



Badger 2010 Spring Long Course Meet
April 25, 2010
Sanction # 100401

SANCTION: Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 100401

LOCATION: **Lehman College APEX Aquatic Center
250 Bedford Park Boulevard West
Bronx, New York 10468**

FACILITY: The competitive course is 7-13 feet deep. Two-30 yard warm-up/warm-down lanes will be available in the shallow end of the pool throughout the meet. (Coaches must monitor their swimmers in the warm-up lanes). The pool has been certified in accordance with Article 104.2.2C (4)

SESSIONS: Session I - 10 & Under's – 8:00 am warm-up, 9:00 am start
Session II - 11 & Over's – 1:30 pm warmup, 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 April 25, 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: AM 10&Under Session: (3) three Individual events and 1 relay event,
PM 11&Over Session: (3) three Individual events and 1 relay event,

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: 1: Metro LSC teams will be given priority on a first come/first served basis. Metro teams entries must be received by 4/5/2010.
2: The final entry deadline for this meet is
3: Metro entries received between 4/5/2010 and 4/10/2010 and all entries from other LSC's will be entered in the order they were received, as space allows.
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 4/10/2010 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 3rd places, Ribbons for 4th through 8th places. 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 4/10/2010.
- MEET DIRECTOR:** Carle' Fierro, Carleswim@aol.com. (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:** **Metro Swim Shop, Parent Food Concession**
- PARKING:** **Parking: Free** all-day parking at College Supervised Lot, (100 yards from APEX).

DIRECTIONS:

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/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

Session I - 11 & Under's – 8:00 am warmup, 9:00 am start

<u>Girls #</u>	<u>Event</u>	<u>Boys #</u>
1	8 & Under 200M Free Relay	2
3	10 & Under 200M Free Relay	4
5	8 & Under 50M Free	6
7	10 & Under 100M Free	8
9	8 & Under 50M Back	10
11	10 & Under 100M Back	12
13	8 & Under 50M Breast	14
15	10 & Under 50M Breast	16
13	8 & Under 50M Fly	14
19	10 & Under 50M Fly	20
21	10 & Under 200M IM	22

Session II - 12 & Over's – 1:30 pm warmup, 2:30 pm start

<u>Girls #</u>	<u>Event</u>	<u>Boys #</u>
23	Open 200M Free Relay	24
25	11-12 200 IM	26
27	Open 200 IM	28
29	11-12 100M Free	30
31	Open 200M Free	32
33	11-12 100M Back	34
35	Open 100M Back	36
37	11-12 50M Breast	38
39	Open 100M Breast	40
41	11-12 50M Fly	42
43	Open 100M Fly	44