

**2010**  
**Metropolitan Swimming**  
**SILVER CHAMPIONSHIPS - SC**  
**CENTRAL**

Asphalt Green, Apex, Badger Swim Club, Blue Arrow, Boys Club of New York,  
Brooklyn Sports Club Aquatic Team, Central Queens YMHA, Cross Island,  
Flushing YMCA, Flying Dolphins Swim Team, Gateway, Harbor Seals,  
Kraken Swim Team, La Guardia, Long Beach, Long Island Express,  
Manhattan Boys & Girls Club, Mc Burney YMCA, New York City Aquatic Club,  
Nu-Finmen, Richmond Aquatic Club, Riverbank Redtails, Roosevelt Island Swim Team,  
Rye Y, Shorefront Y, Wagner Aquatics

**MARCH 5-7, 2010**

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 # TBA  
Time Trials Sanction # TBA-T

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

**2010 Silvers Championships - Central**  
**Hosted by Lehman College and the APEX Swim Club**  
**March 5-7, 2010**

- SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., #TBA  
**Time Trial Sanction #TBA**
- 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:**
- |                                     |                         |                                  |
|-------------------------------------|-------------------------|----------------------------------|
| <b>Session 1: Friday, March 5</b>   | <b>Warm-ups 4:00 PM</b> | <b>Session Starts at 5:00 PM</b> |
| <b>Session 2: Saturday, March 6</b> | <b>Warm-ups 7:30 AM</b> | <b>Session Starts at 8:30 AM</b> |
| <b>Session 3: Saturday, March 6</b> | <b>Warm-ups 1:30 PM</b> | <b>Session Starts at 2:30 PM</b> |
| <b>Session 4: Sunday, March 7</b>   | <b>Warm-ups 7:30 AM</b> | <b>Session Starts at 8:30 AM</b> |
| <b>Session 5: Sunday, March 7</b>   | <b>Warm-ups 1:30 PM</b> | <b>Session Starts at 2:30 PM</b> |
- FORMAT:** **This is a Timed Final Event**  
**The meet will be Deck Seeded. All scratch sheets are due back 30 minutes prior to the end of warm-ups.**
- 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 5, 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 athletes are limited to enter 5 events per session.**  
**Entry times must be within the Silvers Time Standards as specified by Metropolitan Swimming. NT's entries are not permitted. Events must have been swum at least once before. Meet entries recon from SWIMS will be performed before the meet.**
- Entry times must have been achieved between January 1, 2009 and the meet entry deadline, February 23, 2010.**
- Hy-Tek Email entries will be accepted. A confirmation report will be emailed back as receipt of entry.**
- An Entry Summary, Hy-Tek file, and payment must be received for entries to be considered accepted by Friday, February 26, 2010.**
- U.S. Mail Entries/Payment to: **Peter Kiernan – Lehman College APEX Aquatic Center**  
250 Bedford Park Boulevard West - Bronx, New York 10468  
Email Entries/Confirm Entry Receipt: [ApexSwim@usa.net](mailto:ApexSwim@usa.net)
- Sign Express mail Waiver allowing delivery without signature.**

1: Only Metro LSC Central teams are eligible to attend.

**DEADLINE:**

2: The final entry deadline for this meet is **February 23, 2010**

An email confirming receipt of entries if you provide an email contact. Please contact Peter Kiernan ([ApexSwim@usa.net](mailto:ApexSwim@usa.net)) 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 event plus **\$1.00** per swimmer Metro Championship Surcharge must accompany the entries.

Make check payable to: **APEX Swim Club.**

Payment must be received by **February 26, 2010** for all entries.

Failure to pay entry fees by this deadline could result in teams being barred from the meet.

**WARM-UP:**

**The first 40 minutes will be general warm-up. The last 20 minutes: lanes 2 & 7 will be open for one-way sprints; lanes 1 & 8 will be designated for pace. Lanes 3 & 6 may be assigned as necessary. Warm-up lanes may be assigned by teams if necessary. No diving will be allowed except in designated sprint lanes. All swimmers must be supervised by a coach.**

**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.

**Metropolitan Scratch Procedure for Timed Final Meets is as follows;**

Any swimmer, who is seeded, must swim the event unless he/she declares his/her intention not to swim in the following manner;

1. Go to the Referee, before the event and state you do not wish to swim.
2. Stand **BEHIND** your assigned block until the swimmers in your heat has been sent off by the starter.
3. The swimmer is then disqualified from **THAT EVENT** for the delay of the meet.
4. This counts as an event against the total-per-day allowance.

If a swimmer fails to follow this procedure, he/she will be barred from his/her next individual event of the meet.

**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 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 within the "silver" time standards. Overachiever Ribbons will be awarded to swimmers who swim 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.

**OFFICIALS:**

**Meet Referee: Kris Sawicz** [Krzysztofs0711@aol.com](mailto:Krzysztofs0711@aol.com)

Officials wishing to volunteer should contact Meet Referee by **March 16, 2010.**

**MEET  
DIRECTOR:**

**Peter Kiernan** [ApexSwim@usa.net](mailto:ApexSwim@usa.net)

**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** 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.**

**ADMISSION:** \$5.00 Adults / Session - \$2.00 Children / Session  
\$3.00 Program / Session

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

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

**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

## Order of Events (All Events in Yards)

**Friday      March 5, 2010      Warm-up 4:00 p.m.      Start 5:00 p.m.**

Girls	Qualifying Times		Event	Qualifying Times		Boys
1	6:45.00	7:14.99	10 & Under 500 Free	6:45.00	7:14.99	2
3	2:14.00	2:31.89	11-12 200 Free	2:15.50	2:32.89	4
5	5:07.00	5:38.99	13-14 400 IM	4:55.00	5:22.79	6
7	5:05.00	5:36.29	15-18 400 IM	4:45.20	4:58.89	8
9	5:28.00	5:59.99	11-12 400 IM	5:28.00	5:59.99	10
11	5:36.00	6:05.59	13-14 500 Free	5:25.00	6:05.99	12
13	5:32.00	5:54.99	15-18 500 Free	5:20.00	5:29.99	14

**Saturday      March 6, 2010      Warm-up 7:30 a.m.      Start 8:30 a.m.**

Girls	Qualifying Times		Event	Qualifying Times		Boys
15	1:11.50	1:21.49	10 & Under 100 Free	1:11.60	1:21.49	16
17	58.50	1:06.09	13-14 100 Free	55.00	1:02.59	18
19	36.60	45.39	10 & Under 50 Fly	36.80	45.39	20
21	1:05.70	1:14.59	13-14 100 Fly	1:01.60	1:14.99	22
23	1:34.00	1:51.39	10 & Under 100 Breast	1:36.00	1:51.39	24
25	2:43.00	3:02.99	13-14 200 Breast	2:40.00	2:59.99	26
27	37.50	44.39	10 & Under 50 Back	38.00	44.39	28
29	2:22.60	2:48.99	13-14 200 Back	2:17.00	2:41.49	30
31	2:56.00	3:19.99	10 & Under 200 IM	3:00.00	3:19.99	32
33	2:23.50	2:47.79	13-14 200 IM	2:15.00	2:38.99	34

**Saturday      March 6, 2010      Warm-up 1:30 p.m.      Start 2:30 p.m.**

**Girls      Qual. Time      Event      Qual. Time      Boys**

Girls	Qualifying Times		Event	Qualifying Times		Boys
35	1:01.80	1:11.39	11-12 100 Free	1:02.20	1:11.59	36
37	57.80	1:03.59	15-18 100 Free	52.30	57.49	38
39	2:40.00	2:59.99	11-12 200 Fly	2:40.00	2:59.99	40
41	1:05.50	1:12.59	15-18 100 Fly	59.00	1:05.59	42
43	33.30	39.09	11-12 50 Back	33.30	42.19	44
45	2:24.00	2:35.29	15-18 200 Back	2:13.10	2:22.89	46
47	37.20	44.29	11-12 50 Breast	37.60	43.79	48
49	2:36.00	2:59.99	11-12 200 Back	2:38.00	2:59.99	50
51	2:43.00	2:56.99	15-18 200 Breast	2:31.00	2:42.79	52
53	1:20.50	1:34.59	11-12 100 Breast	1:21.60	1:31.89	54
55	2:22.10	2:43.09	15-18 200 IM	2:11.00	2:33.79	56
57	2:31.50	2:54.09	11-12 200 IM	2:32.60	2:59.09	58

## 2010 Metropolitan Silver Championships SC - Central Order of Events (All Events in Yards)

**Sunday      March 7, 2010                      Warm-up 7:30 am                      Start 8:30 am**

Girls	Qualifying Times		Event	Qualifying Times		Boys
59	2:36.00	2:55.59	10 & Under 200 Free	2:40.00	2:55.59	60
61	2:08.00	2:22.99	13-14 200 Free	2:01.00	2:24.09	62
63	1:21.00	1:31.59	10 & Under 100 IM	1:22.00	1:31.59	64
65	1:16.50	1:26.79	13-14 100 Breast	1:13.00	1:24.49	66
67	43.00	50.09	10 & Under 50 Breast	44.00	50.09	68
69	1:06.60	1:18.29	13-14 100 Back	1:03.00	1:19.49	70
71	1:22.20	1:40.09	10 & Under 100 Back	1:22.20	1:40.09	72
73	27.00	30.19	13-14 50 Free	25.30	28.29	74
75	32.10	36.69	10 & Under 50 Free	32.00	36.69	76
77	2:31.00	2:42.59	13-14 200 Fly	2:25.00	2:38.59	78
79	1:27.10	1:40.99	10 & Under 100 Fly	1:28.00	1:40.99	80

**Sunday      March 7, 2010                      Warm-up 1:30 p.m.                      Start 2:30 p.m.**

Girls	Qualifying Times		Event	Qualifying Times		Boys
81	1:12.10	1:29.19	11-12 100 Fly	1:13.50	1:28.99	82
83	2:04.50	2:16.59	15-18 200 Free	1:55.00	2:01.89	84
85	28.60	32.49	11-12 50 Free	28.30	32.49	86
87	1:06.50	1:13.09	15-18 100 Back	1:00.50	1:06.89	88
89	1:11.10	1:24.99	11-12 100 Back	1:11.60	1:25.79	90
91	1:15.20	1:23.89	15-18 100 Breast	1:07.50	1:13.89	92
93	2:56.00	3:19.99	11-12 200 Breast	3:00.00	3:19.99	94
95	31.60	37.19	11-12 50 Fly	32.10	39.69	96
97	26.60	28.49	15-18 50 Free	23.80	26.59	98
99	1:11.30	1:21.69	11-12 100 IM	1:12.30	1:22.59	100
101	2:30.00	2:39.99	15-18 200 Fly	2:18.00	2:30.99	102
103	6:04.00	6:35.79	11-12 500 Free	6:04.00	6:41.99	104

**2010 Metropolitan Silver Championships SC - Central**  
Sanction # TBA

**March 5-7, 2010**

Team Name \_\_\_\_\_ Team Code \_\_\_\_\_  
Coach's Name \_\_\_\_\_  
Day Phone # \_\_\_\_\_ Evening Phone # \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Club/Coach email address \_\_\_\_\_

**MEET ENTRY REPORT**

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

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

Metro Surcharge: Girls Entered \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

Metro Surcharge: Boys Entered \_\_\_\_\_ x \$1.00 = \_\_\_\_\_

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

**[Apexswim@usa.net](mailto:Apexswim@usa.net)**

**Mail Checks and Entry Report and Proof of Times to:**

**Peter Kiernan  
Lehman College APEX Aquatic Center  
250 Bedford Park Boulevard West  
Bronx, NY 10468**