



**2010 Metro Silver Championships South  
March 5-7, 2010**

Sanction #100301, Time Trials# 100353T

The Following teams can participate in Silvers South:

**Bethpage Barracudas, Connetquot Swim Club, East Hampton YMCA,  
Farmingdale Swim Club, Hauppauge Swim Club, Huntington Bay  
YMCA, Islip Aquatics, Lindenhurst Swim Club, Long Island Swimming,  
North Shore Swim Club, Sachem Swim Club, Team Suffolk Hills, Three  
Village Swim Club, West Islip Swim Club**

# 2010 Metro Silver Championships South

Friday Evening March 5th and Saturday & Sunday March 6 & 7th

**SANCTION:** Held under the sanction of USA Swimming/Metropolitan Swimming, Inc., # 100301, 100353T(time trials)

**LOCATION:** Ward Melville High School Old Town Road, East Setauket, NY

**FACILITY:** The pool at Ward Melville HS is 25 yards and has 6 lanes with non-turbulent lane lines. Colorado Electronic Timing System and 6 line electronic scoreboard will be used.

The pool **has not** been certified in accordance with Article 104.2.2C (4)

**SESSIONS:** **TENTATIVE WARM UP TIMES:**Friday Evening: 5pm warm up, 6pm start. Saturday & Sunday: AM session 7am warmup, 8am start.. PM sessions: 2pm warmup, 3pm start. Warmup and Session times may be adjusted based on entries received. Any changes in warmup/session times will be posted 1 week before the start of the meet.

**FORMAT:** This meet is a timed finals format. Entries must comply with 2010 Silvers Championships time standards as published by Metro Swimming(Copy of which is included in meet packet). This is a championship meet and there will be no cuts, but to be accepted, all entries must be received by the cut-off date,

**ELIGIBILITY:** Open to USA Swimming/Metropolitan Swimming Inc. registered swimmers with a qualifying time. 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. Qualifying times must be achieved between January 1, 2009, and the entry deadline.

**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:** **SWIMMERS MAY BE ENTERED IN A MAXIMUM OF 2 INDIVIDUAL EVENTS FOR THE FRIDAY NIGHT SESSION, 5 MAXIMUM INDIVIDUAL FOR THE SATURDAY & SUNDAY SESSIONS- TIME TRIALS. Events must have been swum at least once before. Meet entries Recon from SWIMS will be performed before the meet.**  
**ALL ENTRIES MUST BE IN YARDS!! NT's WILL NOT BE ACCEPTED.**  
A Team Manager Report, with proof of times, must accompany the entries.

**Entries:** preferred method is via email using Hytek Software.

U.S. Mail: Entries/Payment to: **Three Village Swim Club c/o Lynn Pozmanter  
5 Hannibal Court East Setauket, NY 11733**

Email Entries/Confirm Entry Receipt: **tvscmeetsecy@aol.com**

**Please sign the signature waiver for entries sent by express mail.**

**DEADLINE:** 1: Entries must be received by **February 22, 2010.**

An email confirming receipt of entries if you provide an email contact. Please contact Lynn Pozmanter 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 athlete fee,must accompany the entries. Make check payable to: **Three Village Swim Club.**

Payment must be received by **February 26, 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 40 minutes will be general warm-up. Lane assignments will be given at meet. Last 15 minutes: lanes 2 or more lanes will be open for one-way sprint. All other lanes will remain open for 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. 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, advise your 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.
- 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 awards will be medals 1st thru 6th and ribbons 7th thru 12th. Overachiever awards will be given for all first time JO and/or ZQ cuts Awards can only be picked up by a coach during the meet. Any awards not picked up will be mailed to the coach.**
- OFFICIALS:** **Meet Referee: Nelson Gonzalez email: [nelsonshorses1@aol.com](mailto:nelsonshorses1@aol.com), phone #631-654-8326**  
Officials wishing to volunteer should contact Meet Referee by **February 10, 2010**
- MEET DIRECTOR:** **Lynn Pozmanter [tvscmeetsecy@aol.com](mailto:tvscmeetsecy@aol.com) 631 246-9295**  
**Greg Muller [grmuller@optonline.net](mailto:grmuller@optonline.net) 631 821-3709**
- 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, Three Village Swim Club, Three Village Central School District, Metropolitan Swimming Inc., USA Swimming Inc., their agents or representatives for any injury occurring as a result of the meet.**
- ADMISSION:** **Adults \$5.00 Program \$2.00 per session**
- MERCHANTS:** **A complete snack bar will be available in the cafeteria, including hot breakfast and lunch/dinner items. For the Friday Evening Session, it will be limited selections. We will have a vendor selling swim items as well.**
- PARKING:** **Parking will probably be on the North side of the school, which is the pool entrance. Ward Melville is undergoing extensive construction and the south lot is unavailable. Please go to our website the week of the meet for information [www.tvsc.org](http://www.tvsc.org)**
- DIRECTIONS:** **Long Island Expressway to exit 62 (Nicolls Road), North on Nicolls Rd to route 347, right (east) on Route 347 to Old Town Road, left (north) on Old Town Road ½ mile. High School is on the left, pool is on the north side of the building.**

**School District  
Rules**

Ward Melville High School is a smoke free campus. No parking in front of the pool lobby ( Fire Zone) Access limited to the pool and lobby area only. No food or beverages in glass containers are allowed in the pool areas. Failure to observe this rule could result in a swimmer or spectator being ejected and all fees and awards forfeited.

**THE 2010 METRO SILVER CHAMPS-SOUTH MEET EVENT LIST**

Friday Saturday & Sunday

March 5-7, 2010

**Friday 5 PM Warmup 6:00 PM Start**

<b><u>EVENT</u></b>	<b><u>Silver Time Standards</u></b>
1. Girls 10 & under 500 Free	6:45.00-7:14.99
2. Boys 10 & under 500 Free	6:45.00-7:14.99
3. Girls 11-12 200 Free	2:14.00-2:31.89
4. Boys 11-12 200 Free	2:15.50-2:32.89
5. Girls 13-14 400 IM	5:07.00-5:38.99
6. Boys 13-14 400 IM	4:55.00-5:22.79
7. Girls 11-12 400 IM	5:28.00-5:59.99
8. Boys 11-12 400 IM	5:28.00-5:59.99
9. Girls 15-18 400 IM	5:05.00-5:36.29
10. Boys 15-18 400 IM	4:45.20-4:58.89
11. Girls 13-14 500 Free	5:36.00-6:05.59
12. Boys 13-14 500 Free	5:25.00-6:05.99
13. Girls 15-18 500 Free	5:32.00-5:54.99
14. Boys 15-18 500 Free	5:20.00-5:29.99

CONTINUED NEXT PAGE...

Saturday 7 AM Warmup 8:00 AM Start

<u>EVENT</u>	<u>Silver Time Standards</u>
15. Girls 13-14 200 Free	2:08.00-2:22.99
16. Boys 13-14 200 Free	2:01.00-2:24.09
17. Girls 10 & Under 50 Breast	43:00-50:09
18. Boys 10 & Under 50 Breast	44:00-50:09
19. Girls 13-14 100 Breast	1:16.50-1:26.79
20. Boys 13-14 100 Breast	1:13.00-1:24.49
21. Girls 10 & Under 50 Free	32.10-36.69
22. Boys 10 & Under 50 Free	32.00-36.69
23. Girls 13-14 50 Free	27.00-30.19
24. Boys 13-14 50 Free	25.30-28.29
25. Girls 10 & Under 100 Back	1:22.20-1:40.09
26. Boys 10 & Under 100 Back	1:22.20-1:40.09
27. Girls 13-14 100 Back	1:06.60-1:18.29
28. Boys 13-14 100 Back	1:03.00-1:19.49
29. Girls 10 & Under 50 Fly	36.60-45.39
30. Boys 10 & Under 50 Fly	36.80-45.39
31. Girls 13-14 100 Fly	1:05.70-1:14.59
32. Boys 13-14 100 Fly	1:01.60-1:14.99
33. Girls 10 & Under 200 IM	2:56.00-3:19.00
34. Boys 10 & Under 200 IM	3:00.00-3:19.00
35. Girls 13-14 200 IM	2:23.50-2:47.79
36. Boys 13-14 200 IM	2:15.00-2:38.99

CONTINUED NEXT PAGE...

**Saturday 2 PM Warmup 3 PM Start**

**EVENT**

**Silver Time Standards**

37. Girls 11-12 200 Breast	2:56.00-3:19.99
38. Boys 11-12 200 Breast	3:00.00-3:19.99
39. Girls 15-18 200 Free	2:04:50-2:16:59
40. Boys 15-18 200 Free	1:55.00-2:01:89
41. Girls 11-12 100 Back	1:11.10-1:24.99
42. Boys 11-12 100 Back	1:11.60-1:25.79
43. Girls 15-18 100 Breast	1:15.20-1:23.89
44. Boys 15-18 100 Breast	1:07.50-1:13.89
45. Girls 11-12 50 Free	28.60-32.49
46. Boys 11-12 50 Free	28.30-32.49
47. Girls 15-18 50 Free	26:60-28:49
48. Boys 15-18 50 Free	23:80-26:59
49. Girls 11-12 50 Breast	37:20-44:29
50. Boys 11-12 50 Breast	37:60-43:19
51. Girls 15-18 100 Back	1:06.50-1:13.09
52. Boys 15-18 100 Back	1:00.50-1:06.89
53. Girls 11-12 50 Fly	31:60-37:19
54. Boys 11-12 50 Fly	32:10-39:69
55. Girls 15-18 100 Fly	1:05.50-1:12.59
56. Boys 15-18 100 Fly	59:00-1:05.59
57. Girls 11-12 200 IM	2:31.50-2:54.09
58. Boys 11-12 200 IM	2:32.60-2:59.09
59. Girls 15-18 200 IM	2:22.10-2:43.09
60. Boys 15-18 200 IM	2:11.00-2:33.79
61. Girls 11-12 200 Back	2:36.00-2:59.99
62. Boys 11-12 200 Back	2:38.00-2:59.99

**Sunday 7 AM Warmup 8 AM Start**

**EVENT**

**Silver Time Standards**

63. Girls 10 & Under 100 Free	1:11.50-1:21.49
64. Boys 10 & Under 100 Free	1:11.60-1:21:49
65. Girls 13-14 100 Free	58:50-1:06.09
66. Boys 13-14 100 Free	55:00-1:02.59
67. Girls 10 & Under 50 Back	37.50-44:39
68. Boys 10 & Under 50 Back	38.00-44.39
69. Girls 13-14 200 Back	2:22.60-2:48.99
70. Boys 13-14 200 Back	2:17.00-2:41.49
71. Girls 10 & Under 100 Breast	1:34.00-1:51.39
72. Boys 10 & Under 100 Breast	1:36.00-1:51.39
73. Girls 13-14 200 Breast	2:43.00-3:02.99
74. Boys 13-14 200 Breast	2:40.00-2:59.99
75. Girls 10 & Under 100 Fly	1:27.10-1:40.99
76. Boys 10 & Under 100 Fly	1:28.00-1:40.99
77. Girls 13-14 200 Fly	2:31.00-2:42.59
78. Boys 13-14 200 Fly	2:25.00-2:38.59
79. Girls 10 & Under 100 IM	1:21.00-1:31.59
80. Boys 10 & Under 100 IM	1:22.00-1:31.59
81. Girls 10 & Under 200 Free	2:36.00-2:55.59
82. Boys 10 & Under 200 Free	2:40.00-2:55.59

CONTINUED NEXT PAGE....

Sunday 2PM Warmup 3PM Start

EVENT

Silver Time Standards

83. Girls 11-12 200 Fly	2:40.00-2:59.99
84. Boys 11-12 200 Fly	2:40.00-2:59.99
85. Girls 11-12 100 Free	1:01:80-1:11:39
86. Boys 11-12 100 Free	1:02.20-1:11:59
87. Girls 15-18 100 Free	57:80-1:03:59
88. Boys 15-18 100 Free	52:30-57:49
89. Girls 11-12 50 Back	33:30-39:09
90. Boys 11-12 50 Back	33:30-42:19
91. Girls 15-18 200 Back	2:24.00-2:35.29
92. Boys 15-18 200 Back	2:13.10-2:22.89
93. Girls 11-12 100 Breast	1:20.50-1:34.59
94. Boys 11-12 100 Breast	1:21.60-1:31.89
95. Girls 15-18 200 Breast	2:43.00-2:56.99
96. Boys 15-18 200 Breast	2:31.00-2:42.79
97. Girls 11-12 100 Fly	1:12.10-2:42.79
98. Boys 11-12 100 Fly	1:13.50-1:28.99
99. Girls 15-18 200 Fly	2:30.00-2:39.99
100. Boys 15-18 200 Fly	2:18.00-2:30.99
101. Girls 11-12 100 IM	1:11.30-1:21.69
102. Boys 11-12 100 IM	1:12.30-1:22.59
103. Girls 11-12 500 Free	6:04.00-6:35.79
104. Boys 11-12 500 Free	6:04.00-6:41.99