

# 2009

**SENIOR METROPOLITAN  
LONG COURSE CHAMPIONSHIPS  
JULY 23-26, 2009**

## **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 # MR-090701**

**Time Trials Sanction # MR-090750-T**

<b>General Chairman:</b>	<b>Bob Vializ</b>
<b>Meet Director/ Senior Chair:</b>	<b>Brian Brown</b>
<b>Coaches Representative:</b>	<b>Larry Collins</b>
<b>Athletes Representative:</b>	<b>Zach Coleman and Erik Heinemann</b>

# 2009 Senior Metropolitan Championship Meet

Hosted by Metropolitan Swimming, Inc.

Held at Lehman College Apex, Bronx, New York

July 23-26, 2009

Sessions:	Thursday 800 Free Timed Finals:	Warm-up @ 3:30pm	Start @ 5:00pm
	Friday AM Prelims:	Warm-up @ 7:30am	Start @ 9:00am
	Friday PM Finals:	Warm-up @ 4:00pm	Start @ 5:00pm
	Saturday AM Prelims:	Warm-up @ 7:30am	Start @ 9:00am
	Saturday PM Finals:	Warm-up @ 4:00pm	Start @ 5:00pm
	Sunday AM Prelims:	Warm-up @ 7:30am	Start @ 9:00am
	Sunday 1500 Free heats:	Warm-up @ 12:00pm	Start @ 1:00pm *w-up may be adjusted
	Sunday PM Finals:	Warm-up @ 4:00pm	Start @ 5:00pm

Admission: Adults \$5.00 Children \$1.00 per session      Session Programs: \$3.00

## Entries:

1. All entries, individual and relay, should be submitted by e-mail. Send Hy-Tek Team Manager Meet Entry Report **with proof of times**. Swimmers who will be on relays only must also be listed on the Master Entry Form.
2. All swimmers must be 2009 United States Swimming registered. .
3. 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.
4. A swimmer may not swim more than three individual events on any one day **INCLUDING TIME TRIALS**.
5. A swimmer may swim in any number of relay events during the meet.
6. Swimmers failing to swim the meet entry standard shall have thirty (30) days to prove having accomplished said time. Times must have been achieved between **JULY 10, 2008** and the entry deadline. Included are DQ's and intentional DQ's (behind block intentional scratch). Any times unproven by August 26, 2009 will be subject to a \$50.00 fine per unproven swim.
7. Proof of time for all events must be submitted with entries.

## Entries Dealine:

All entries must be in hand no later than **Tuesday, July 14, 2009. 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:

**Brian Brown**

**555 East 90<sup>th</sup> Street**

**New York, NY 10128**

**Email: [bbrown@asphaltgreen.org](mailto:bbrown@asphaltgreen.org)**

## 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:

Three heats of finals. **Top two heats will score points. Third heat is a non-scoring heat for swimmers 18-under only.** Scoring will be to 16 places. Points for individual events are 20, 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.**

## General Rules:

1. Coaches and swimmers shall have the responsibility to familiarize themselves with the 2008 U.S.A. Swimming Rules and Regulations.
2. All events will be conducted as Prelims (AM sessions) and Finals (PM 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 (fastest heat will swim with finals).
4. **Warm-up Procedures and Safety Guidelines of Metropolitan Swimming Inc. will be strictly enforced.**
5. 7 lanes will be used to conduct the prelims with 1 lane left for warm up/warm down. 8 lanes will be used for finals. A 10 minutes break will be added after each event (women and men).
6. 3 heats of 8 lanes will compete in the finals for each individual event. Top 2 heats will score. Third heat is a non-scoring heat limited to swimmers 18 & under.
7. All Relays are timed finals with the Top 8 relays swimming at finals.
8. All participating teams will be expected to time lanes, during the meet.
9. Psych sheets and timing assignments for teams, based upon entries, will be available on the Metro website ([www.metroswimming.org](http://www.metroswimming.org)) by Saturday, July 18.
10. TEAMS WILL BE RESPONSIBLE TO TIME THEIR OWN SWIMMERS FOR THE 800 FREESTYLE ON THURSDAY AFTERNOON AND THE 1500 FREE ON SUNDAY AFTERNOON. TIMERS MUST SUPPLY THEIR OWN WATCHES. ANY TEAM NOT SUPPLYING TIMERS WILL NOT BE ALLOWED TO SWIM. PLEASE COOPERATE.
11. **METRO SWIMMERS MUST HAVE SWUM AT LEAST THREE METRO MEETS BETWEEN JULY 10, 2008 AND ENTRY DEADLINE. OUT-OF-TOWN COLLEGE SWIMMERS MAY BE EXEMPTED FROM THIS REQUIREMENT.**

## EVENT ORDER:

<b>Thursday PM:</b>	800 Free Timed Finals – Fastest to slowest alternating Women & Men.
<b>Friday Prelims:</b>	100 Breast, 200 Free, 100 Fly, 400 IM, 800 Free Relay (Heats)
<b>Friday Finals:</b>	100 Breast, 200 Free, 100 Fly, 400 IM, 800 Free Relay (Top 8 seeds)
<b>Saturday Prelims:</b>	200 IM, 50 Free, 100 Back, 400 Free, 400 Medley Relay (Heats)
<b>Saturday Finals:</b>	200 IM, 50 Free, 100 Back, 400 Free, 400 Medley Relay (Top 8 seeds)
<b>Sunday Prelims:</b>	200 Back, 200 Breast, 100 Free, 200 Fly, 400 Free Relay (Heats)
<b>Sunday Mid-Session:</b>	1500 Free Heats - slowest to fastest alternating Women & Men
<b>Sunday Finals:</b>	1500 Free, 200 Back, 200 Breast, 100 Free, 200 Fly, 400 Free Relay (Top 8 seeds)

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

1. **EVENT SCRATCHES**—Scratches for all Prelim events will be due by 8:15 AM 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 4:15 PM on Thursday for the 800 Free, and by 5:00PM Saturday evening for the 1500 Free.
3. **RELAY EVENTS**—Teams entered in relay events must confirm their intention to swim (POSITIVE CHECK-IN) at the pool by 8:15 AM the morning of the event. The Top 8 relays will swim at Finals (1 heat).
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 SCRATCH RULE/PENALTIES**—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.**

**OFFICIALS:** Corinne Cody will be the Meet Referee: [corinneck@frontiernet.net](mailto:corinneck@frontiernet.net) or 914-443-0457. Our intent is to have this meet approved as a National Certification Meet.”

**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 x2234 (before meet).**

**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 #20X or (Yonkers via Getty Square/South Broadway/McClearn 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 CHAMPIONSHIPS**  
**July 23-26, 2009**  
**MEET ENTRY REPORT**

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

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

Phone # Day \_\_\_\_\_ Eve \_\_\_\_\_ Fax \_\_\_\_\_

Address \_\_\_\_\_

Email: \_\_\_\_\_ **\*\*\*important\*\*\***

**ENTRY SUMMARY**

Women Entered \_\_\_\_\_ x \$2.00 = \$ \_\_\_\_\_

Men Entered \_\_\_\_\_ x \$2.00 = \$ \_\_\_\_\_

Women's Individual Entries \_\_\_\_\_ x \$ 5.00 = \$ \_\_\_\_\_

Men's Individual Entries \_\_\_\_\_ x \$ 5.00 = \$ \_\_\_\_\_

Women's Relay Entries \_\_\_\_\_ x \$ 10.00 = \$ \_\_\_\_\_

Men's Relay Entries \_\_\_\_\_ x \$ 10.00 = \$ \_\_\_\_\_

Total Amount Enclosed = \$ \_\_\_\_\_

**Make check payable to Metropolitan Swimming**

**RELAY ENTRY**

(use only if not submitting entries on disk)

**Women**

Event # 11 800 Freestyle Relay

Team A \_\_\_\_\_

Team B \_\_\_\_\_

Team C \_\_\_\_\_

Event # 23 400 Medley Relay

Team A \_\_\_\_\_

Team B \_\_\_\_\_

Team C \_\_\_\_\_

Event # 33 400 Freestyle Relay

Team A \_\_\_\_\_

Team B \_\_\_\_\_

**Men**

Event # 12 800 Freestyle Relay

Team A \_\_\_\_\_

Team B \_\_\_\_\_

Team C \_\_\_\_\_

Event # 24 400 Medley Relay

Team A \_\_\_\_\_

Team B \_\_\_\_\_

Team C \_\_\_\_\_

Event # 34 400 Freestyle Relay

Team A \_\_\_\_\_

Team B \_\_\_\_\_

Team C \_\_\_\_\_

Team C \_\_\_\_\_

**2009 SENIOR METROPOLITAN LONG COURSE  
SWIMMING CHAMPIONSHIPS**

**Thursday, July 23, 2009 – Timed Finals**

Female			Event Description				Male		
SCY	SCM	LCM	#		#	LCM	SCM	SCY	
10:59.99	9:37.49	10:20.99	1	800 Free	2	9:49.99	9:16.49	10:35.99	
800 Free: Top 40 female and top 40 male will be allowed to swim this event									

**Friday, July 24, 2009 – AM Prelims**

Female			Event Description				Male		
SCY	SCM	LCM	#		#	LCM	SCM	SCY	
1:12.59	1:21.09	1:24.99	3	100 Breast	4	1:19.99	1:14.29	1:06.49	
2:01.99	2:16.19	2:19.99	5	200 Free	6	2:10.99	2:04.49	1:51.49	
1:02.49	1:09.79	1:12.49	7	100 Fly	8	1:05.99	1:03.79	57.09	
4:50.99	5:24.79	5:38.99	9	400 IM	10	5:21.99	5:04.69	4:32.99	
NCT	NCT	NCT	11	800 Free Relay (Timed Finals)	12	NCT	NCT	NCT	

**Friday, July 24, 2009 – PM Finals**

Female	Event Description	Male
#		#
3	100 Breast	4
5	200 Free	6
7	100 Fly	8
9	400 IM	10
11	800 Free Relay (Timed Finals - Top 8 Seeded Heat)	12

**2009 SENIOR METROPOLITAN LONG COURSE  
SWIMMING CHAMPIONSHIPS**

**Saturday, July 25, 2009 – AM Prelims**

<b>Female</b>			<b>Event Description</b>			<b>Male</b>		
<b>SCY</b>	<b>SCM</b>	<b>LCM</b>	<b>#</b>		<b>#</b>	<b>LCM</b>	<b>SCM</b>	<b>SCY</b>
<b>2:17.99</b>	<b>2:34.09</b>	<b>2:38.99</b>	<b>13</b>	<b>200 IM</b>	<b>14</b>	<b>2:29.99</b>	<b>2:19.59</b>	<b>2:04.99</b>
<b>26.09</b>	<b>29.19</b>	<b>30.29</b>	<b>15</b>	<b>50 Free</b>	<b>16</b>	<b>27.49</b>	<b>25.99</b>	<b>23.29</b>
<b>1:03.99</b>	<b>1:11.49</b>	<b>1:15.99</b>	<b>17</b>	<b>100 Back</b>	<b>18</b>	<b>1:09.99</b>	<b>1:05.29</b>	<b>58.49</b>
<b>5:19.99</b>	<b>4:39.99</b>	<b>4:55.99</b>	<b>19</b>	<b>400 Free</b>	<b>20</b>	<b>4:34.99</b>	<b>4:24.29</b>	<b>5:01.99</b>
<b>NCT</b>	<b>NCT</b>	<b>NCT</b>	<b>21</b>	<b>400 Medley Relay (Timed Finals)</b>	<b>22</b>	<b>NCT</b>	<b>NCT</b>	<b>NCT</b>

**Saturday, July 25, 2009 – PM Finals**

<b>Female</b>	<b>Event Description</b>	<b>Male</b>
<b>#</b>		<b>#</b>
<b>13</b>	<b>200 IM</b>	<b>14</b>
<b>15</b>	<b>50 Free</b>	<b>16</b>
<b>17</b>	<b>100 Back</b>	<b>18</b>
<b>19</b>	<b>400 Free</b>	<b>20</b>
<b>21</b>	<b>400 Medley Relay (Timed Finals - Top 8 Seeded Heat)</b>	<b>22</b>

**2009 SENIOR METROPOLITAN LONG COURSE  
SWIMMING CHAMPIONSHIPS**

**Sunday, July 26, 2009 – PM Prelims**

Female			Event Description			Male		
SCY	SCM	LCM	#		#	LCM	SCM	SCY
2:16.99	2:32.89	2:44.99	25	200 Back	26	2:33.99	2:22.89	2:07.99
2:36.99	2:55.29	3:05.99	27	200 Breast	28	2:52.99	2:43.49	2:26.49
56.69	1:03.29	1:05.49	29	100 Free	30	59.99	57.29	51.29
2:19.99	2:36.29	2:45.99	31	200 Fly	32	2:36.99	2:27.39	2:11.99
NCT	NCT	NCT	33	400 Free Relay (Timed Finals)	34	NCT	NCT	NCT

**Sunday, July 26, 2009 – Mid Session – Timed Finals**

Female			Event Description			Male		
SCY	SCM	LCM	#		#	LCM	SCM	SCY
18:50.99	18:47.69	19:54.99	23	1500 Free	24	18:44.99	18:00.29	18:03.49
1500 Free: Top 32 female and top 32 male will be allowed to swim this event								

**Sunday, July 26, 2009 – PM Finals**

Female #	Event Description	Male #
23	1500 free – fastest heat	24
25	200 Back	26
27	200 Breast	28
29	100 Free	30
31	200 Fly	32
33	400 Free Relay (Timed Finals - Top 8 Seeded Heat)	34