



***Badger Age Group Team
Presents
Metropolitan Swimming's
8 & Under Championships
March 13-14, 2010
Sanction # 100304***

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 100304
- LOCATION:** Nassau County Aquatic Center
Eisenhower Park, East Meadow, Long Island, New York
- FACILITY:** 10 lane by 25 yard competition pool w/ 2 meter min depth.
6 lane by 25 meter warm up pool
Colorado Timing system, Hy-Tek meet manager
- SESSIONS:** AM Session – Girls 9:00 am warm-up, 10:00 am start
PM Session – Boys 1:30 pm warm-up, 2:30 pm start
- FORMAT:** Timed Finals
Deck Seeding
- ELIGIBILITY:** Open to all USA Swimming/Metropolitan Swimming Inc. registered swimmers.
All swimmers participating in this meet must be registered by the first day of the meet.
Age on March 13, 2010, will determine age for the entire meet.
- DISABILITY SWIMMERS:** Swimmers with disabilities are encouraged to attend. Contact the meet director if you need special consideration.
The athlete (or the athlete's coach) is also responsible for notifying the meet referee of any disability prior to the competition.
- ENTRIES:** All entries must be in yard times and NT will not be accepted. Swimmers may not be entered in more than (3) three individual events per session.
- Entries MUST be sent on a **Hy-Tek** disk. Be sure to enclose a Master Entry Sheet or Hy-Tek Spreadsheet. Entries received after the deadline will not be accepted. Deck entries will not be permitted.
- U.S. Mail Entries/Payment to: **“Badger AGT”**
- Send checks, diskettes and entry forms to:** **Carle' Fierro**
Badger Age Group Team
5 White Birch Road South
Pound Ridge, New York 10576
- Email Entries/Confirm Entry Receipt: **Carleswim@aol.com**
Signature Waiver Required for Express Mailed Entries
- DEADLINE:** The final entry deadline for this meet is 3/1/2010
An email confirming receipt of entries if you provide an email contact. Please contact Meet Director if you do not receive such a report within 2 days of your original email.
- ENTRY FEE:** An entry fee of \$3.00 per individual and \$8.00 per relay entry must accompany the entries.
Make check payable to: **Carleswim@aol.com**
Payment must be received by 3/1/2010 for email entries. Payment must be included with all mail entries.
Failure to pay entry fees by this deadline could result in teams being barred from the meet.
- WARM-UP:** First 45 minutes will be general warm-up. Lane assignments will be given at meet.
Last 15 minutes: lanes 2 thru 7 will be open for one-way sprint. Lanes 1 and 8 will be general warm-up.
- SCRATCHES:** Coaches will be given scratch sheets upon check-in for each session. All scratches are due no later than 30 minutes prior to the start of the session. Coaches are asked to indicate clearly individual events scratches and which swimmers will not be participating in the session.

- COACHES:** In accordance with Metropolitan Swimming Inc. Policy, only those coaches who display current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches who do not possess these credentials will be required to leave the deck area.
- AWARDS:** **Individual Events:** Medals for 1st through 8th places, Ribbons for 9th through 16th places. Prizes Awarded for heat winners.
Relay Events: Medals for 1st through 3rd, and ribbons for 4th -8th places.
Team Spirit Award, There will be a presented to the team who demonstrates the most Team Spirit; the winner will be determined by a vote held by the coaches representing all the teams attending this meet. Each team will receive one vote.
High Point Awards: Top three Individual high point scorers in each age group will win high point awards. Prizes Awarded for heat winners.
Relay Events: Medals for 1st through 3rd, and ribbons for 4th -8th places.
- OFFICIALS:** **Meet Referee: Steven Kessler, email: stevenkessler@msn.com**
Officials wishing to volunteer should contact Meet Referee by 3/1/2010.
- MEET DIRECTOR:** . (914) 882-9118
- RULES:** The current USA Swimming Rules and Regulations will apply.
The USA Swimming Code of Conduct is in effect for the duration of the meet.
The overhead start procedure may be used at the discretion of the meet Referee.
- SAFETY:** Metropolitan Safety and Warm-up procedures will be in effect. Marshals will be present throughout warm-ups and competition, and have the authority to remove, with the concurrence of the meet Referee, any swimmer, coach, club, or spectator for failure to follow the safety rules.
- DISCLAIMER:** Upon acceptance of his/her entries, the participant waives all claims against Lehman College, Badger Swim Club, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.
- ADMISSION:** **Adults \$5.00 Children \$2.00 per session Session Programs: \$3.00**
- MERCHANTS:** **Swim Shop's, Food Concession**
- PARKING:** **Parking: Free** Parking on site.

DIRECTIONS:

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FROM VERRAZANO NARROWS BRIDGE AND KENNEDY AIRPORT:

Follow signs to Belt Parkway/Long Island East. Take Belt Parkway eastbound past Kennedy Airport - after Kennedy Airport stay in the left lane and look for signs to Southern State Parkway East. Take So.State Pkwy

East to Meadowbrook Pkwy (northbound) to NY-24 Hempstead Turnpike (exit M4) East. On Hempstead Turnpike go to the left lane and make a left at the first light (Merrick Ave.) Follow Merrick Ave. And signs to

pool entrance on your right.

FROM WHITESTONE AND THROGS NECK BRIDGES

Take Cross Island Parkway South to Exit 29, Grand Central Parkway eastbound. Follow Grand Central Pkwy to Meadowbrook Pkwy southbound (Jones Beach). Get off Meadowbrook Pkwy at NY-24 Hempstead

Tpke.(exit M4). For pool see directions above.

Session 1 – Saturday, March 13, 2010

(Warm-Up 9:00 am Start 10:00 am)

1. Girls 8 & Under 100 Medley Relay
2. Girls 7 & Under 100 Medley Relay
3. Girls 8 Year Olds 100 Freestyle
4. Girls 6 & Under 50 Freestyle
5. Girls 7 & Under 100 Freestyle
6. Girls 8 Year Olds 25 Backstroke
7. Girls 6 & Under 25 Backstroke
8. Girls 7 Year Olds 25 Backstroke
9. Girls 8 Year Olds 25 Butterfly
10. Girls 6 & Under 25 Butterfly
11. Girls 7 Year Olds 25 Butterfly
12. Girls 8 Year Olds 50 Breaststroke
13. Girls 7 & Under 50 Breaststroke
14. Girls 8 Year Olds 25 Freestyle
15. Girls 7 Year Olds 25 Freestyle
16. Girls 8 & Under 200 Freestyle Relay
17. Girls 7 & Under 200 Freestyle Relay

Session 3 - Sunday, March 14, 2010

(Warm-Up 9:00 am Start 10:00 am)

35. Girls 8 & Under 100 Freestyle Relay
36. Girls 7 & Under 100 Freestyle Relay
37. Girls 8 year Old 100 Indiv. Medley
38. Girls 7 & Under 100 Indiv. Medley
39. Girls 6 & Under 25 Freestyle
40. Girls 8 Year Olds 50 Backstroke
41. Girls 6 & Under 50 Backstroke
42. Girls 7 Year Olds 50 Backstroke
43. Girls 8 Year Olds 25 Breaststroke
44. Girls 6 & Under 25 Breaststroke
45. Girls 7 Year Olds 25 Breaststroke
46. Girls 8 Year Olds 50 Butterfly
47. Girls 7 & Under 50 Butterfly
48. Girls 8 Year Olds 50 Freestyle
49. Girls 7 & Under 50 Freestyle
50. Girls 8 & Under 200 Medley Relay
51. Girls 7 & Under 200 Medley Relay

Session 2 – Saturday, March 13, 2010

(Warm-Up 1:30 pm Start 2:30 pm)

18. Boys 8 & Under 100 Medley Relay
19. Boys 7 & Under 100 Medley Relay
20. Boys 8 Year Olds 100 Freestyle
21. Boys 6 & Under 50 Freestyle
22. Boys 7 & Under 100 Freestyle
23. Boys 8 Year Olds 25 Backstroke
24. Boys 6 & Under 25 Backstroke
25. Boys 7 Year Olds 25 Backstroke
26. Boys 8 Year Olds 25 Butterfly
27. Boys 6 & Under 25 Butterfly
28. Boys 7 Year Olds 25 Butterfly
29. Boys 8 Year Olds 50 Breaststroke
30. Boys 7 & Under 50 Breaststroke
31. Boys 8 Year Olds 25 Freestyle
32. Boys 7 Year Olds 25 Freestyle
33. Boys 8 & Under 200 Freestyle Relay
34. Boys 7 & Under 200 Freestyle Relay

Session 4 - Sunday, March 14, 2010

(Warm-Up 1:30 pm Start 2:30 pm)

52. Boys 8 & Under 100 Freestyle Relay
53. Boys 7 & Under 100 Freestyle Relay
54. Boys 8 year Old 100 Indiv. Medley
55. Boys 7 & Under 100 Indiv. Medley
56. Boys 6 & Under 25 Freestyle
57. Boys 8 Year Olds 50 Backstroke
58. Boys 6 & Under 50 Backstroke
59. Boys 7 Year Olds 50 Backstroke
60. Boys 8 Year Olds 25 Breaststroke
61. Boys 6 & Under 25 Breaststroke
62. Boys 7 Year Olds 25 Breaststroke
63. Boys 8 Year Olds 50 Butterfly
64. Boys 7 & Under 50 Butterfly
65. Boys 8 Year Olds 50 Freestyle
66. Boys 7 & Under 50 Freestyle
67. Boys 8 & Under 200 Medley Relay
68. Boys 7 & Under 200 Medley Relay