIONSHIPS - SC**  
**CENTRAL**

Asphalt Green, Apex, Badger Swim Club, Blue Arrow, ABBE Boys' Club of New York, Boys & Girls Harbor Aquatic, Brooklyn Sports Aquatic Club, Central Queens YMHA, Cross Island, Flushing YMCA, Gael Aquatic Club, Gateway, Harbor Seals, Kraken Swim Club, La Guardia, McBurney Manta Rays, New York City Aquatic Club, Nu-Finmen, Richmond Aquatic Club, Riverbank, Roosevelt Island Swim Team, Rye YMCA, Shorefront Y, Silver Streaks, Triton, Wagner Aquatics, 92<sup>nd</sup> Street Y

**March 20-22, 2009**

**Hosted By**

**Lehman College**  
The City University of New York  
**The APEX Swim Club**

**Held at the**  
**Lehman College APEX Aquatic Center**  
**250 Bedford Park Boulevard West**  
**Bronx, New York 10468**

**Sanction # 090305**

**THE**  
**APEX**  
**AT LEHMAN COLLEGE**  
**SWIM CLUB**

**2009 Age Group Championships - Central**  
**Hosted by Lehman College and the APEX Swim Club**  
**March 20-21-22, 2009**

<b>Sessions:</b>	<b>Fri.,</b>	<b>(15-18, 13-14, 11-12, 9-10)</b>	<b>Warm-up: 4:30pm</b>	<b>Meet: 5:30pm</b>
	<b>Sat., Sun.</b>	<b>(9-10, 13-14)</b>	<b>Warm-up: 7:30am</b>	<b>Meet: 8:30am</b>
		<b>(11-12, 15-18)</b>	<b>Warm-up: 1:30pm</b>	<b>Meet: 2:30pm</b>

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

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

**Eligibility:** All swimmers must be USS registered for 2009 as of the meet entry deadline. **A swimmer may compete in a maximum of four (4) events per day.** Age as of first day of the meet will determine eligibility. **Entry times must have been achieved between April 7, 2008 and the meet entry deadline.** Only times provable in SWIMS are to be used for entries. **“No Time” entries will not be accepted.** Events must have been swum at least once before. **Swimmers 8&U are not allowed in this meet.** **Swimmers with disabilities are encouraged to enter. Please email Peter Kiernan [APEXSWIM@usa.net](mailto:APEXSWIM@usa.net) with any special accommodations that would need to be made.**

**Only teams designated as Central Region may compete at this site.**

(Asphalt Green, Apex, Badger Swim Club, Blue Arrow, ABBE Boys' Club of New York, Boys & Girls Harbor Aquatic, Brooklyn Sports Aquatic Club, Central Queens YMHA, Cross Island, Flushing YMCA, Gael Aquatic Club, Gateway, Harbor Seals, Kraken Swim Club, La Guardia, McBurney Manta Rays, New York City Aquatic Club, Nu-Finmen, Richmond Aquatic Club, Riverbank, Roosevelt Island Swim Team, Rye YMCA, Shorefront Y, Silver Streaks, Triton, Wagner Aquatics, 92<sup>nd</sup> Street Y).

**Entries:** Entry times cannot be faster than 2009 AGE GROUP times as specified by Metropolitan Swimming. Entries should be sent on a Hy-Tek disk. Be sure to enclose a Hy-Tek Spreadsheet or Master Entry Sheet **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.

All events are **TIMED FINALS.**

**Coaches/Team Managers emailing their entries should contact the meet director if they don't get a reply to their email in a day or two. Do not assume that entries were received.**

**Entry Deadline:** Entries must be in hand no later than **Tuesday, March 10, 2009.** Entries will not be accepted after this date. Deck entries will not be accepted.

**Entry Fees:** **\$3.00** per Individual Event + **\$1.00** Metro Championship surcharge per swimmer.  
**Make one single check payable to APEX Swim Club**  
**Send check, diskette, Entry form and Meet Entry Report to:**

**Peter Kiernan**  
**Lehman College APEX Aquatic Center**  
**250 Bedford Park Boulevard West**  
**Bronx, NY 10468**  
**[ApexSwim@usa.net](mailto:ApexSwim@usa.net)**

**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.** Coaches must make sure 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 scratch **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.

**Additional Information:** Metropolitan Swimming Safety Guidelines and Warm-Up Procedures will be in effect. During warm-up there will be no diving except in designated sprint lanes and then only under the direct supervision of a coach. The meet marshals will enforce all warm-up procedures. This meet is governed by the rules set forth in the current U.S.A Swimming Rule Book.

Grievances (disputed finishes, etc.) must be made to the Referee who will have final say. It is each team's responsibility to make sure their swimmers are on time to be seeded.

United States Swimming, Inc; Metropolitan Swimming, Inc; Lehman College; and APEX Swim Club and their agents or representatives shall be held free and harmless from all liabilities or claims or damages arising by reason of injuries to anyone during the conduct of this meet. All persons on deck must be U.S.S. registered and should have their registration card visible. This is a U.S. Swimming rule and will be enforced.

**The USA Swimming Code of Conduct is in effect for the duration of the meet.**

**Awards:** Individual medals for 1<sup>st</sup> through 8<sup>th</sup> place, ribbons 9<sup>th</sup> through 16<sup>th</sup> place for swimmers below the "silver" minimum standard. Overachiever Ribbons will be awarded to swimmers who swim Silver, JO and Zone qualifying times in an event for the first time at this meet. Awards must be picked up at the end of the meet.

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

**Officials:** Certified Metropolitan Officials will officiate.

**Start Times:** The warm up / start times may need to be adjusted if entries exceed the allotted time. **All teams will be notified of any changes no later than Tuesday, March 17, 2009.**

**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. No Food or Drinks Will Be Allowed On The Pool Deck. Plastic Water Bottles however, are acceptable. Coaches are expected to monitor your team area.

**Vendor:** The Metro Swim Shop will provide swimming apparel and related items for sale opposite the Balcony entrance to the pool.

## **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.

**By Bus:** From Westchester: (White Plains, Hartsdale, Scarsdale, Yonkers via Central Park Ave.) #20 or #21 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 Throggs 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 Pk. Blvd. Turn right, APEX is to the left; parking is straight ahead.

## **IMPORTANT PHONE #S:**

**Pool Office (718) 960 – 7123**  
**Athletic Dept. Office (718) 960 – 1117**

**Meet Desk (718) 960 - 1134**  
**FAX # (718) 960 - 1140**

# 2009 Metropolitan Age Group Championships SC - Central

## Order of Events (All Events in Yards)

**Friday      March 20, 2009      Warm-up 4:30 p.m.      Start 5:30 p.m.**

<u>Girls</u>	<u>Qual. Time</u> (not faster than)	<u>Event</u>	<u>Qual. Time</u> (not faster than)	<u>Boys</u>
1	2:36.00	9-10 200 Free	2:40.00	2
3	2:14.00	11-12 200 Free	2:15.50	4
5	5:07.00	13-14 400 IM	4:55.00	6
7	5:05.00	15-18 400 IM	4:45.20	8
9	5:36.00	13-14 500 Free	5:25.00	10
11	5:32.00	15-18 500 Free	5:20.00	12

**Saturday      March 21, 2009      Warm-up 7:30 a.m.      Start 8:30 a.m.**

<u>Girls</u>	<u>Qual. Time</u> (not faster than)	<u>Event</u>	<u>Qual. Time</u> (not faster than)	<u>Boys</u>
13	2:08.00	13-14 200 Free	2:01.00	14
15	:43.00	9-10 50 Breast	:44.00	16
17	1:16.50	13-14 100 Breast	1:13.00	18
19	:32.10	9-10 50 Free	:32.00	20
21	:27.00	13-14 50 Free	:25.30	22
23	1:22.20	9-10 100 Back	1:22.20	24
25	1:06.60	13-14 100 Back	1:03.00	26
27	:36.60	9-10 50 Fly	:36.80	28
29	1:05.70	13-14 100 Fly	1:01.60	30
31	2:56.00	9-10 200 IM	3:00.00	32
33	2:23.50	13-14 200 IM	2:15.00	34

**Saturday      March 21, 2009      Warm-up 1:30 p.m.      Start 2:30 p.m.**

<u>Girls</u>	<u>Qual. Time</u> (not faster than)	<u>Event</u>	<u>Qual. Time</u> (not faster than)	<u>Boys</u>
35	2:04.50	15-18 200 Free	1:55.00	36
37	:37.20	11-12 50 Breast	:37.60	38
39	1:15.20	15-18 100 Breast	1:07.50	40
41	:28.60	11-12 50 Freestyle	:28.30	42
43	:26.60	15-18 50 Freestyle	:23.80	44
45	1:11.10	11-12 100 Back	1:11.60	46
47	1:06.50	15-18 100 Back	1:00.50	48
49	:31.60	11-12 50 Fly	:32.10	50
51	1:05.50	15-18 100 Fly	:59.00	52
53	2:31.50	11-12 200 IM	2:32.60	54
55	2:22.10	15-18 200 IM	2:11.00	56



# 2009 Metropolitan Age Group Swimming Championships SC Central

Sanction # 090305

**March 20-22, 2009**

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

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

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

Address \_\_\_\_\_

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

## **MEET ENTRY REPORT**

### **Metropolitan Surcharge and Individual Entry Fees**

Girls Entered \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

Boys Entered \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

Female Individual Entries \_\_\_\_\_ x \$3.00 = \_\_\_\_\_

Male Individual Entries \_\_\_\_\_ x \$3.00 = \_\_\_\_\_

Total Amount Entries (Make Check payable to **APEX Swim Club**) = \_\_\_\_\_

### **Mail Check, Proof of Times and Entry Information to:**

**DUE DATE: March 10, 2009**

**Peter Kiernan**  
**Lehman College APEX Aquatic Center**  
**250 Bedford Park Boulevard West**  
**Bronx, NY 10468**  
[APEXSWIM@usa.net](mailto:APEXSWIM@usa.net)